

KM	DISTANCE MARKERS
2	TOILETS DUCK POND
4	BROADWAY/MORTIMER PASS
6	MANUKAU RD CORBETT SCOTT AVE
8	GATES ONE TREE HILL DOMAIN
10	ONEHUNGA MALL GREY ST
12	STHN LOOKOUT MANGERE BR
14	KIWI ESPLANADE/HOUSE AVE
16	WALLACE RD/RIDGEMOUNT RISE
18	BLACKBRIDGE TAVERN
20	NORTH end MANGERE BRIDGE
22	NORMANS HILL / ARTHUR ST
24	MANUKAU RD LEWIN RD
26	MANUKAU RD KIMBERLEY RD
28	BROADWAY REMUERA RD LTS
30	DOMAIN 100M PAST REAR HOSP ENTRANCE
32	YMCA

WEEK EIGHT – 17 MARCH 2024 – 32km

ROUTE:

L K RD – L DOMAIN PAST DUCK POND – R BROADWAY – MANUKAU RD – L TRAFALGAR RD – R ONEHUNGA MALL – MANGERE PEDESTRIAN BRIDGE – R WATERFRONT – TO KIWI ESPLANADE – L SEAFORTH AVE – L MUIR AVE – R WALLACE RD – L MILLER RD – L CORONATION RD – to MANGERE PEDESTRIAN BRIDGE – L ONEHUNGA HARBOUR RD – ORPHEUS DR – R over M'WAY via pedestrian bridge – across BEACHCROFT AVE – R ARTHUR ST – L NORMANS HILL RD – MANUKAU RD – RETURN SAME ROUTE [BROADWAY, DOMAIN] TO Y

WATER/TOILETS:

MANUKAU RD, ROYAL OAK, WATERFRONT, MANGERE SHOPS

HALF MARATHON – 20km

TURN ONEHUNGA MALL / GREY ST – RETURN SAME ROUTE TO Y