



WHANGAMATA RUN COURSES

SPRINT 5km, 2 laps: Run inside the coned lane along Ocean Rd and into Rangi Ave, turn left to **access the beach at Hinemoa St**. Run along the beach for 1500m (there will be a Contact Energy Flag at about the 1,000m of the beach run that participants must go to the seaward side of) and then to the next flag at beach access 10, up the pathway through the sand dunes turning right onto Seaview Rd and into Williamson Park for the second lap or to the finish.

3-9-3 3km, 1 lap. TROPHY 10km, 3 laps: Run inside the coned lane along Ocean Rd and into Rangi Ave, turn left to **access the beach at Otahu Rd**, Run along the beach for 1500m (there will be a Contact Energy Flag at about the 1,000m of the beach run that participants must go to the seaward side of) and then to the next flag at beach access 10, up the pathway through the sand dunes, turning right onto Seaview Rd and into Williamson Park for the second and third laps or to the finish.