

New Zealand Road Running & Walking Championships 6th September 2014

Walking Courses: Finish Poturi Street. —————

5 km = 4 short laps (blue) less 91 metres start Whakakake Street.

10 km = 8 short laps (Blue) plus 9 metres start Whakakake Street.

Running Courses: Finish Poturi Street. —————

2 km = 1 short lap (Blue) plus 584 metres starting Hotuhotu Street corner Poturi Street.

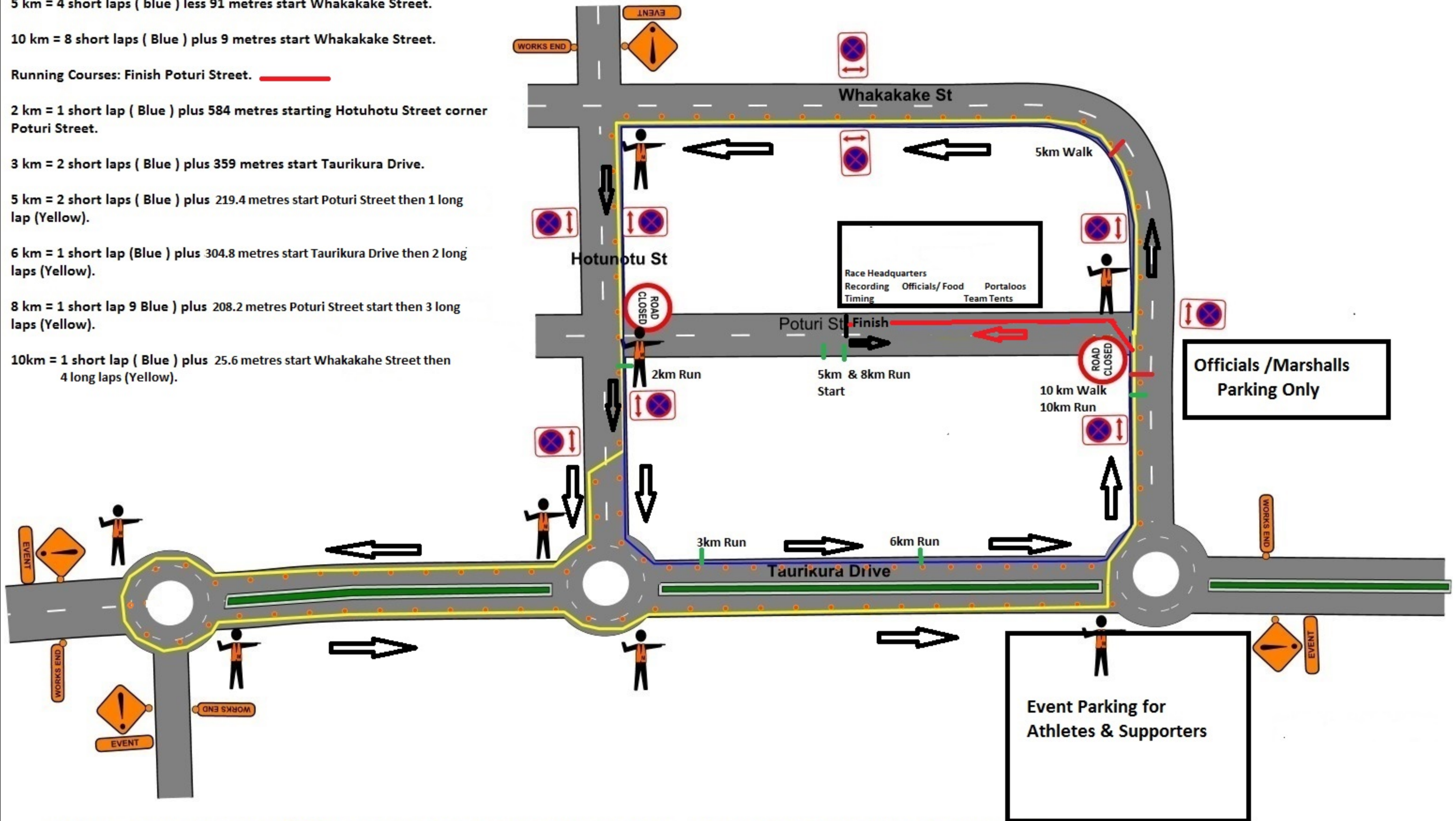
3 km = 2 short laps (Blue) plus 359 metres start Taurikura Drive.

5 km = 2 short laps (Blue) plus 219.4 metres start Poturi Street then 1 long lap (Yellow).

6 km = 1 short lap (Blue) plus 304.8 metres start Taurikura Drive then 2 long laps (Yellow).

8 km = 1 short lap (9 Blue) plus 208.2 metres Poturi Street start then 3 long laps (Yellow).

10km = 1 short lap (Blue) plus 25.6 metres start Whakakake Street then 4 long laps (Yellow).



NOTICE TO ALL ATHLETES & SPECTATORS: ALL ROADS ARE OPEN TO TRAFFIC. ATHLETES BE AWARE WHEN WARMING UP.

SPECTATORS KEEP OFF COURSE. NO CARS ON COURSE PLEASE.

THERE IS A PARTIAL ROAD CLOSURE ON POTURI STREET HOWEVER THERE WILL BE ACCESS FOR BUSINESSES AND THEIR STAFF.