

Mountain Run – 16k

Course Description



All Mountain Runners start at Whitireia Polytech on the south side of the Transition area, facing west.

Multisporters and Duathletes (solo & teams) exit Transition to the south and turn right to head west on the Polytech service road.

- The first multisport runner (solo or team) is expected to start at approx. 10am.
- The first Duathlete runner (solo or team) is expected to start at approx. 10:15am.

Mountain Run Only participants line up together at 10:30am on the south side of transition, in the entrance to Polytech service road, facing west.

- Do not block multisport exit from transition.
- Do not line up on Wineera Dve.

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- All Mountain Runners head west along the back of Whitireia Polytech, then veer right onto grass leading to the traffic lights at the corner of Titahi Bay Rd and Wineera Dve.

Warning: The traffic lights will be controlled by traffic management, but runners must take responsibility for their own safety by checking for traffic and following marshal instructions.

- Mountain Runners cross Titahi Bay Rd, to the corner of Te Hiko St and Titahi Bay Rd where you head west on the right hand side of Te Hiko St, watching for traffic as you cross Ngatittoa St and Te Arawi St.
- At the end of Te Hiko St, turn left and take the right hand footpath for 80m and turn right into an alleyway that leads into Rangatuhi Park.
- Run through Rangatuhi Park to the far south west corner and turn right onto the footpath on Rangatuhi Crescent.
- Follow this footpath for 300m to small grass reserve. Turn right and cross the reserve into a bush track that is the start of the Colonial Knob Walkway.
- Follow the main trail through some creek crossings and up a short set of steps, then several short steep pinches before the track levels out somewhat along a bush ridge.
- The track goes through three intersections. Run straight through the first two, staying on the high tracks until the third intersection, which meets a wide, well-maintained track called Utiwai.
- The course turns tight here and heads gradually uphill on the Utiwai track for approx. 2.5k.

Warning: Early runners and later mountain bikers may be going uphill at the same time.

- The Utiwai track emerges above the bushline near the top of Colonial Knob. Continue on the Colonial Knob dirt road uphill for 1k to the Telecom Transmitter Site on your left.
- Approx 100m before the transmitter site you climb the fence on your right (to the west) using the stile provided & follow the grass farm track along the fenceline.

Note: You are now on Pikarere Farm. This is private land available by the goodwill of its owner. Do not climb fences. Use gates only. If gates aren't open, climb on the hinge side.

- Once over the fence, follow the grass farm track along the fenceline uphill for 200m and then downhill for 1k (heading west & keeping the fence on your left) down to another gate directly in front of bush and pine trees.
- Run through the gate and through the trees and follow the fence line (on your righthand side now) for another 400m down to the Pikarere Farm's dirt road. This is approx. halfway.
- Turn hard right through the gate and follow the farm road north for 600m, then turn left and run 100m across a paddock to a gate that leads to the bottom of an uphill 4WD track.
- Heading south-west now, you run up the 4WD track and along the top of the hill for 500m and then turn right to follow a ridgeline downhill for 1k to a farm track.
- Turn right at the farm track and follow it for 1k down to the western coastline.
- Heading north now, follow the beach tracks for approx. 1k around the bay to a 4WD track that heads uphill into the farm. The track is visible from the moment you reach the beach.
- This is the start of a 1.75k uphill. The 4WD track last approx. 500m and then becomes a grass farm track heading north/east up to the Pikarere Farm dirt road.
- Turn left through the gate, over a cattle-stop, and head north on the dirt road for 300m to a gate on your right with another cattle-stop leading into a paddock.
- Turn into this gate and follow the farm track for 500m east, around the back of a small hill, then turn right through another gate with a cattle-stop, and head to a gate under some trees on a fenceline.
- Run through the gate, turn left and follow the obvious track downhill through the bush for 1k to a big grassed area above Takapuwahia Cemetery.

Note: The Takapuwahia Reserve is private land open to us thanks to the goodwill of the Te Hiko Puaha Trust.

- Veer left here approx. 45-degrees, continuing downhill on grass for 400m, over a couple of humps to a 'T' intersection.
- Turn right here follow a grass track for 40m to a 'Y' intersection. Take the left fork and run another 100m around to the end of Tangare Dve.
- At the end of Tangare St, turn left and follow markers for 500m through a large grass reserve back to the traffic lights on the corner of Titahi Bay Rd and Te Hiko St.

Warning: The traffic lights will be controlled by traffic management. But runners must take responsibility for their own safety by checking for traffic and following marshal instructions.

- From the traffic lights, cross Titahi Bay Rd and turn left into Wineera Dve and follow the lefthand footpath east for 300m around to the Waka Sheds.
 - Immediately after the Waka Sheds, turn right and cross Wineera Dve into the north end of the Transition area at Whitireia Polytech.
 - Run through transition into the finish chute to the finish line inside the main quad.
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