

# Athletics NZ Road Relay Championships

## Rotorua 2016 Courses

UPDATE: 23/08/2016. Change to Long Course Leg 6 and Short Course Leg 5 - detour onto Rangiteaorere Rd to avoid traffic hazard at Whakatane turn-off. This will add 90m to the leg distance.

Short Course is for Junior, Walking, Masters 60+ and Social/Corporate grades. Long course is for all other grades.

**Important: Due to congestion on the downhill section (Lap 3 to 4):**

All LEG 4 runners and walkers on the Short Course must take the provided transport from the change over at LEG 2. (Shuttles will be clearly marked)

Note: PENALTIES WILL BE IMPOSED IF THIS IS NOT ADHERED TO.

### Long Course

- [Leg 1, 8.5km](#): Starts at the corner of Pukehangi Road and Devon Street West (Parking and toilet facilities available at Rotorua International Stadium). Follow Pukehangi Road in a NW direction for about 4km then veer left onto Paradise Valley Road. Follow Paradise Valley Road to the first changeover at the Paradise Valley Springs Wildlife Park. Click [here](#) for map.
- [Leg 2, 8.8km](#): Continue to follow Paradise Valley Road. After 8km take a left hand turn as directed, go past Amazeme and continue to the changeover at the Agroventures Action Park. Click [here](#) for map.
- [Leg 3, 8.3km](#): Follow the road under State Highway 5 towards the Agrodome, turn left as directed and when Western Road is reached turn right. Follow Western Road until directed to turn left onto School Road. At the end of School Road turn right onto Hood Street, and then left onto Ngongotaha Road (State Highway 36). Follow State Highway 36 (which becomes Hamurana Road) until the intersection with Central Road is reached then veer left onto Central Road. Follow Central Road until the intersection with Sharp Road and Jackson Road where the changeover will be located. Click [here](#) for map.
- [Leg 4, 8.2km](#): Follow Jackson Road until the intersection with Tauranga Direct Road (State Highway 36) then turn right, cross the road as directed and then turn left on to Te Waerenga Road. Follow Te Waerenga Road to the changeover which is at the intersection with Penny Road. Click [here](#) for map.
- [Leg 5, 10.1km](#): Follow Te Waerenga Road until it ends at Hamurana Road and turn left. Follow Hamurana Road to the changeover at Marama Resort. Click [here](#) for map.
- [Leg 6, 8.4km](#): Follow Hamurana Road until it ends at State Highway 33 and turn right. Follow State Highway 33 over the Rotorua Marathon's infamous Mourea Hill and continue until detouring right onto Rangiteaorere Rd about 300m before the Whakatane turn-off. After about 600m exit right off Rangiteaorere Rd on to Te Ngae Road/State Highway 30. Continue along Te Ngae Road to the changeover at the weighbridge. Click [here](#) for map.
- [Leg 7, 10.3km](#): Follow Te Ngae Road past Rotorua Airport. When the roundabout is reached after about 4km, turn right onto Owhata Road and then left as directed onto Vaughan Road. Follow Vaughan Road and turn right when it meets Te Ngae Road. Follow Te Ngae Road (State Highway 30A), it will become Amohau Street. Continue along Amohau Street until directed to turn right onto Hinemaru Street. Follow Hinemaru Street until directed to turn right, through the Prince's Gate Arches onto Queens Drive in the Rotorua Government Gardens. Follow Queens Drive to the finish outside the Energy Events Centre. Click [here](#) for map.

## Short Course

- [Leg 1, 8.3km](#) (same as long course leg 3): Follow the road under State Highway 5 towards the Agrodome, turn left as directed and when Western Road is reached turn right. Follow Western Road until directed to turn left onto School Road. At the end of School Road turn right onto Hood Street, and then left onto Ngongotaha Road (State Highway 36). Follow State Highway 36 (which becomes Hamurana Road) until the intersection with Central Road is reached then veer left onto Central Road. Follow Central Road until the intersection with Sharp Road and Jackson Road where the changeover will be located. Click [here](#) for map.
- [Leg 2, 8.2km](#) (same as long course leg 4): Follow Jackson Road until the intersection with Tauranga Direct Road (State Highway 36) then turn right, cross the road as directed and then turn left on to Te Waerenga Road. Follow Te Waerenga Road to the changeover which is at the intersection with Penny Road. Click [here](#) for map.

