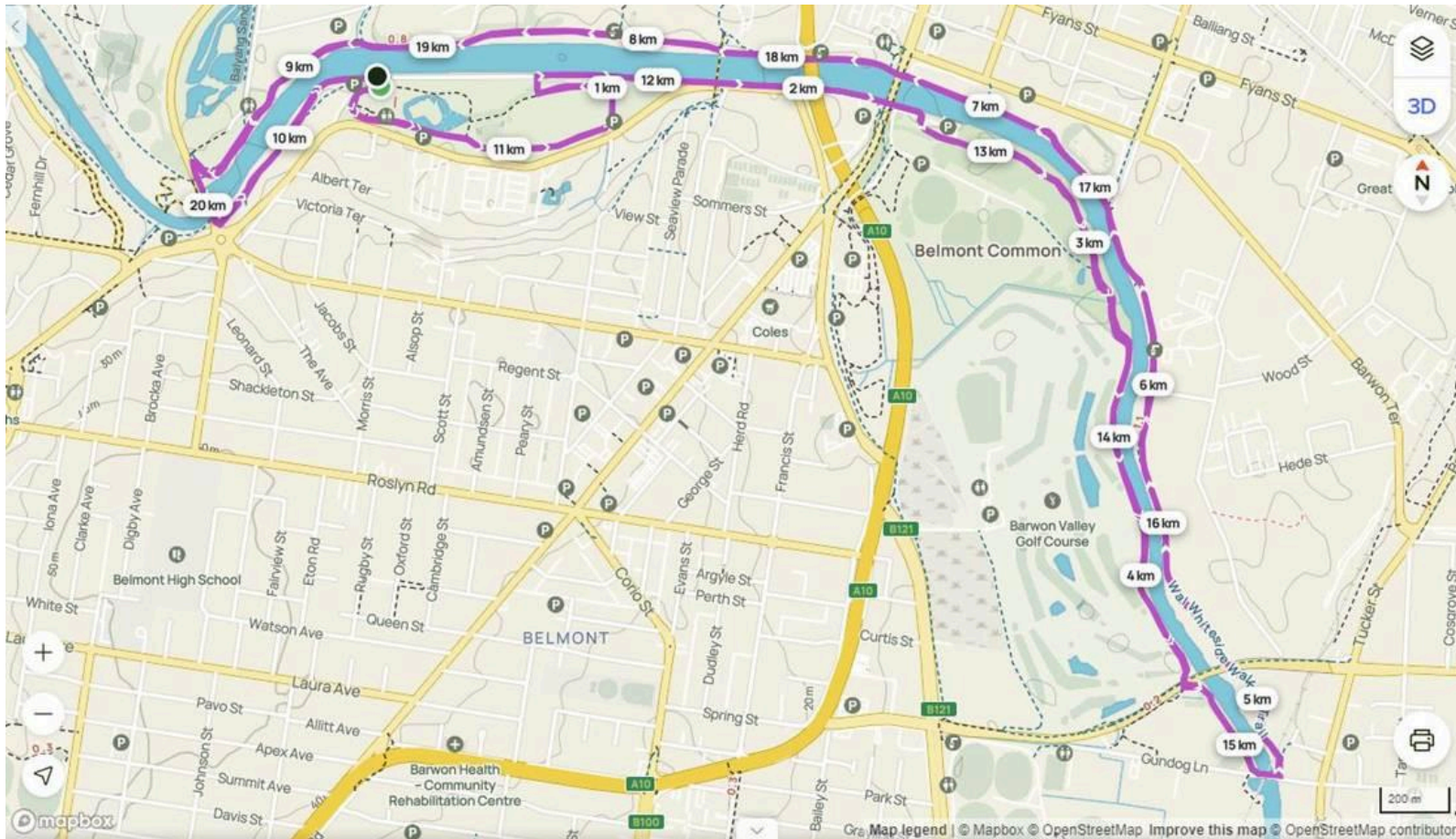


# Barwon Valley Park 21.1km Course Notes

Two anticlockwise laps of a breakwater to Shannon Avenue course

Garmin measured distances in 2025 were; 21.08, 21.11, 21.15, 21.11, 21.07 – distance is very close.



## Race start location

The start location is on the inside path, east of the path running alongside the carpark that connects to the Promenade. It is level with the concrete water tank (see second image below).

