



Run Turn at Cone  Direction of Run  Transition/Finish 

**SPRINT 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 the sealed road. **TURN RIGHT** (there is no longer a dog leg). Follow the marked course over the old embankment bridge and **TURN RIGHT** down on onto the Estuary path. At the end of the path **TURN LEFT** onto the limestone path to the run turnaround. Follow the limestone path towards the Pandora Road Bridge eventually joining the footpath beside Pandora Road. Follow this path **TURNING RIGHT** in front of the Bakery car park then **TURNING LEFT** to the finish line beside Transition

**SHORT 2km COURSE DESCRIPTION: (Blue Line)** Leaving the Pond side of transition follow the cones out onto Pandora Road and keep running on the footpath leading onto the limestone path until you see run turnaround cone. Come back the same way Follow the limestone path towards the Pandora Road Bridge eventually joining the footpath beside Pandora Road. Follow this path **TURNING RIGHT** in front of the Bakery car park then **TURNING LEFT** to the finish line beside Transition **Always stay on the track provided when you are in the DOC reserve. No dogs. No rubbish is to be left behind.**

**STANDARD COURSE 9km OPTION (Red Line)** This is the same route as the sprint course but 2 laps.