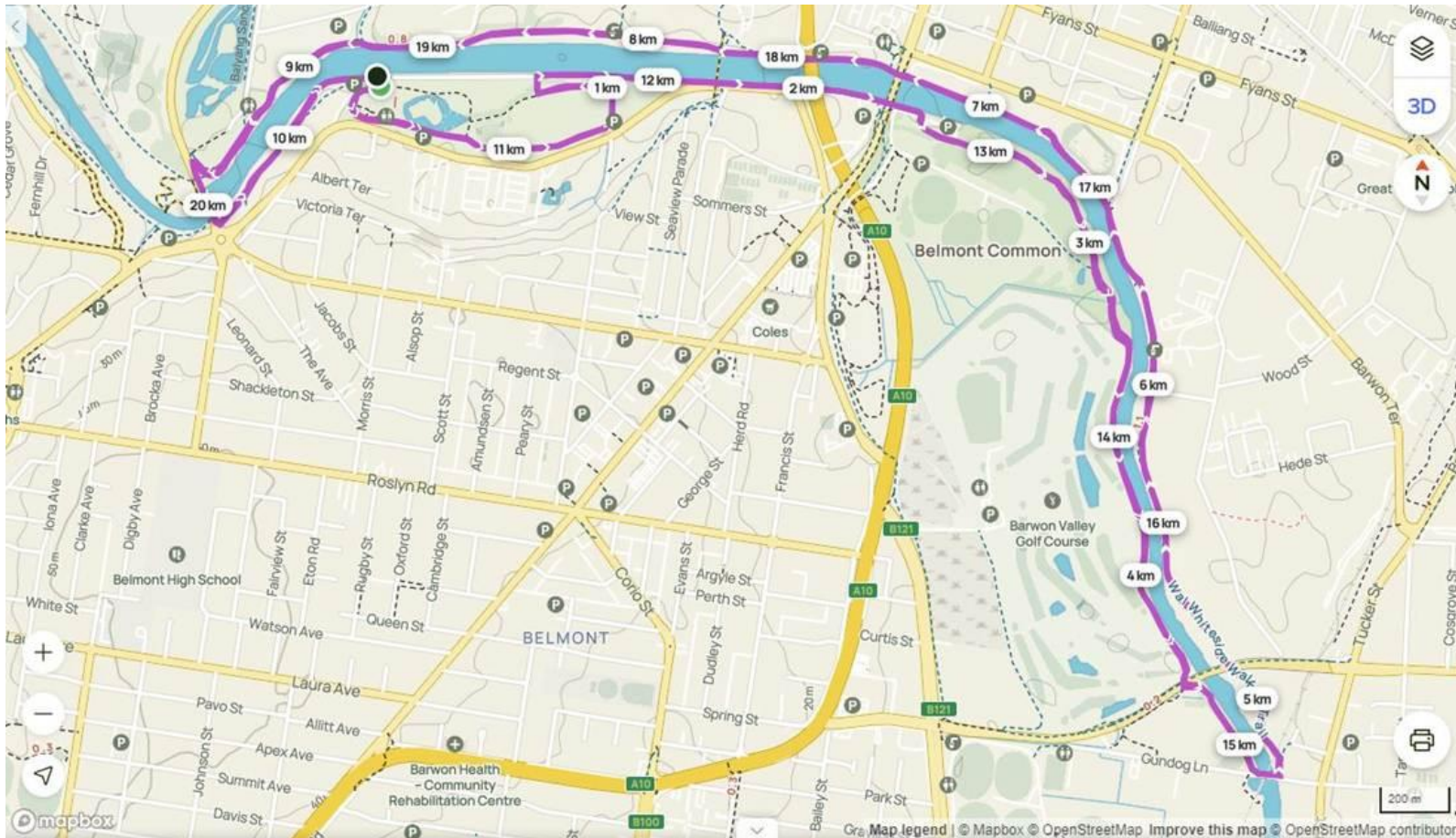


Barwon Valley Park 21.1km Course Notes

Two 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. 5km 4.98km



Race start location

The start location is on the inside path, east of the path running alongside the carpark that connects to the Promenade

Subject to the number of starters, 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 initial 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 heads north towards the Promenade but 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

