LOBURN 68 Road Relay

THE WAIMAK 4 PERSON - LAP 4 Information

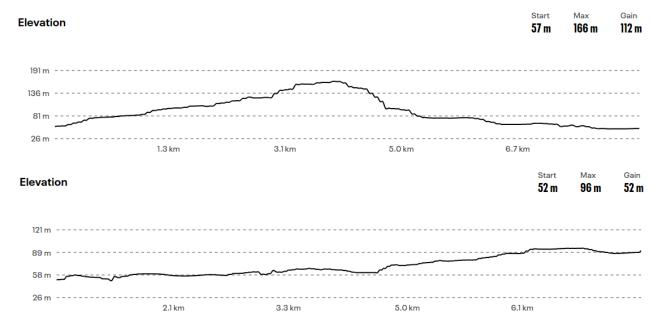
DISTANCE: 15.1K (combined laps 7 & 8 of Waimak 8)

DESCRIPTION

First 4.45k on shingle road with moderate undulating uphill over first 3k. Final climb is steep though short followed by short flat section and then steep descent (be careful). Shingle surface is uneven with some potholes and requires concentration. Soon after steep descent, the surface is tarseal and the rest of the lap is smooth with gentle descent followed by gentle climb to Loburn Domain. One bridge to cross so no verge on the bridge. The final 400m is on the grass field of Loburn Domain.

DIFFICULTY

Challenging. Total climb of 160m with similar descent over the course. Some climbs and descent are steep to very steep (though short). Remainder of lap is firstly gently descending followed by flat and then gentle undulating climb. Care required on shingle section. See elevation profile of lap here.



DIRECTIONS

Start on Boundary Rd (shingle surface). Run on **right side of road** for the rest of the lap.

Run past Gorries Rd (1.9k) moving westwards up Boundary Rd.

Veer right (north) up Boundary Rd past Mowatts Rd (3k) entering Forestry Rd

Run down Forestry Rd past Gorries Rd/Barron Ave (4.5k). Change to tarseal surface.

Turn right onto Marshmans Rd (6.7k)

Stay on right hand side of

Marshmans Rd past Downs Rd (8k) and shortly after turn right onto Dixons Rd staying on the right-hand side running west past Boundary Rd.

Turn left onto Cones Rd (at 10k) staying on right hand side of road. Shortly after, turn right onto Dixons Rd (continuation).

Run over Makerikeri River bridge (12.7k) and veer right into Loburn Whiterock Rd.

Run along Loburn Whiterock Rd on the right-hand side to turning right into Loburn Domain (14.7k) and veering right, run around Loburn Domain on the field to finish.

Very similar to lap 2 of Waimak 4. See maps of lap here.

