



Athletics New Zealand  
Road Relay Championships

Men and Women U20 Relay

Masters (over 60)

&

Composite/Corporate/Social  
Teams

Allandale to Cooptown

Takahe to Akaroa Relay, Christchurch 6th October 2018

## DESCRIPTION OF ROUTE FOR RUNNERS

**Important:** Should there be confusion over which course to take,  
Competitors will select it as directed in Race Rule 1.4 and 13.0

### ALL DISTANCES GIVEN ARE DISTANCES FROM THE BEGINNING OF EACH LAP

#### **Lap 1 Allandale to Teddington, 4.6km, one hill, then flat – [Map and Elevation](#)**

Runners will start on the Allandale Domain running 200m on the grass, then turning left onto the main road to run on the left hand side. Small hill immediately after start. Crossover, 2.9km, to run on right hand side along the Teddington Straight to Baton change at the corner of Gebbies Road beside the Wheatsheaf Hotel 4.6km.  
*Arrive Wheatsheaf Hotel approximately 9:45 am – 10:05 am.*

#### **Lap 2 Teddington to Gebbies Valley, 6.1km, uphill, downhill – [Map and Elevation](#)**

Start running on the right hand side. Crossover after 200 metres to run on the left hand side to bottom of hill 1.8km, to Gebbies Pass 3.2km. Continue on left hand side to bottom of hill, 5.0km, flat to Millers Rd, 5.8km, turn left to 2nd baton change, 6.1km (130m down Millers Rd).  
*Arrive Gebbies Valley approximately 10:05 am – 10:25 am.*

#### **Lap 3 Gebbies Valley to Ataahua Domain, Kaituna 10.0km, flat. – [Map and Elevation](#)**

Runners shall cross to the right hand side of the road while in the baton change zone then run on the Right hand side for entire lap. From beginning of lap runners follow Millers Road road to Akaroa highway, 3.0km, then follow main highway to Ataahua Domain, 10.0km.  
*Arrive Ataahua approximately 10:35 am - 11:10 am.*

#### **Lap 4 Kaituna to Lake Forsyth, 9.4km, flat. – [Map and Elevation](#)**

Runners shall run on Right hand side for entire lap on main Akaroa highway. Pass Birdlings Flat turnoff, 7.6km, then a straight (the final straight to baton change is 1.5km total) before the finish at the 4th baton change, 9.4km  
*Arrive lake Forsyth approximately 11:05 am – 12:00 pm.*

#### **Lap 5 Lake Forsyth to Little River Hotel, 6.5km, flat. – [Map and Elevation](#)**

Runners shall run on Right hand side for the entire lap to the baton change opposite the Little River Hotel. 6.5km.  
*Arrive Little River Hotel approximately 11:30 am - 12:55 pm.*

#### **Lap 6 Little River Hotel to Cooptown, 4.1km, flat. – [Map and Elevation](#)**

Runners shall run on Right hand side for the entire lap on main Akaroa highway through Little River Township to FINISH of the Relay at Cooptown (Banks Peninsula Transport yard), 4.1km, (400m before the foot of the hill).  
*Arrive FINISH approximately 11:40 am – 1:00 pm.*