

Upper Hutt Course Summary

To help you out, here is a quick summary of each of the options available, for further details please study the relevant detailed course descriptions.

Transition opens	7:30am
Registration	7:30am – 8:30 am
Late entries accepted	7:30am – 8:00 am
Verbal Event Briefing	8:45am
Transition closes	8:55am

	Long	Medium Hill or Flat	Short	Novice
Start time – ALL	9:00am	9:10am	9:20am	9:30am
Basic Summary	Run 10k, Cycle 40k, Run 5k	Run 5k (hill or flat), Cycle 20k, Run 2.5k	Run 2.5k, Cycle 12k, Run 2.5k	Run 1.2k, Cycle 6k, Run 1.2k
Opening run goes where?	Hill Lap clockwise- Loops up tank Hill to Chatsworth Road back along roads	Flat Lap clockwise – Messines Ave / Freyberg Road / Pinehill Cres / Somme Rd		Flat Lap - Gallipoli Road, return via internal campus road
Opening run is?	2 laps (10k)	1 lap (5k)	2 laps (5k)	1 lap (1.2k)
Cycle – what course /where to?	North to Ward Street, then up into Whitemans Valley to Katherine Mansfield Drive and return		North, up to Ward Street roundabout and return – Flat course	
Cycle – How many laps?	2 laps (40k)	1 lap (20k)	2 laps (12k)	1 lap (6k)
Closing run – where to?	Flat Lap clockwise – Messines Ave / Freyberg Road / Pinehill Cres / Somme Rd			Flat Lap - Gallipoli Road, return via internal campus road
Closing run – How many laps?	2 laps (5k)	1 lap (2.5k)	1 lap (2.5k)	1 lap (1.2k)

Prizegiving :	12:30 pm
This is an approximate time, but is dependant on when the last participant finishes, we will attempt to not start before then!). Prizegiving will be near the finish line.	