



# Run Course

Run Turn at Cone    Direction of Run    Transition/Finish   

**Senior Years 11/13 - 4.5km COURSE DESCRIPTION: (Red Line)** Leaving the transition area continue straight and follow the cones until you get to the gravel walkway. Follow this until you reach you the sealed road. **TURN RIGHT** here (there is no longer a dog leg). Follow the marked course over the old embankment bridge and continue **STRAIGHT** all the way towards the Westshore Tavern. At the end of the gravel carpark **TURN RIGHT** and following marshals instructions to go over the grass, parallel to the road and go straight until it joins the limestone path. Head towards the Pandora Road Bridge eventually joining the footpath beside Pandora Road. Follow this path **TURNING RIGHT** before the Bakery car park then **TURNING LEFT** to the finish line beside Transition.

**Junior Year 9/10 - 2km COURSE DECIPTION: (Blue Line)** Leaving transition, turn right and follow the cones onto Pandora Road and keep running on the footpath lead- ing onto the limestone path until you see run turn around cone. Come back the same way. **TURN RIGHT** before the Bakery carpark, then **TURN LEFT** to the finish line.

**Always stay on the track provided when you are in the DOC reserve. No dogs. No rubbish is to be left behind.**