Subject to the number of starters, for each start group. the field should be grouped to get faster runners at the front to avoid unnecessary passing on the narrow paths.







## First 1.5km section



Runners initially head west along the path and swing around the playground to travel to the far side of the park. Cones required at the path junctions.

The course then heads north towards the Promenade but before joining the Promenade, turns left to head back west. This point has seen runners cross directly to the Promenade in past races. Very clear cones, arrows and if available a marshal should be present.

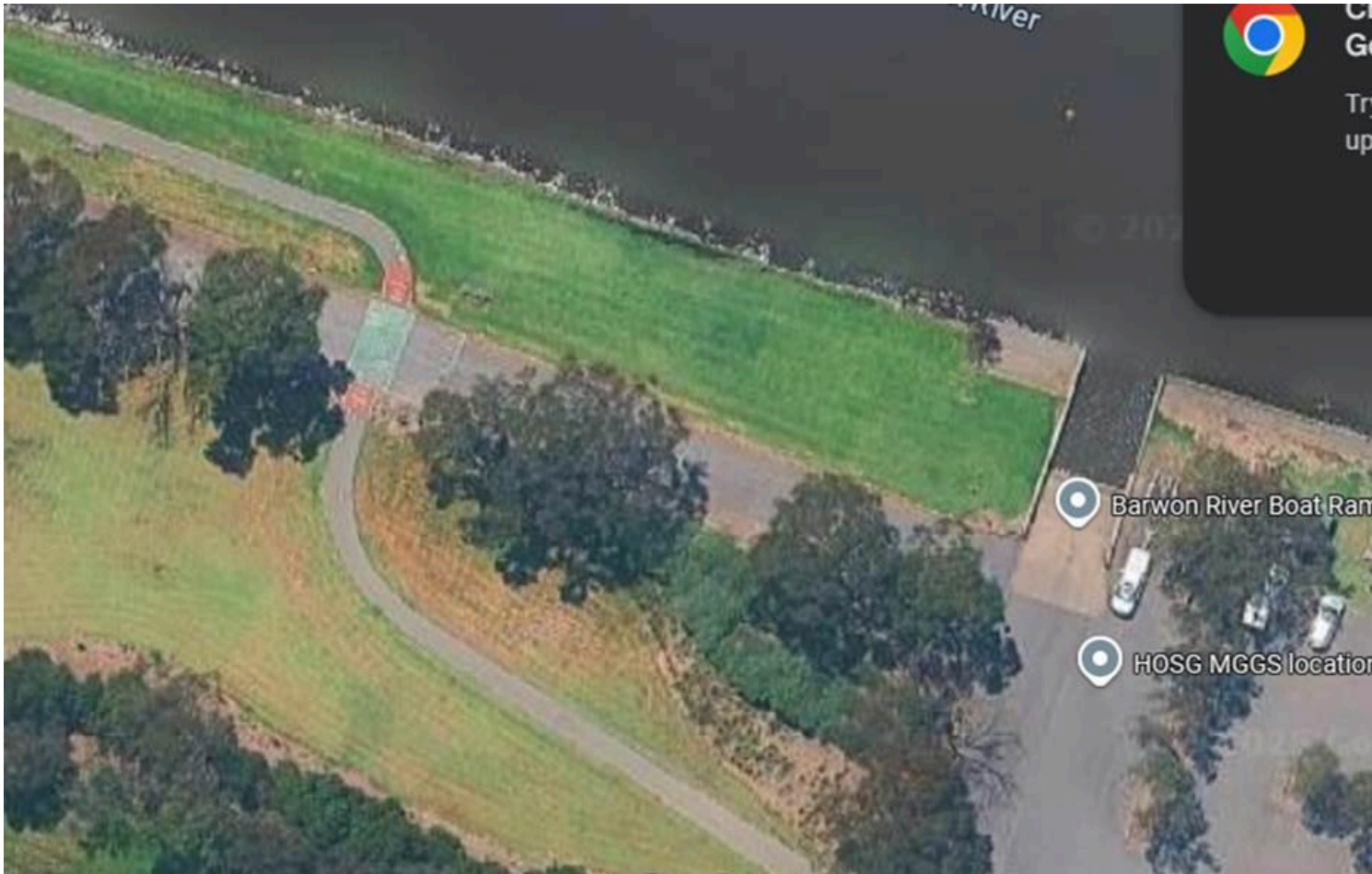
200m further west is a right hand turn, heading over the grass and crossing the park to join the Promenade. One of the Disc Golf tees on the left hand side is a landmark for the turn.



