

42km Run Turn
- Laps 1, 2, 3, 4 & 5
34km Run Turn
- Laps 1, 2, 3 & 4
10km Run Turn
- Laps 1 & 2
5km Run Turn
- Lap 1

21km Run Turn
- Laps 1, 2 & 3

Run Turn
- 5km, 10km, 21km, 34km
& 42km
- on each Lap



2025



- P** EVENT PARKING
- W** WATER AID STATION
- T** TOILETS
- ★** RUN TURN

RUN COURSE ---->

2km x 1 Short Lap (North only)
5km x 1 Short Lap (North only)
10km x 2 Short Laps (North only)
21.1km x 1 Short (North) & x2 Full Laps
34km x 4 Laps (South - North)
42.2km x 5 Laps (South - North)

42km Run Turn
- End lap 1 → 2
- End lap 2 → 3
- End lap 3 → 4
- End lap 4 → 5

34km Run Turn
- End lap 1 → 2
- End lap 2 → 3
- End lap 3 → 4

21km Run Turn
- End short lap 1 → 2
- End lap 2 → 3

10km Run Turn
- End short lap 1 → 2

**START
&
FINISH**

**Lap Aid Station
(dual direction)
&
42km – Personal
Drink Station**

42km Run Turn
- Laps 1, 2, 3, 4 & 5
34km Run Turn
- Laps 1, 2, 3 & 4
21km Run Turn
- Full Laps 2 & 3 (after
short Lap 1 North)

