



Basic 5k course. Stay on footpaths.

Start at clubrooms. Head towards cricket car park. Left up Bell Rd. Left into Pakuranga Rd. Left into Cascades Rd. Left into Lady Marie Drive. Left into Bell Rd. Straight up Bell Rd then left into Pakuranga Rd. Left into Cascades Rd. Left into Lady Marie Drive. Left into Bell Rd. and turn into cricket car park. Finish outside clubrooms.