Above, the right turn landmark and the view across the park from the Promenade towards the right hand turn off the path. This grass section should be inspected for hazards, sticks etc.

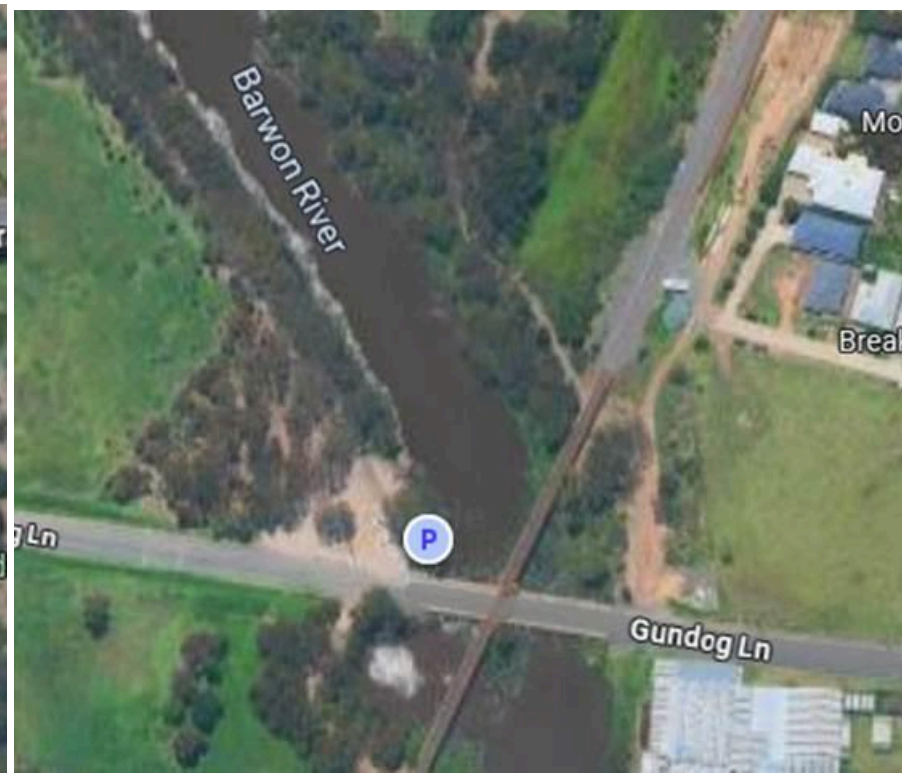
Having joined the Promenade, runners turn 90 degrees right and head east along the Promenade (ie downstream).

The course crosses the access road to the ski boatramp at the pedestrian crossing. A marshal is essential at that crossing with high viz vest and stop/go sign to ensure that there are no issues with traffic – normally very light as this is a deadend road to the carpark.



The course then follows the path towards the breakwater.

The section under the Breakwater bridge needs to be clearly marked with cones and arrows, to ensure runners do not run in a straight line along the dirt short cut and instead stay on the bitumen path veering right away from the river, under the bridge then back towards the river.



The course head back west after crossing the Gundog Lane bridge/ Breakwater

## Drink station/rowing club section

A drink station can be set up beside Landy Field at the end of Swanston Street. The location is easily accessible by vehicles travelling down Swanston Street.

The course then runs along the river path beside Landy Field and in front of the rowing sheds (preferably cones just before Corio Bay rowing shed to indicate this).



## Shannon Avenue Bridge Section

The course runs along the river path and takes a sharp right towards the bridge followed by a sharp left to get up on to the bridge.

Cones are required along the length of the bridge on the road side. After crossing the bridge, the course takes a sharp left turn and heads back toward the start finish.

