

SPECTATOR GUIDE

QA 5k are excited to welcome spectators along and hope runners will spectate at the other races on the night

Spectators can stand or sit anywhere around the course, here are some suggested key areas Please take direction from the marshals and do not cross the course during the races

LET'S MAKE SOME SERIOUS NOISE TO SPUR THE RUNNERS ON

AREA

STANDING SPECTATOR FINISH AREA

