



ATHLETICS – 7.5 KM HILL RUN

Date: Thursday 6 February 2020

Start Time: 4.30 PM

Start Line: Corner Rockside Road/McGlashan Street, Woodhaugh

This is a 7.5km hill run of moderate difficulty that will give spectacular views of Dunedin and surrounding areas. Most runners will finish in the hour. Please, NO walkers.

The run takes in Ross Creek reservoir tracks, the Pineapple Track to the junction with the track over to Swampy, there turns left up to Flagstaff (666m) to finish at the Bull Ring.

Water will be available at the finish line as well as at the 5.5km mark, the junction with the Swampy track. A medic will be in attendance at the finish.

IMPORTANT: The track off Flagstaff summit is very rough and stony. Runners must take extreme care on the downhill run (~900m) to the finish line.

Runners are advised that the higher parts of the course is exposed and it is recommended warm clothing /jacket is carried and competitors are to assist others in case of injury or medical event. In extreme conditions the race may be cancelled.

Medal presentations at the Bull Ring finish line after the event (conditions permitting).
Plenty of parking available.

Transport from the Games Village to the start line, then from the finish line at the Bull Ring on Three Mile Hill/Whare Flat Rd returning to the Games Village, may be available.