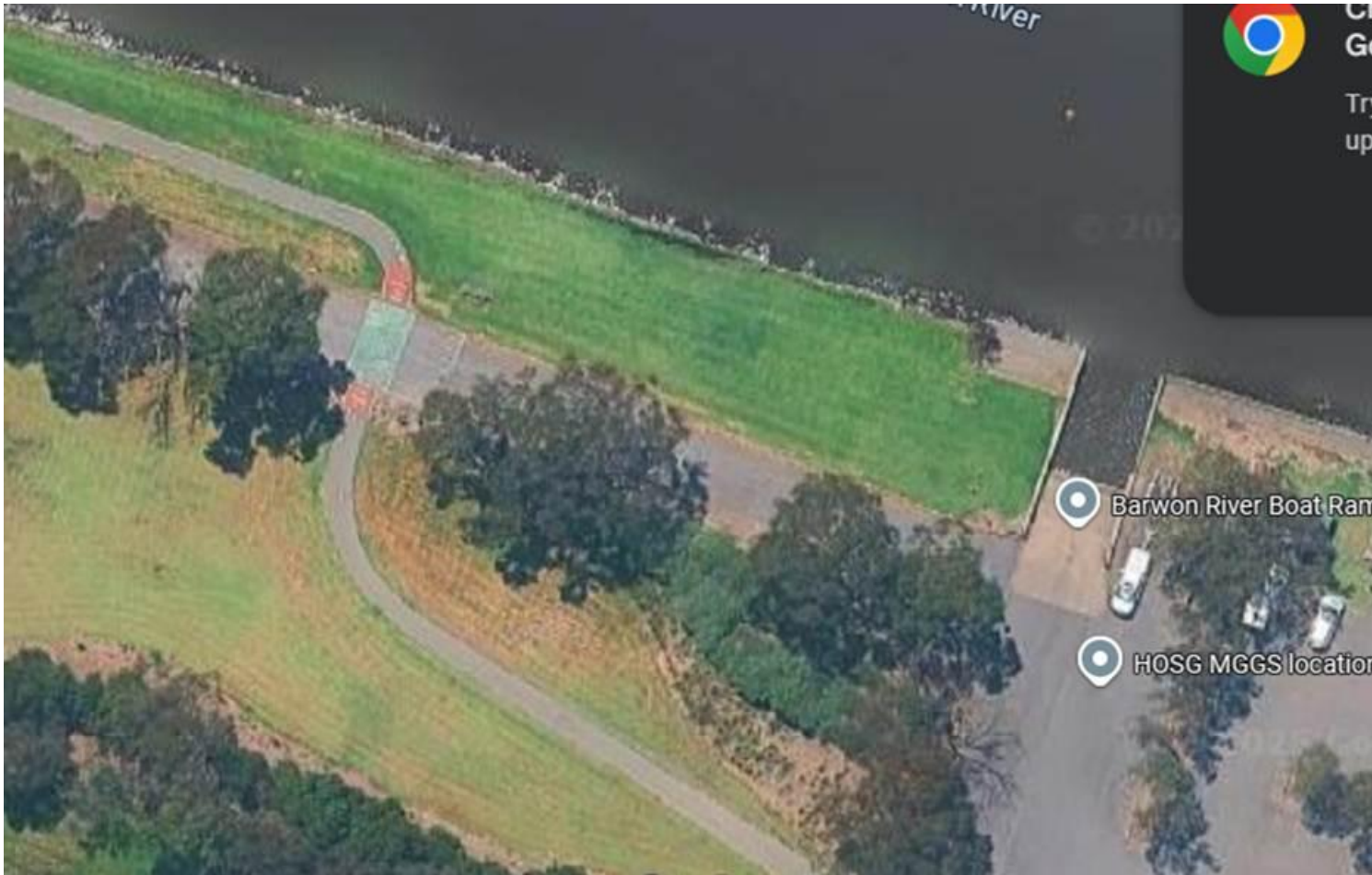
200m further west is a right hand turn to cross the park to the promenade. One of the Disc Golf on the left hand side is a landmark for the turn.



Above, the right turn landmark and the view across the park from the Promenade towards the right hand turn off the path.

This section should be inspected for hazards, sticks etc.

The course crosses the access road to the ski boatramp at the pedestrian crossing. The marshal that directs 5km runners can move down to the crossing with a stop go sign to ensure that there is 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 road overpass needs to be clearly marked, cones and arrows, to ensure runners do not run in a straight line along the dirt short cut



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

Rowing club / Drink station section

The course runs alongside Landy Field and then in front of the rowing sheds.

A Drink station can be set up on the east side of the Moorabool St bridge/ rowing sheds – this will be more easily access if 5km runners volunteer to man the station after their run. The location is accessible by car from the rowing sheds carpark.

