



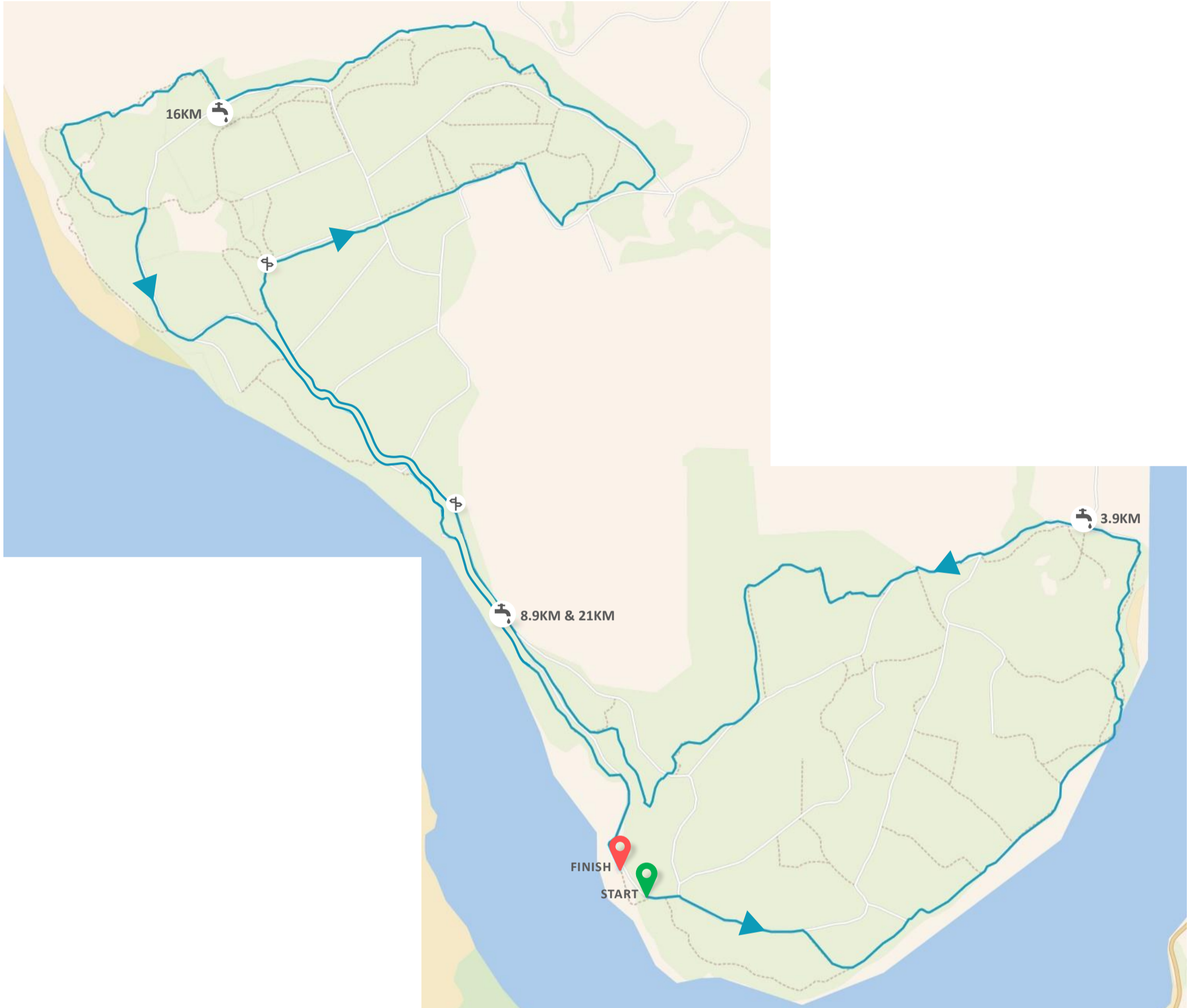


WAIUKU FOREST

# SUPER LONG COURSE - 22.6KM

MACPAC XTERRA TRAIL RUN/WALK SERIES

FIRST  COURSE SPLIT   
SECOND  DRINK STATION 



lowest point: 0 m — highest point: 113 m — height difference: 113 m

