



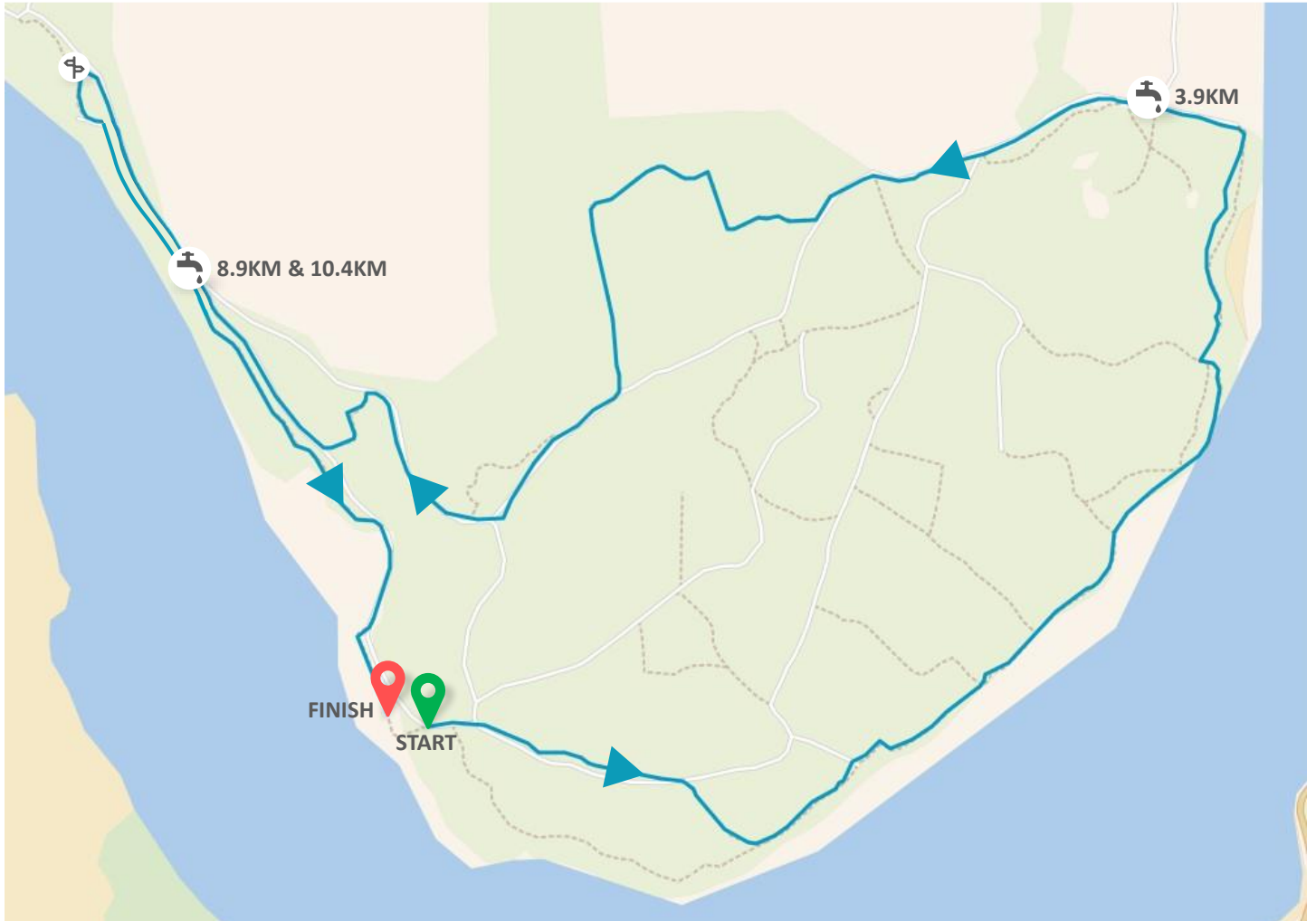


WAIUKU FOREST

# MID COURSE - 12KM

MACPAC XTERRA TRAIL RUN/WALK SERIES

FIRST  COURSE SPLIT   
SECOND  DRINK STATION 



lowest point: 6 m — highest point: 75 m — height difference: 69 m