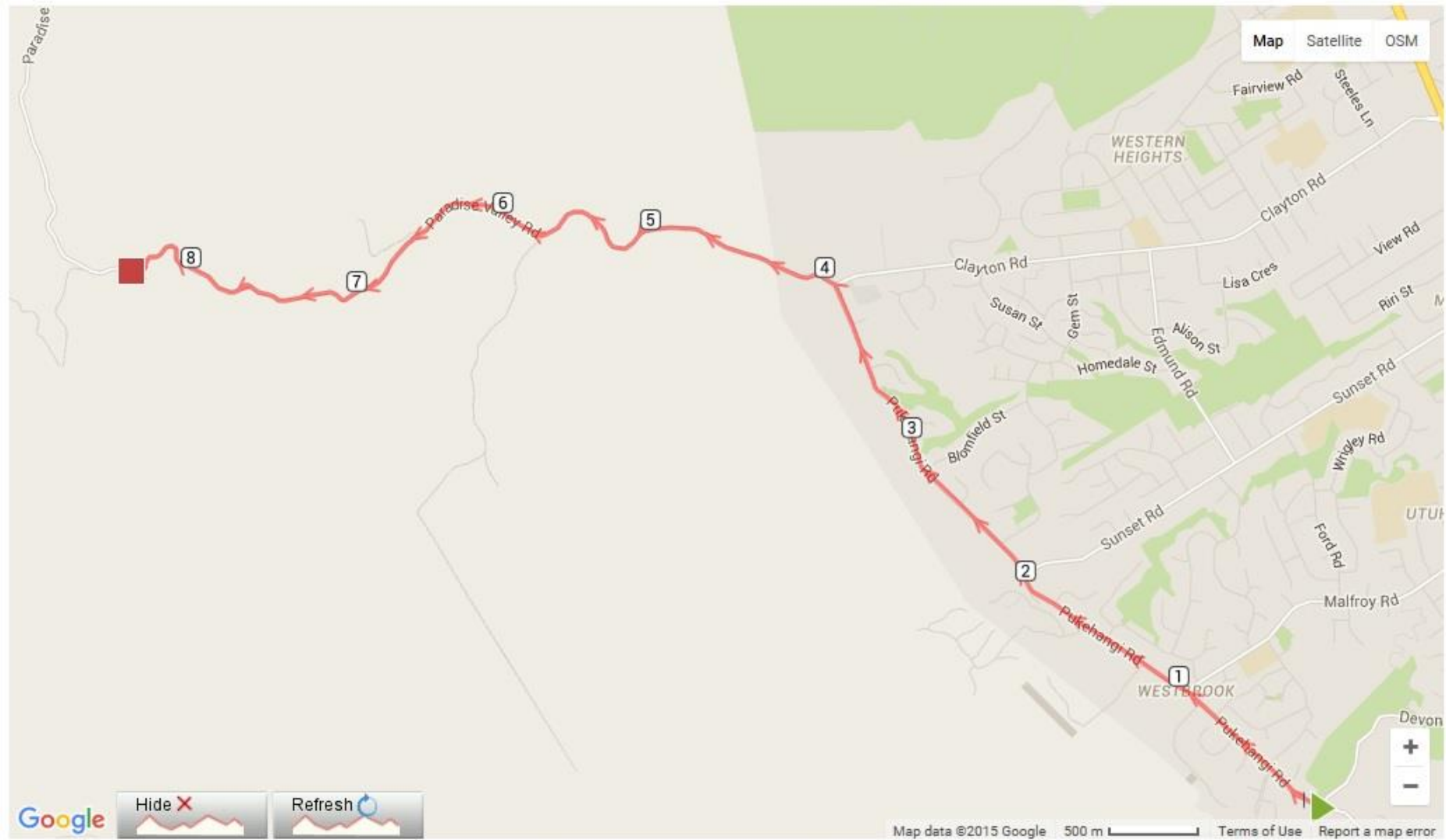
**Important: Due to congestion on the downhill section (Lap 3 to 4):**

All LEG 4 runners and walkers on the [Short Course](#) must take the provided transport from the change over at LEG 2. (Shuttles will be clearly marked)

**Note: PENALTIES WILL BE IMPOSED IF THIS IS NOT ADHERED TO.**

- [Leg 3, 4.1km](#): Follow Te Waerenga Road until it ends at Hamurana Road where the changeover is located. Click [here](#) for map.
- [Leg 4, 6.0km](#): Head east along Hamurana Road and continue to the changeover at Marama Resort. Click [here](#) for map.
- [Leg 5, 8.4km](#) (same as long course leg 6): Follow Hamurana Road until it ends at State Highway 33 and turn right. Follow State Highway 33 over the Rotorua Marathon's infamous Mourea Hill and continue until detouring right onto Rangiteaorere Rd about 300m before the Whakatane turn-off. After about 600m exit right off Rangiteaorere Rd on to Te Ngae Road/State Highway 30. Continue along Te Ngae Road to the changeover at the weighbridge. Click [here](#) for map.
- [Leg 6, 10.3km](#) (same as long course leg 7) Follow Te Ngae Road past Rotorua Airport. When the roundabout is reached after about 4km, turn right onto Owhata Road and then left as directed onto Vaughan Road. Follow Vaughan Road and turn right when it meets Te Ngae Road. Follow Te Ngae Road (State Highway 30A), it will become Amohau Street. Continue along Amohau Street until directed to turn right onto Hinemaru Street. Follow Hinemaru Street until directed to turn right, through the Prince's Gate Arches onto Queens Drive in the Rotorua Government Gardens. Follow Queens Drive to the finish outside the Energy Events Centre. Click [here](#) for map.

