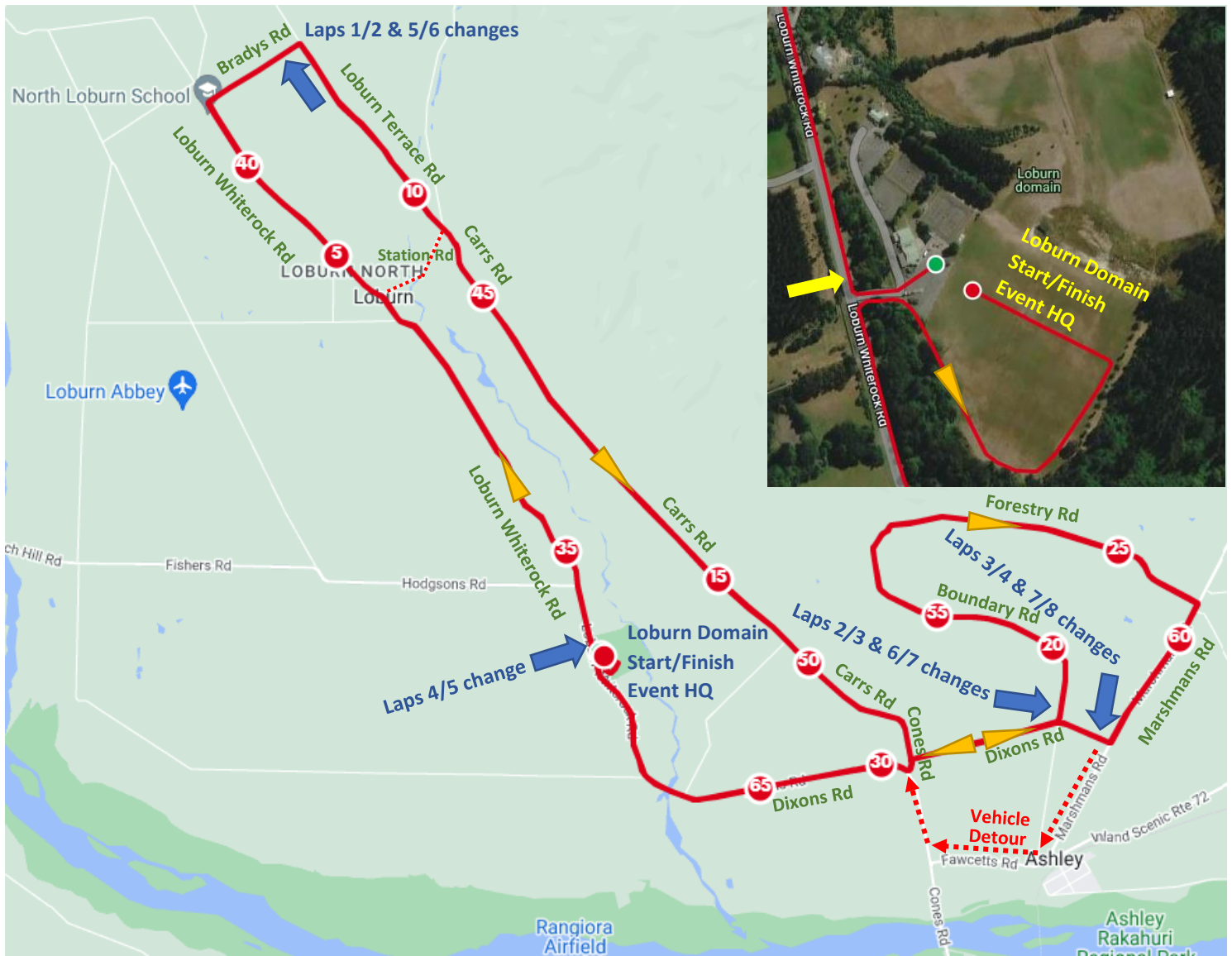
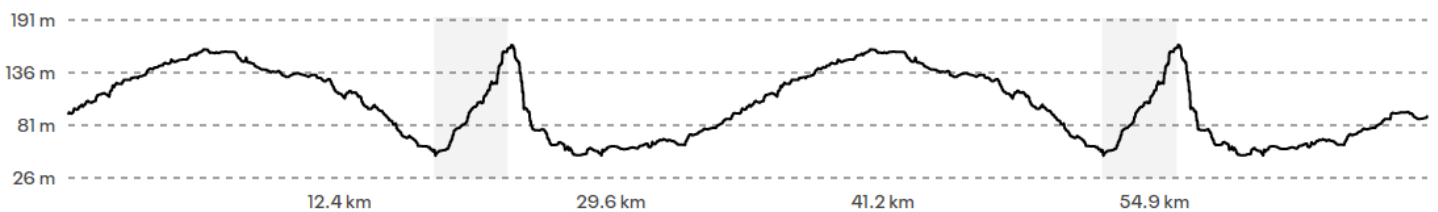


Loburn 68 Road Relay - 8 lap course (two laps of 4 lap course) – 68.02km



Elevation

Start **93 m** Max **166 m** Gain **486 m**



Lap	Distance	Description – tarseal unless stated
1	8.03k	68m out to road. Gentle undulating climb, last k on shingle road. Run on right side all the way.
2	11.20k	Gentle undulating downhill. Run on the right side until turned onto Dixons Rd, run on left side till almost at finish.
3	8.35k	First 4.45k shingle road. First half of lap is moderate undulating uphill, second half moderate to steep undulating downhill. Run on right side all the way.
4	6.23k	Gentle undulating climb. Run on the right side all the way.
5	7.94k	Gentle undulating climb, last k on shingle road. Run on right side all the way.
6	11.20k	Gentle undulating downhill. Run on the right side until turned onto Dixons Rd, run on left side till almost at finish.
7	8.35k	First 4.45k shingle road. First half of lap is moderate undulating uphill, second half moderate to steep undulating downhill. Run on right side all the way.
8	6.72k	Gentle undulating climb. Run on the right side all the way until entering Loburn Domain grass area. 540m from leaving road to finish line.