

Mountain Run – 18k

Course Description



All Mountain Runners start at Whitireia Polytech on the south side of the Transition area, facing west.

Multisporters and Duathletes (solo & teams) exit Transition to the south and turn right to head west on the Polytech service road.

- The first multisport runner (solo or team) is expected to start at approx. 10am.
- The first Duathlete runner (solo or team) is expected to start at approx. 10:15am.

Mountain Run Only participants line up together at 10:30am on the south side of transition, in the entrance to Polytech service road, facing west.

- Do not block multisport exit from transition.
- Do not line up on Wineera Dve.

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- All Mountain Runners head west along the back of Whitireia Polytech, then veer right onto grass leading to the traffic lights at the corner of Titahi Bay Rd and Wineera Dve.

Warning: The traffic lights will be controlled by traffic management, but runners must take responsibility for their own safety by checking for traffic and following marshal instructions.

- Mountain Runners cross Titahi Bay Rd, to the corner of Te Hiko St and Titahi Bay Rd where you head west on the right hand side of Te Hiko St, watching for traffic as you cross Ngatitooa St and Te Arawi St.
- At the end of Te Hiko St, turn left and take the right hand footpath for 80m and turn right into an alleyway that leads into Rangatuhi Park.
- Run through Rangatuhi Park to the far south west corner and turn right onto the footpath on Rangatuhi Crescent.
- Follow this footpath for 300m and turn right across a small grass reserve into a bush track that is the start of the Colonial Knob Walkway.
- Follow the main trail through some creek crossings and up a short set of steps, then several short steep pinches before the track levels out somewhat along a bush ridge.
- The track goes through three intersections. Run straight through the first two, staying on the high tracks until the third intersection, which meets the new Utiwai track.
- The course turns left here and heads downhill on the new Utiwai track for 1.9k to a clearing.

Warning: Runners heading downhill may meet mtn bikers heading uphill. Runners must give way!

- After 1.9k (6-10min) down Utiwai, the mtn run breaks out into a clearing with a picnic table in front of you. Turn hard right and head into a narrow and rough bush track that drops down for approx. toward Elsdon Motorcamp.

Warning: This downhill track gets steeper and rougher as you go. Be careful !

- At the bottom of the steep downhill, veer left onto a much better condition track with a footbridge in front of you.

- Veer right to cross the footbridge (donnot turn left) and you are now heading uphill for approx. 1.5k, including several sections of steps, to the top of Colonial Knob Scenic Reserve.
- The bush track eventually emerges above the bushline onto a dirt road that you follow uphill for 1k to the Telecom Transmitter Site on your left.
- Continue past this for 100m around a corner and then climb the fence in front of you (to the west) using the stile provided.

Warning: On the gravel road, runners heading uphill may meet mtn bikers heading downhill. Runners must give way!

Note: You are now on Pikarere Farm. This is private land available by the goodwill of its owner. Do not climb fences. Use gates only. If gates aren't open, climb on the hinge side.

- Once over the fence, veer to the right and run 100m to a gate to the north.
- Run through the gate, turn hard left and head west down the fence line (on your left) and farm track for 1k to another gate directly in front of bush and pine trees.
- Run through the gate and through the trees and follow the fence line (on your righthand side) for another 400m down to the Pikarere Farm's dirt road.
- Turn hard right through the gate and follow the farm road north for 600m to a gate.
- Turn left through the gate and run 100m across the paddock, through another gate and then another 100m to the bottom of a 4WD track heading uphill.
- Heading south-west now, you run up the 4WD track for 500m and then turn right to follow a ridgeline downhill for 1k to a farm track that you follow to the western coastline.
- Heading north-west now, follow the beach tracks for approx. 1.6k to Green Point.
- At Green Point will be turned right, heading east, inland and uphill for approx. 1.75k on a grass farm track, passing a grass airstrip and ponds to the Pikarere Farm dirt road.
- Turn left through the gate and head north on the dirt road for 300m, then turn right onto another farm track.
- Follow this farm track east and mostly downhill for 500m to a small gate under some trees that leads into the top of Takapuwahia Reserve (NB: this was the top of the first hill in the mtn bike section).

Note: Takapuwahia Reserve is private land open to us thanks to the goodwill of local Ngati Toha families.

- Run through the gate, turn left and follow the clay 4WD track downhill for 1k to a big grassed area above Takapuwahia Cemetery.
- Veer left here approx. 45-degrees, continuing downhill on grass for 400m, over a couple of humps to a 'T' intersection.
- Turn right here follow a grass track for 40m to a 'Y' intersection. Take the left fork and run another 100m around to the end of Tangare Dve.
- At the end of Tangare St, turn left and follow markers for 500m through a large grass reserve back to the traffic lights on the corner of Titahi Bay Rd and Te Hiko St.

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- From the traffic lights, cross Titahi Bay Rd and turn left into Wineera Dve and follow the lefthand footpath east for 300m around to the Waka Sheds.
 - Immediately after the Waka Sheds, turn right and cross Wineera Dve into the north end of the Transition area at Whitireia Polytech.
 - Run through transition into the finish chute to the finish line inside the main quad.
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