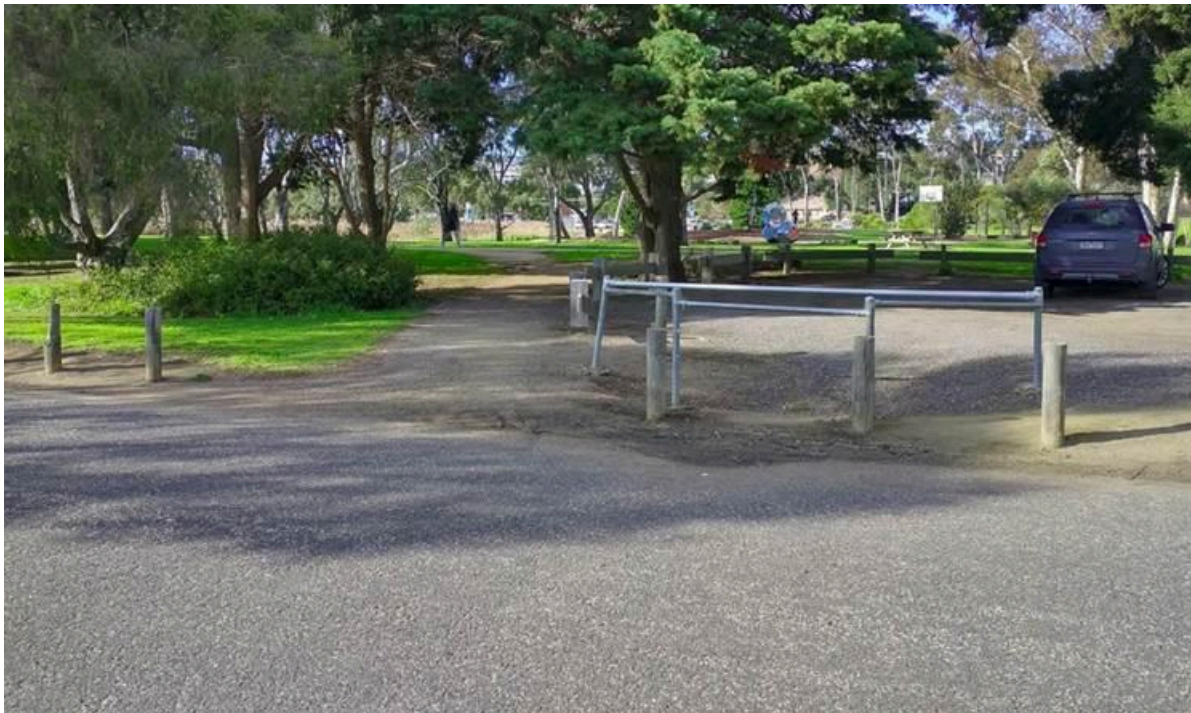
There is a fork in the path just before the Promenade – chalk mark and cone the left branch



## End of Lap 1 of 2 Section

As runners coming along the Promenade approach the carpark, another drinks stand should be located at this point.

That completes the first lap. The course turns right off the Promenade along the gravel path at the end of the car park (image below) then right again along the path in the parkland initially heading west and runners repeat the journey.



## **Finish location**

Locate the finish mat at least 10 metres beyond the turning point for the first lap to avoid the risk of timing chips being detected (see images below).





## 5km Course

Garmin measured distances in 2026 were 5.01, 5.02 km.

The 5km course starts on the Promenade and does an anticlockwise lap down the Promenade and along the river, right turn over the road (marshal essential) up the path to and left onto Moorabool St Bridge, over the bridge, left off the bridge, left past the toilet block then right back to the river (always staying on concrete then bitumen), turn right along the river and head west (ie upstream), turn right away from river then sharp left and up onto Shannon Avenue Bridge, left off Shannon Avenue Bridge and back down to the finish.

Start is 35 m west of the finish mat (see image below).

A marshal is essential at the road crossing with high viz vest and stop/go sign to ensure that there are no issues with traffic.

Cones and arrows are required specifically for the 5 km course on both sides of the river:

- at the right turn over the road (marshal also essential),
- left onto Moorabool St Bridge,
- left off the bridge,
- left past the toilet block then right back to the river (always staying on concrete then bitumen),
- right turn along the river and head west (ie upstream).





## Drink stations

For the two drink stations, bring in van:

- 2 extra tables
- 2 boxes of cups
- 2 water containers with water
- 2 rubbish bins with liners

Need to arrange volunteers to:

- set up, staff and pack up drink station beside Landy Field (at end of Swanston Street)

- fill cups at start/finish drink station