



Run Turn at Cone  Direction of Run  Transition 

SPRINT COURSE DESCRIPTION: (Red Line) Leaving the transition area turn right by the toilets on Humber Street follow the cones until you get to the walkway where you follow the walkway until you get to an old unused road with a bridge on it. Turn **LEFT** until you reach a turnaround cone. Follow the footpath back over the old bridge and before you reach the phone box turn **RIGHT** onto limestone footpath. Follow the footpath to Pandora Bridge where you will join the footpath beside Pandora Road. Follow this to finish line in Humber street

SHORT COURSE DESCRIPTION: (Blue Line) Leaving the rear of transition follow the cones out into Pandora Road and keep running on the footpath until you see run turn around cone then come back the same way. 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.

STANDARD COURSE OPTION (Red Line) This is the same route as the sprint course but 2 laps. Lap 2 goes through transition, follow arrows and coned chute