

# Mountain Run Map & Description - 18k

NB: Due to the covid-19 postponement, our traditional mtn run route is not possible due to early lambing & calving on Pikarere Farm. The course below will be used in 2022.

**Summary:** From Whitireia Polytech the mountain run heads west through Takapuwahia streets before heading into bush tracks up Rangatuhi/Colonial Knob Scenic Reserve. The route then continues south over the top of Colonoal Knob and into Spicer Forest. Then around to Te Tai Tonga Walkway above Tawa and down into the lower trails on Rangituhi/Colonial Knob, before returning through Viard College and Porirua Stream to finish back at Whitireia Polytech.



## Full Description

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

**Multisporters & Duathletes (solo & teams)** start the run straight after they have finished the mountain bike by exiting the South end of Transition and heading west around the back of Whitireia Polytech toward Titahi Bay Rd.

The first multisport or duathlon runner (solo or team) is expected begin running at approx. 10:30am.

**Mountain Run Only** participants line up together at 10:30am on the south side of transition on to Polytech service road, facing west. Do not block multisport exit from transition. Do not line up on Wineera Dve.



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

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➤ All Mountain Runners begin by heading west along the Polytech service road, then veer right on to the 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 north-west 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 follow the Takapuwahia Dve 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 a 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 for approx. 2k, through some creek crossings, up a short set of steps, then through three bush intersections. Run straight through the first two, taking the high options, until the third intersection, which meets a wide, well-maintained track called Utiwai.
- The course turns right 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.

Pto...

- The Utiwai track emerges above the bushline near the top of Rangituhi/Colonial Knob. Continue on the gravel road uphill, heading south for 1.5k right to the top of Rangituhi/Colonial Knob.
- At the top, veer left onto a short trail through scrub that continues south downhill, over a stile and continue south-east for 1k, downhill on steep farmland to Spicer Forest.
- When you reach Spicer Forest, veer right and cross a stile into the forest and head south downhill on single track trails.

**Warning:** Early runners going downhill may meet later mountain bikers coming uphill. Runners must give way to mtn bikers.

- Follow the single track trail downhill for 1.5k to a small clearing, where you turn left and head out to the Meridian access road above Tawa.
- Turn left and follow the Meridian road north, downhill for 500m, then veer right into a trail that skirts the Porirua Refuse Centre (do not go into the refuse centre). Follow this trail for 500m around to the top of Te Tai Tonga Walkway (reference: you are now above Chastudon Place in Tawa).
- Follow Te Tai Tonga Walkway (a gravel path) north-west, downhill for 1.5k to Broken Hill Road, where you'll find a cycle crossing to safely cross into Spicer Botanical Park.

**Warning:** Road crossing will have traffic controls. But you must give way to all traffic and all public at all times.

- Once into Spicer Botanical Park, head west across the park, crossing a concrete ford and continuing to a single track called Spicer Link. Follow Spicer Link north through bush and pine forest for 3k, eventually exiting at the bottom of Rangituhi/Colonial Knob on Raiha Street, where you will cross the road into another single track.

**Warning:** Road crossing will have traffic controls. But you must give way to all traffic and all public at all times.

- Once across Raiha Street, you head east into a bush track for 1k to Bishop Viard College. Turn right down across sports fields and continue around the righthand side of the school to a road and footpath that you follow east down to a pedestrian crossing on Kenepuru Drive.

**Warning:** The pedestrian crossing will have traffic controls. But you must give way to all traffic and all public at all times.

- At Kenepuru Drive you'll find a pedestrian crossing that you cross and head east for 100m, passing a Z service station, then veering right through a car park and dropping down onto the Porirua Stream footpath/cyclepath.
- Turn left and follow the footpath/cyclepath north for 1.5k under various bridges and past the back of Pack n' Save and various pop-up shops to Wineera Drive and Whitireia Polytech, opposite where you started the mountain run.
- **All participants finish** via a chute at the north end of transition. Cross Wineera Dve into the chute and run 50m to the finish line inside the main quad.

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