

Younger than Bantams 1km only



The start and finish are at Black Rock Beach.



Expanded view of the start and the finish.

Bantams 3km

The same 1k loop to start, but the runners finish the first loop by going up around the point beside Black Rock beach before proceeding to the 2k loop.

The 2k loop features the university course hill that climbs up to Heather Road, and then runners proceed around the Gazebo, onto the grass beside the cannon on the edge of the park.

The finish of the 3k race is on the green just before Black Rock Beach.



Expanded view of the transition between 1k loop and 2k loop

On the final lap nobody goes up the hill. Finish on the grass.

Midget and older 5k

1k loop plus 2 x 2km loop