

Mountain Run – 17k

Due to the Covid-19 postponement, the mtn run course must be altered to avoid lambing on Pikarere Station. In 2020 the mtn run course is as following...

The first section of the course heads, as per normal, from Whitireia into Porirua Scenic Reserve and up Rangituhi-Colonial Knob.

The second section, for 2020 only, continues south over the very top of Colonial Knob and down through Spicer Forest, then back through the tracks above Tawa to the base of Colonial Knob to finish at Whitireia. The last 6k are the same as the mtn bike course.



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 running at approx. 10:10am.
- The first Duathlete runner (solo or team) is expected to start running at approx. 10:20am.

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.

Note: There will be traffic controls, but runners must take responsibility for their own safety by obeying road rules, give way to traffic and public, and following marshal instructions.

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- All Mountain Runners head west around 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: 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 traffic lights, to the corner of Te Hiko St, then head west up Te Hiko St on the right-hand footpath, watching for traffic as you cross Ngatitua 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.
- Stay on the footpath for 300m to small grass reserve. Turn right and cross the 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 high until the third intersection, which meets a wide, well-maintained track called Utiwai.
- The course turns tight here and heads gradually uphill on the Utiwai track for approx. 2.5k.

Warning: Early runners and later mountain bikers may be going uphill at the same time. Runners must give way to mtn bikers.

- The Utiwai track emerges above the bushline near the top of Rangituhi/Colonial Knob. Continue south on the gravel road uphill for 1.5k to the very top of Colonial Knob.
- At the top, veer left into a small track that emerges on farmland. Cross the obvious stile and follow walkway markers steeply downhill to Spicer Forest.
- Approx. 200m before Spicer Forest veer right, following the walkway markers to a stile over the fence into the forest.
- Once over the stile, turn hard right and follow the forest track south, downhill for approx. 1.5k to a small clearing. Turn hard left here, up a short, steep hill and onto the Meridian Link Road.

- Turn left follow the road north, downhill for 500m to a gate. Veer right around the gate and into a forest track for 1k that breaks out to a big hilltop clearing about the border between Tawa and Porirua. Turn left here and follow a downhill 4WD track (do not use the Te Tai Tonga track) west to the Broken Hill Recycling Centre.
- At the recycling centre you will be directed across the road into Spicer Botanical Park. You then follow the mtn bike route for the final 6k back to the Whitireia finish line.

Warning: Faster runners may encounter the slower mtn bikers. At all times the participant passing must give way.

- Once in Spicer Botanical Park, follow the markers for 1k downhill to the Reservoir track. Follow this west into bush, uphill for 100m, then veers right past the Reservoir onto a track called “Doctor”, which climbs for 1.5k to another track called “Tumeke”.
- Follow Tumeke downhill for 1.5k – taking right hand options at all times - to the bottom of Rangituhi/Colonial Knob.
- At the bottom of Tumeke you veer right off the single track onto a 4WD track and head north for 200m down to Rahia St.
- At Raiha St you will be directed across the road and head east for 1.5k through a walkway to Bishop Viard College and Kenepuru Drive, where you will be directed across a pedestrian crossing and onto a path beside Porirua Stream.

Warning: This is a public footpath/cyclepath. Give way to the public at all times. Watch for bollards on the path!

- Turn left and follow the stream-side path north for 1.5k, past the railway station back to Whitireia Polytech.
- **All participants finish** via a chute at the north end of transition. Cross Wi Neera Dve into the chute and run another 50m to the finish inside the Whitireia Polytech main quad.

Warning: All road crossings have controls. But no road is closed. Obey marshals and take responsibility when crossings.
