



Elevation Gain 1600m

Leg	Distance	Cumulative	Cut off times
Start – Water Station	4.3km	4.3km	
Water Station - CP1	6.3km	10.6km	
CP1 – Water Station 2	6.1km	16.7km	10:30am
Water Station – CP2	6.3km	23km	12noon
CP2 – Water Station 3	5km	28km	
Water Station – CP3	8km	36km	2:30pm
CP3 – Water Station	10km	46km	
Water Station - Finish	4.2km	50.2km	6pm

Please Note: If you arrive at Water Station 2 after 10:30am, you will be directed onto the 36km course.