

KM	DISTANCE MARKERS
2	200m into GREY LYNN Park
4	200m before COXS BAY sports pavilion
6	LEMINGTON RESERVE
8	MOTIONS / GT NORTH
10	by FARM RD, UNITEC
12	SOLJAK PL exit from walkway
14	100m after RICHARDSON RD crossing
16	200m before MAY RD
18	MT ALBERT / HAYR
20	ROYAL OAK roundabout
22	CORNWALL PARK Sunken Gardens
24	MANUKAU / KIMBERLEY
26	BROADWAY / REMUERA
28	LOWER DOMAIN DR / LOVERS LANE
30	GRAFTON RD / KHYBER PASS
32	YMCA

WEEK TEN – 31 MARCH 2024 – 32km

ROUTE:

HOPETOUN – R PONSONBY – L WILLIAMSON – R pathway thru GREY LYNN PARK – R DRYDEN – L COCKBURN – R HAKANOA RESERVE thru to COXS BAY walkway – L WEST END – R GARNET – L LEMINGTON – R SUNNY BRAE – L WEONA – L on walkway thru to LEMINGTON Reserve – cross MEOLA to JAGGERS WALK – R OLD MILL/MOTIONS – R GT NORTH – L CARRINGTON – R thru UNITEC to join OAKLEY CK walkway – take exit to SOLJAK – cross NEW NORTH – BOLLARD – L back onto OAKLEY CR walkway – across SANDRINGHAM – exit L MAY RD – R MT ALBERT – CAMPBELL – L GRAND DR – TWIN OAKS – POHUTUKAWA – PURIRI – R MANUKAU – BROADWAY – PARNELL – L DOMAIN DR – R LOWER DOMAIN DR – L GRAFTON – R KYHBER PASS – R SYMONDS – L K RD – back to Y

WATER/TOILETS:

COXS BAY – PT CHEV – WALMSLEY PARK – ROYAL OAK – CORNWALL PARK – RANFURLY RD

HALF MARATHON – 20km

At SOLJAK turn L NEW NORTH – SYMONDS – L K RD – to Y