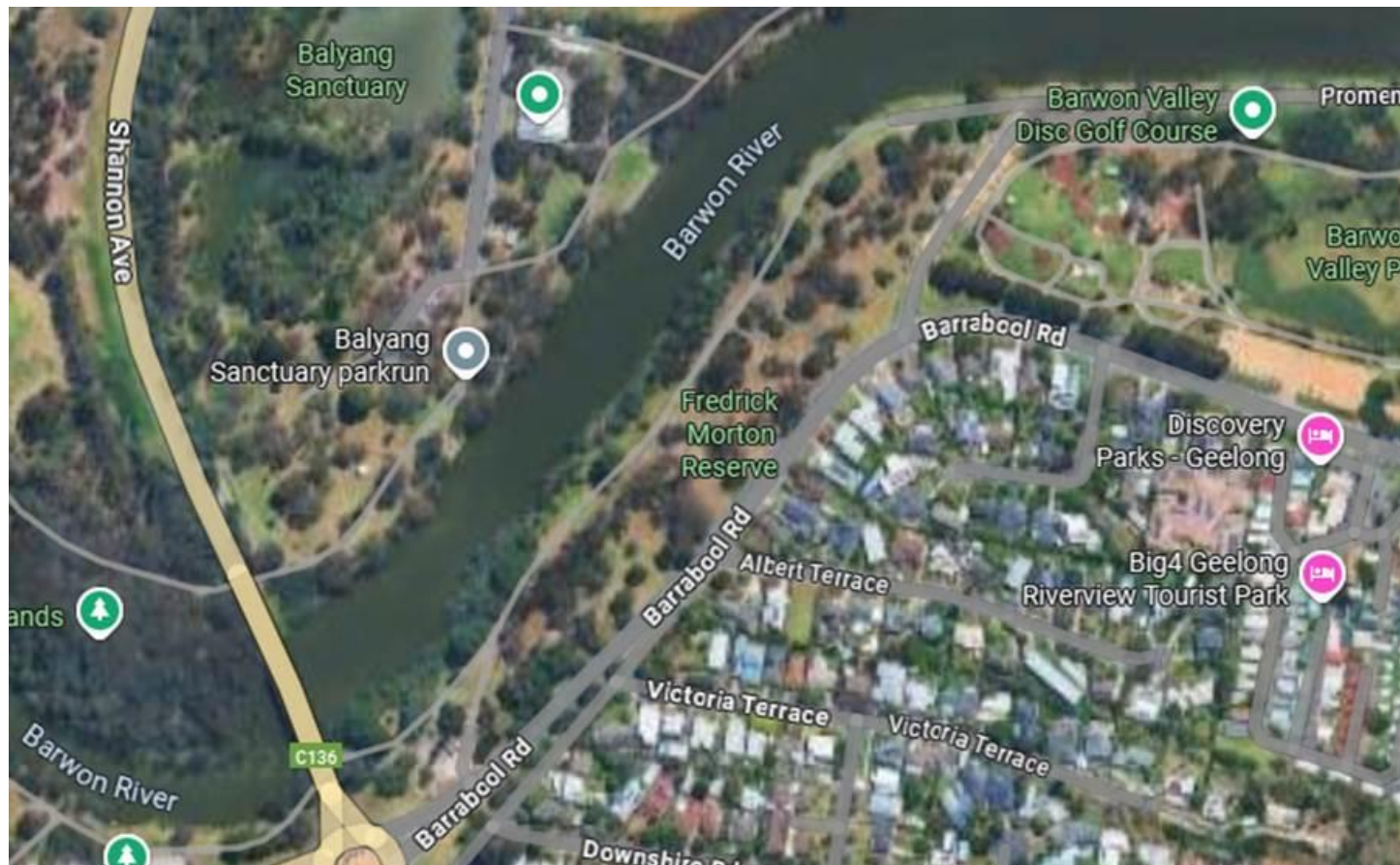


Shannon Avenue Bridge Section

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

Cones are required along the length of the bridge on the road side. After crossing the course 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 two Section

After the first lap the course crosses back into the park and the Start location at the end of the car park to repeat the journey.



Another drinks stand should be located at this point.

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



5km Course

The 5km course starts on the Promenade and does a lap of the paths between Moorabool St and Shannon Avenue

Start alongside the finish mat.

A Marshal will be need to direct 5km runners up on to the bridge and then ensure Half marathon runners go straight on

