

XTERRA McKerrow's Revenge – Rimutaka Forest

Short Course



Description:

About 6km – 35 to 50 minutes – Mostly flat easy running with one climb in the middle.

Note: This course is run in an anti clockwise direction.

Start at Wainui Athletics Club grounds and head up Reservoir Rd for about 100m. Take a right onto a grassy area and cross over the footbridge and turn left onto Gums Loop. Follow Gums Loop, take a right up Tana Umaga Track and then another right onto the Forest Loop. After Forest Loop follow the Sledge Track around until you see the bridge across the Wainuiomata River (or take the ford option). Cross the bridge and head left for about 1.5km back down to Richard Prouse Park, and the Finish.

Course is subject to weather and track conditions on the day.