



Course Description

Short Distance Trail Run (8.15am Start)

Duathlon Short Distance Mountain Bike (10.45am Start)

Starting from correct start position bike/run up the road keeping left at all times then turn left into the gateway at the base of the hill. Follow markings to turnaround point at end dirt track then head back towards gateway **keeping left at all times**. Turn left at gateway up the hill on the sealed road. At the top of hill turn left up the gravel road and down dirt track and back up the hill to the next turn left towards the next skid site. When coming back out of skid site turn left back down the hill and then right onto the sealed road leading into the grass verge beside the road. Follow signage back to transition or to the finish.

PLEASE NOTE PARTS OF THIS COURSE ARE 2 WAY, THERE IS PLENTY OF ROOM.

YOU MUST STAY LEFT AT ALL TIMES ON YOUR SECTIONED OFF PART OF THE COURSE. IF YOU ARE PASSING PLEASE NOTIFY OTHER PARTICIPANT(S) BY SAYING "ON YOUR RIGHT"

Start / Finish Line

 OUT

 BACK

 6 km

DISTANCE

 80 m

ELEVATION GAIN