

KM	DISTANCE MARKERS
2	BANDSTAND, DOMAIN
4	BROADWAY / MORROW
6	MANUKAU / CAMPBELL
8	TWIN OAK
10	MT. SMART RD / MARIRI
12	WAIKARAKA PARK
14	200m along ORPHEUS DR
16	ONEHUNGA MALL / GREY
18	MT. ALBERT / PAH
20	ST ANDREWS / EMPIRE
22	DISRAELI / MT EDEN
24	MT EDEN / ENFIELD
26	YMCA

WEEK FOUR – 18 FEBRUARY 2024 – 26km

ROUTE:

L K RD – GRAFTON BRIDGE – PARK – L DOMAIN GATES – R PARNELL – BROADWAY – MANUKAU – L CAMPBELL CRES – L PURIRI – POHUTUKAWA – TWIN OAK DR – L GRAND DR – ONEHUNGA MALL – L MT SMART – R MAYS – R ALFRED – L NEILSON – R to pathway thru WAIKARAKA PARK – R WAIKARAKA CYCLEWAY – ORPHEUS DR – L on cycleway to loop over motorway – pathway across BEACHCROFT to PRINCESS – L ONEHUNGA MALL – L TRAFALGAR – R MANUKAU – L MT ALBERT – R ST ANDREWS – L DISRAELI – R MT EDEN – R SYMONDS – L K RD

WATER/TOILETS:

MANUKAU / RANFURLY RD or CORNWALL PARK – CAPTN SPRINGS RD (Service Stn) – TAP ON WALKWAY AT MANGERE END OF CEMETERY – ROYAL OAK ROUDABOUT

HALF MARATHON – 16km

TAKE ROUTE TO JUNCTION TWIN OAKS/GRAND DR – TURN AND FOLLOW ROUTE BACK TO Y