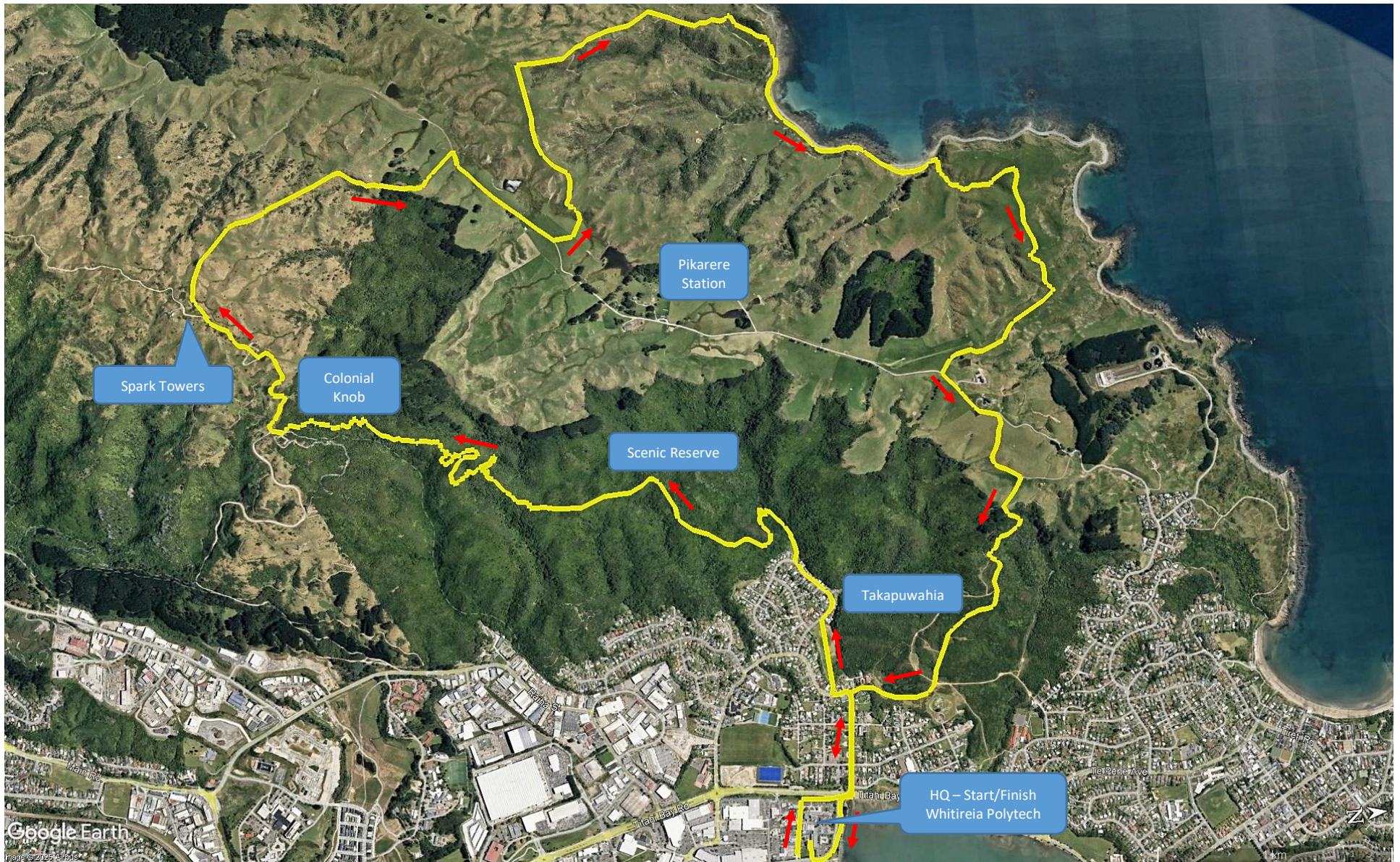


Mountain Run Map & Description - 17k

Summary: From Whitireia Polytech the mountain run heads west through Takapuwhia streets before heading into bush tracks up Rangatuhi/Colonial Knob Scenic Reserve. The route then continues west down into Pikarere Farm station to the western coastline. It follows the coastline north before turning east, back up across Pikarere Farm and over Takapuwhia to the 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 headed 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.



Warning: All road crossings have controls. But no road is closed. Obey marshals and take responsibility when crossings. Give way to traffic at all times.

➤ 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 Takapuwhia 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 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 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. You must stay on the main trail - no shortcuts.

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 on the gravel road uphill for 1k, then 50m before the Spark cell towers you will be directed west (to your right), over the fence into Pikarere Farm Station (cross the fence on a stile beside a large blue post on your right).

- Jump the stile and keeping the fenceline on your left, follow it over the top of a small hill and then downhill for 1k to a gate under pine trees. Go through the gate & keeping the fence on your right now, continue downhill to the Pikarere gravel farm valley road.
- Turn right and follow the farm road north for 500m and then veer left (west) for 200m across a paddock to a gate leading to a 4WD track leading uphill.
- Follow the 4WD track for 500m up to the ridge and continue south along the ridge for 500m to a fenceline.
- Turn right and follow the fenceline for approx. 1k downhill, almost to the coastline. Above the coastline you'll be directed down a gully (not the 4WD track used in past years), which heads straight down to the beach
- Running on the coastline now, follow the beach-front stock tracks for approx. 1k to an obvious 4WD track leading uphill back into the farm.
- Turn right off the beach and follow the track uphill for 1.5, initially on a 4WD track that turns to a grass track, to meet the Pikarere farm road again.
- Turn left, cross a cattle-stop, and follow the farm road north for 300m. Turn right here, crossing another cattle-stop, and into a farm track headed east around the back of a small hill to another cattle-grate.
- Continue east, across this third cattle-grate, for 150m to a fenceline and gate under pine trees. You are now at the top of Takapuwahia area in Porirua.
- Cross the fenceline and veer left, following the obvious 4WD track downhill and east for approx. 1k to Takapuwahia Cemetery.
- Above the cemetery continue downhill and veering right around the base of the hill for another 400m out to the corner of Takapuwahia Dve & Te Hiko St.
- Turn left and follow Te Hiko St east for 400m, watching for traffic as you cross Ngatittoa St and Te Arawi St, back to the traffic lights at Titahi Bay Rd.

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.

- Cross the traffic lights at the normal walk crossing and turn left into Wineera Dve, then follow the seaward footpath for another 300m around to the finish area back at Whitireia Polytech.
- **All participants finish** via the north end of transition. Cross Wineera Dve into the chute and run another 50m to the finish line inside the main quad.

Warning: All road crossings have controls. But no road is closed. Obey marshals and take responsibility when crossings. Give way to traffic at all times.

