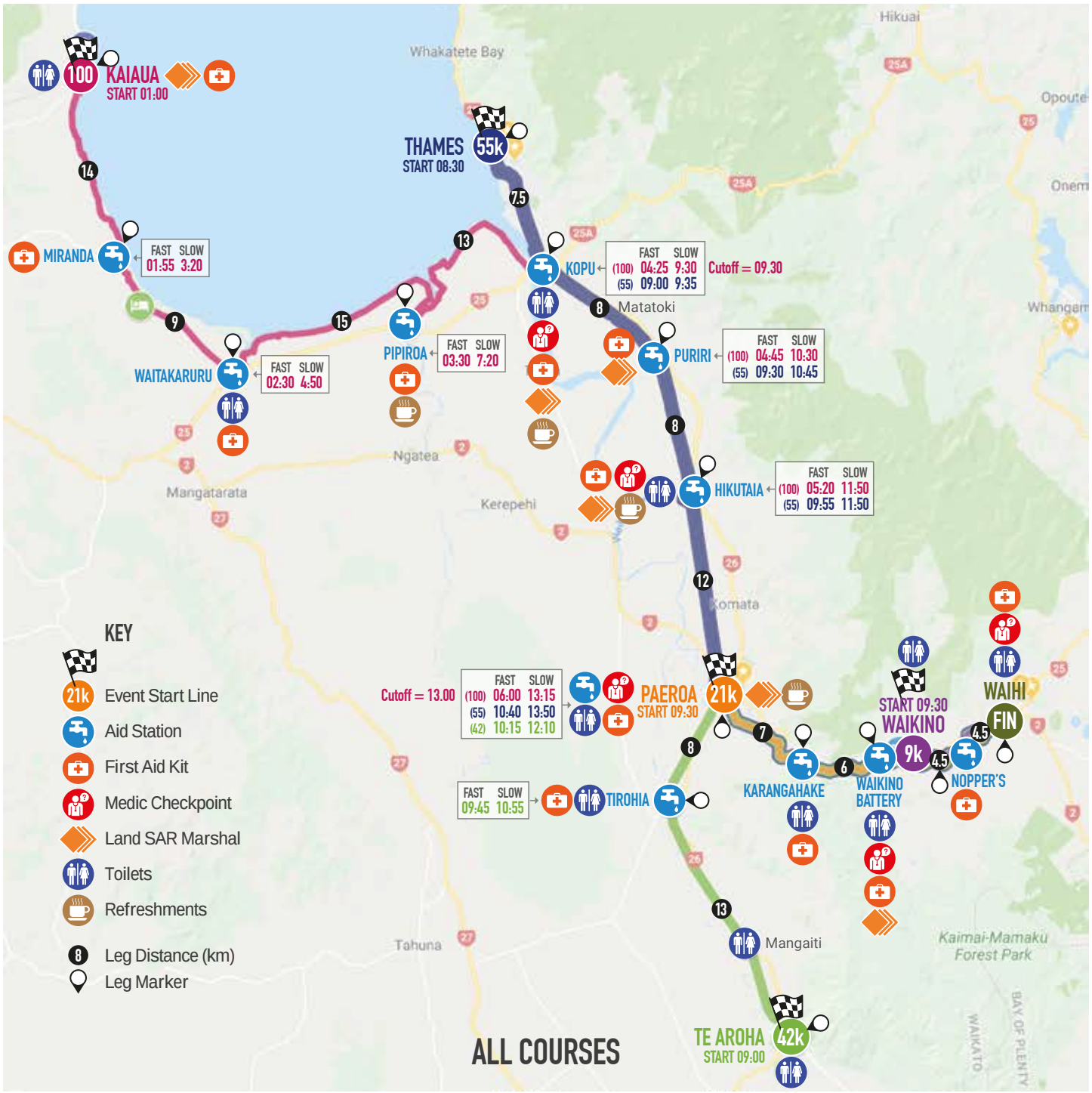
KAIAUA
START 01:00
100
THAMES
START 08:30
55k
MIRANDA
FAST SLOW
01:55 3:20
WAITAKARURU
FAST SLOW
02:30 4:50
PIPIROA
FAST SLOW
03:30 7:20
KOPU
FAST SLOW
(100) 04:25 9:30
(55) 09:00 9:35
Cutoff = 09.30
PURIRI
FAST SLOW
(100) 04:45 10:30
(55) 09:30 10:45
HIKUTAIA
FAST SLOW
(100) 05:20 11:50
(55) 09:55 11:50
Whakatete Bay
Hikuai
Matatoki
Ngatea
Mangatarata
Kerepehi
Komata
Tahuna
Mangaiti
Kaimai-Mamaku Forest Park
KEY
Event Start Line
Aid Station
First Aid Kit
Medic Checkpoint
Land SAR Marshal
Toilets
Refreshments
Leg Distance (km)
Leg Marker
Cutoff = 13.00
FAST SLOW
(100) 06:00 13:15
(55) 10:40 13:50
(42) 10:15 12:10
PAEROA
START 09:30
21k
FAST SLOW
09:45 10:55
TIROHIA
KARANGAHAKE
START 09:30
WAIKINO
9k
WAIKINO BATTERY
NOPPER'S
WAIHI
FIN
TE AROHA
START 09:00
42k
ALL COURSES

PAEROA TO WAIHI
THAMES
PAEROA
START 09:30
21k
FAST SLOW
(100) 06:00 13:15
(55) 10:40 13:50
(42) 10:15 12:10
Cutoff = 13.00
TE AROHA
FAST SLOW
(100) 06:30 14:50
(55) 11:10 14:30
(42) 10:40 13:10
(21) 09:55 10:30
KARANGAHAKE HALL
FAST SLOW
(100) 07:00 16:00
(55) 11:35 15:25
(42) 11:05 14:05
(21) 10:15 11:15
WAIKINO BATTERY
TRAIN ARR. 09:00 & 12:15
TRAIN DEP. 09:30 & 13:00
START 09:30
WAIKINO STATION
9k
Cutoff = 16.00
FAST SLOW
(100) 07:40 17:40
(55) 12:10 16:45
(42) 11:35 15:20
(21) 10:50 12:15
(9) 10:05 11:30
WAIHI
FIN
TRAIN DEP. 08:30 & 11:45
TRAIN RET. 10:00 & 13:30
NOPPER'S
McKinney Rd
Pukekauri Rd
FAST SLOW
(100) 07:20 16:50
(55) 11:50 16:05
(42) 11:20 14:45
(21) 10:30 11:45
(9) 09:45 10:30