LOBURN 68 Road Relay

THE WAIMAK 8 PERSON – LAP 4 Information

DISTANCE: 6.2K

DESCRIPTION

Smooth tarseal surface with moderate to wide verges. Gentle turns. No significant climbs or descents. There may be runners in both directions on Dixons Rd. One bridge to cross so no verge on the bridge. Very similar to Lap 8.

DIFFICULTY

Easy. Total climb is 50m. Gentle undulating climb. See elevation profile of lap below.

Elevation				Start 52 m	^{Max} 95 m	Gain 50 m
120 m						
89 m					مستعمت	
58 m						
26 m	2.0 km	2.5 km	4.5 km	5.5 km		

DIRECTIONS

Start on right hand side of Dixons Rd running west. Run down Dixons Rd past Boundary Rd.

Turn left onto Cones Rd (at 2k) staying on right hand side of road. Shortly after, turn right onto Dixons Rd (continuation).

Run over Makerikeri River bridge (4.5k) and veer right into Loburn Whiterock Rd.

Run along Loburn Whiterock Rd on the righthand side to outside of the Loburn Domain where the lap changeover occurs. See map of lap here.

