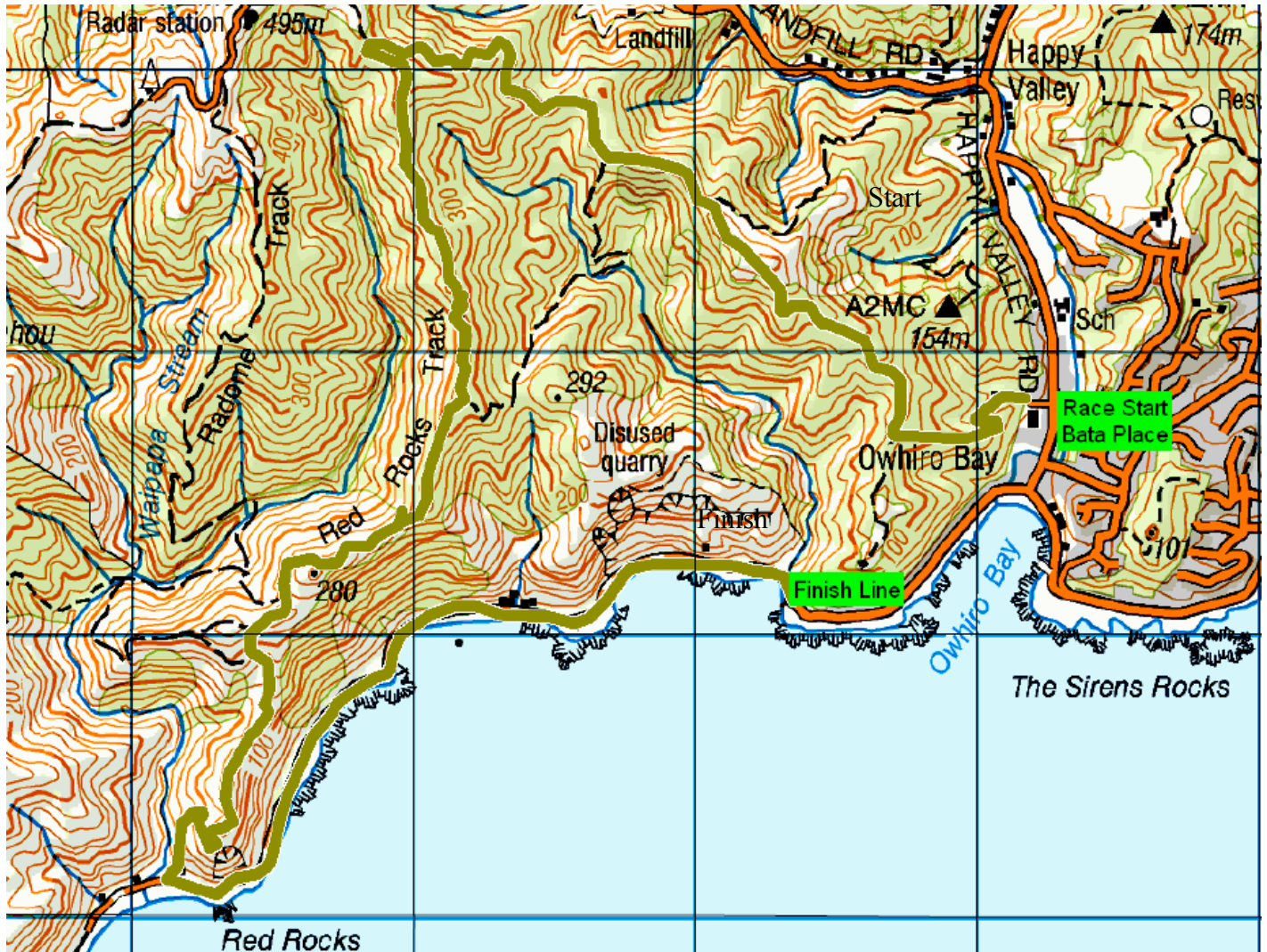


XTERRA Red Rocks – Owhiro Bay

Medium Course



Description: (this course is run in an anti clockwise direction)

About 12km – 1.00 hour to 1.45 minutes – One (solid) hill out of the way early in your run.

Start at Bata Place and head up a Private Road that connects with a Ridge Track. Follow this and then veer left on to the Tip Track. Left onto the Red Rocks Track and follow this all the way down to the Coast. Turn left once you hit the sea and follow the Coastal Track back to the Finish Line.

Course is subject to weather and track conditions on the day.