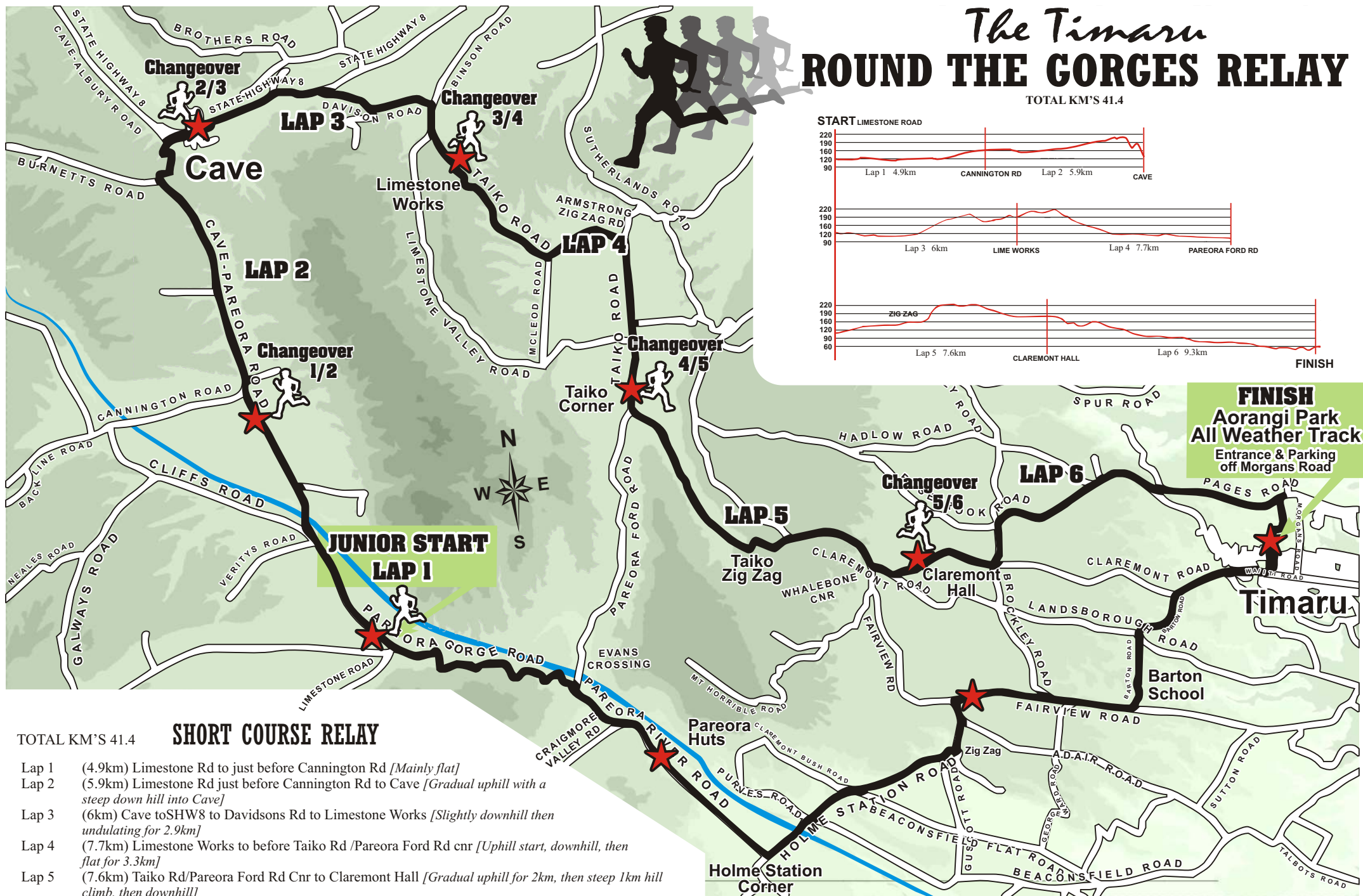
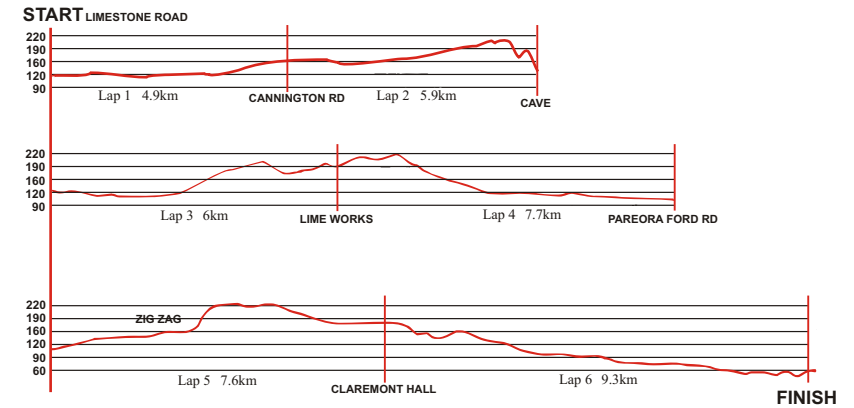


The Timaru ROUND THE GORGES RELAY

TOTAL KM'S 41.4



FINISH
Aorangi Park
All Weather Track
Entrance & Parking
off Morgans Road

JUNIOR START
LAP 1

TOTAL KM'S 41.4

SHORT COURSE RELAY

- Lap 1 (4.9km) Limestone Rd to just before Cannington Rd [Mainly flat]
- Lap 2 (5.9km) Limestone Rd just before Cannington Rd to Cave [Gradual uphill with a steep down hill into Cave]
- Lap 3 (6km) Cave to SHW8 to Davidsons Rd to Limestone Works [Slightly downhill then undulating for 2.9km]
- Lap 4 (7.7km) Limestone Works to before Taiko Rd /Pareora Ford Rd cnr [Uphill start, downhill, then flat for 3.3km]
- Lap 5 (7.6km) Taiko Rd/Pareora Ford Rd Cnr to Claremont Hall [Gradual uphill for 2km, then steep 1km hill climb, then downhill]
- Lap 6 (9.3km) Claremont Hall to Aorangi Park All Weather Track via Mountainview Road [Generally downhill, small rise, short but steep rise, undulating]

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