

2026 Start Times:

Sydney Royal Botanic Gardens (The Domain)

5K Run (R5K): 7:00 AM

10K Run (R10K): 7:50 AM

ALL W5K & W10K Start: 8:45 AM

TGS Resources

Various shifts (4:00am – 12:00pm):

Traffic & Course Mngr (Julian S)

Traffic & Eqmnt Super

Traffic Controller (x 12)

Redeployed Traffic Controller (x3)

Police Supervisor: 1xCom+Veh

Traffic Police 10xTCP + 3 x Veh

HVP Police: 2xGen Duties + TCP2

Participant Identification & Timing Bibs (Timing Chip on RUN Bib Only)

BEC 012635 5 KM

The 5K Running Course is 1 Full lap of Art Gallery Rd and Key CBD Roads

SAMANTHA 012635 10 KM

The 10K Running Course is 2 Full laps of the 5K Course.

BEC 012635 5 KM

The First Lap of the 5K and 10K Walking Courses use the same lap as the 5K Running Course to the Finish.

SAMANTHA 012635 10 KM

The 10k Walk then U-Turns on Art Gallery Rd for Laps 2 & Lap 3 around Mrs Mac's Point.

5k Walkers U-Turn (1 Lap Only)
10k Walkers (laps 1, 2 & 3)

10k Runners
U-Turn Lap 1 & Lap 2

5k Runners
U-Turn (1 Lap Only)

