





Run Turnaround  2km Junior Course  5km Senior Course  Transition  Finish 

SENIOR COURSE DESCRIPTION: (5km) (Red Line) Leaving the transition area turn left at the run exit at the rear of transition. Follow the cones until you get to the walkway where you follow the walkway until you get to an old unused road. Turn **LEFT** until you reach a turnaround cone. Follow the road over the old bridge and before go through the white barrier gate turn **RIGHT** onto limestone footpath when indicated. Follow the footpath to Pandora Bridge where you will join the footpath beside Pandora Road. Follow this, then turn right to the finish line on Humber Street.

Always stay on the track provided when you are in the DOC reserve. No dogs are allowed to be taken with you and no rubbish is to be left behind.

JUNIOR COURSE DESCRIPTION: (2 km) (Blue Line) Leaving the rear of transition turn right and follow the cones out into Pandora Road and keep running on the footpath until you see run turnaround cone. Come back the same way following Pandora Road, turning right to finish line on Humber Street.