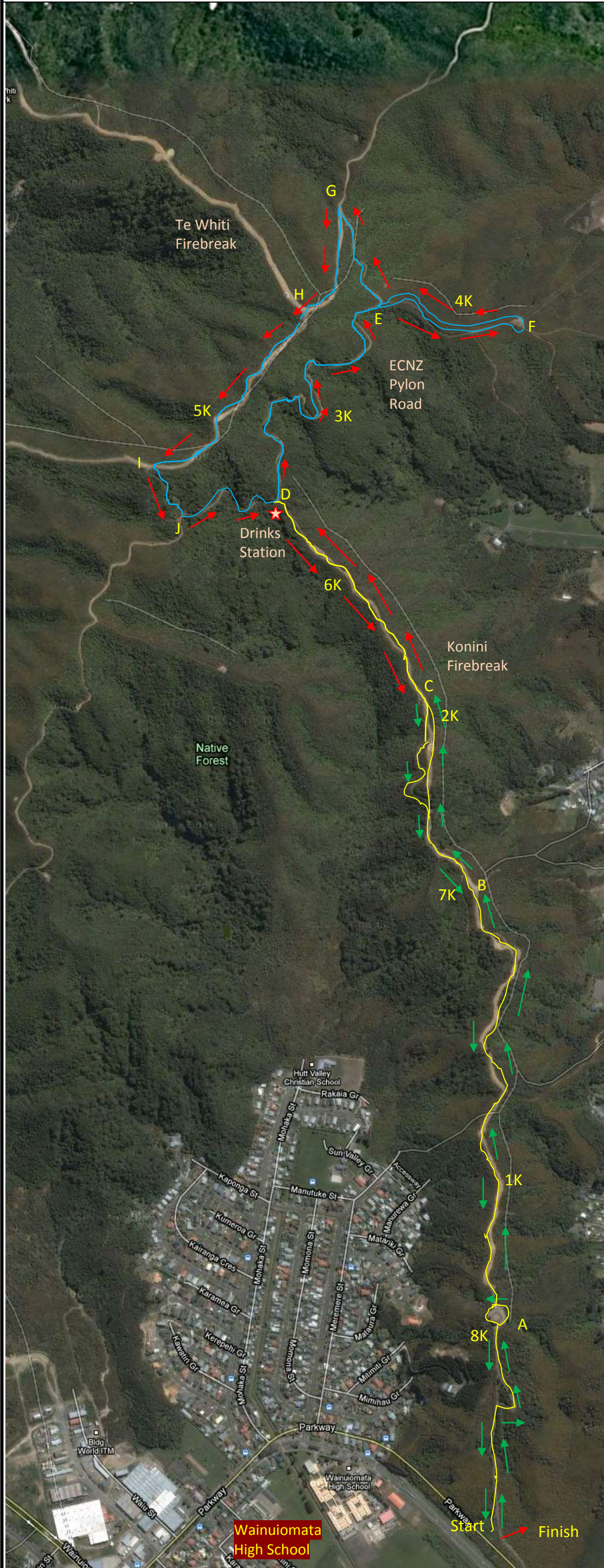


# New Zealand & Wellington Mountain Run Champs - Course Map – 13 April 2019



## Course Description

The entire course is on wide off-road tracks /fire breaks with a mix of gravel, dirt and rocky sections.

### 8.5K Course (450m Elevation)



The 8.5K course follows the green, red then green arrows on the map.

**Start to A** - 600m: A steady climb gaining 80m elevation on a wide gravel road to reach the water tower.

**A to B** - 1km: A rolling section with a couple of steep rises and drops on a wide dirt surface

**B to C** - 600m: Take the right hand paths that involve some steep climbs on rock surfaces.

**C to D** - 600m: A steady climb to the drink station, 60m elevation on rock and dirt to the drink station.

**D to E** - 800m: A mainly fast downhill section losing 40m of elevation on a dirt road.

**E to F to E** - 700m: Lose 50m elevation down and around a pylon at point F, then return gaining the 50m elevation back. Keep to the Right on this section.

**E to G to H** - 500m: A short downhill to the bottom of the "Hill from Hell", turn sharp left and gain 70m elevation in 300m on a wide rocky climb.

**H to I** - 500m: Two more climbs gaining 30m elevation taking you to the highest point with views of Wellington.

**I to J to D** - 500m: Lose 50m of elevation as you drop down and return to the drink station.

**D to C** - 600m: Drop 60m elevation down a rocky slope.

**C to B** - 600m: Take the right hand tracks down the dirt track, can be slippery in places.

**B to A** - 1km: Return along the rolling section with a steep climb and drop back to the water tower.

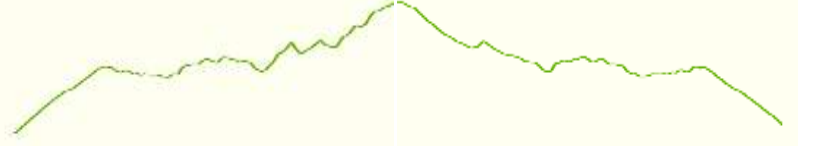
**A to Finish** - 600m: Downhill losing 80m of elevation turning left up the footpath to the finish beside reserve.

### 11.5K Course (600m Elevation)



The 11.5K course follows the green and red arrows on the map. The course is the same as the 8.5k course with one repeated 3km loop of the top section of the track marked in blue on the map.

### 4.5K Course (250m Elevation)



The 4.5K course follows the green arrows on the map up to point C where it then loops around and back down to the finish area.

### 1.5K Course (80m Elevation)

The 1.5K course follows the green arrows to Point A and then go around the water tower returning down to the finish at the reserve in Parkway Rise.