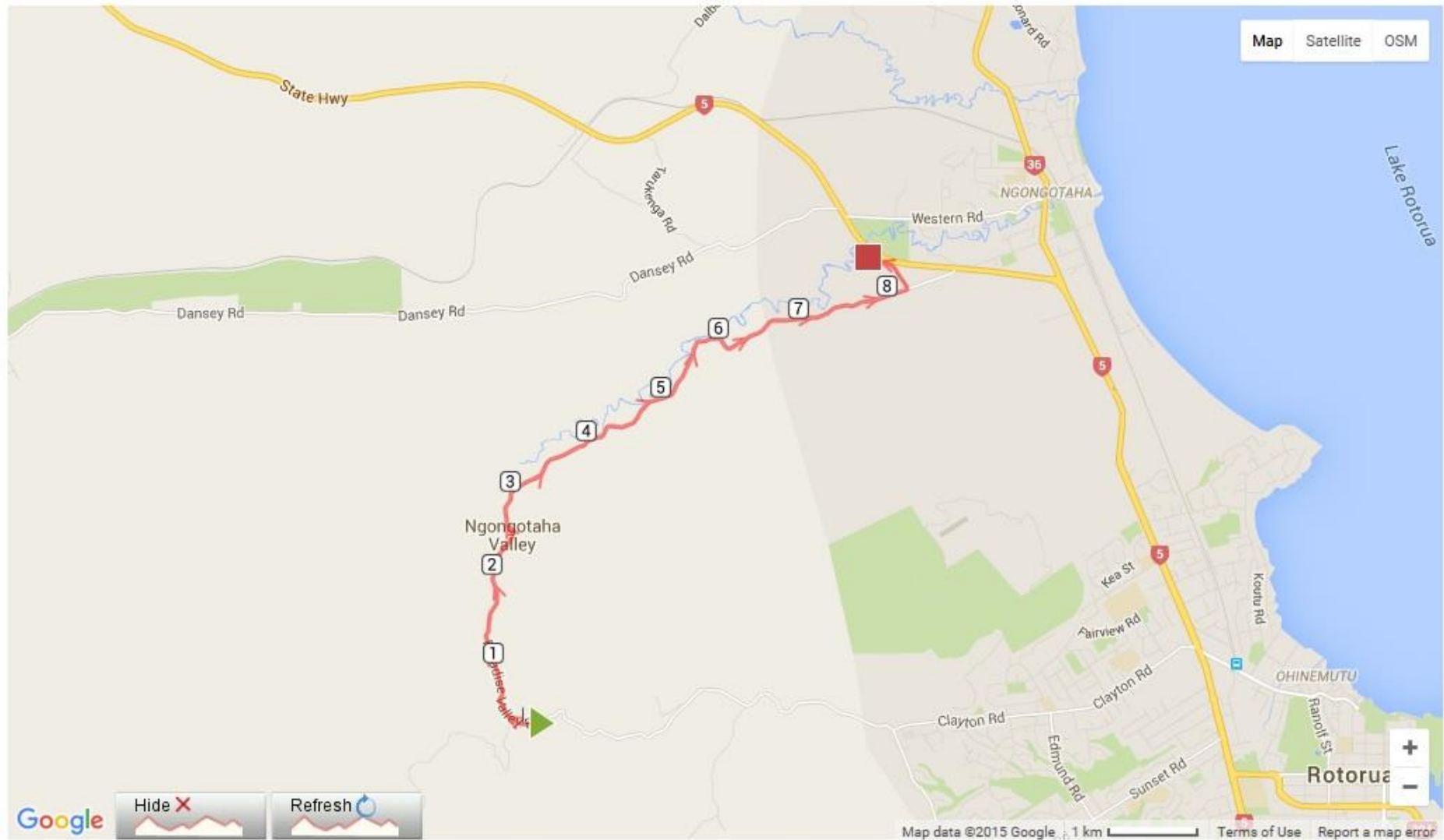
# Long Course Leg 1



Max Height: 420m  
Min Height: 300m  
Total Asc: 157m  
Total Desc: 120m



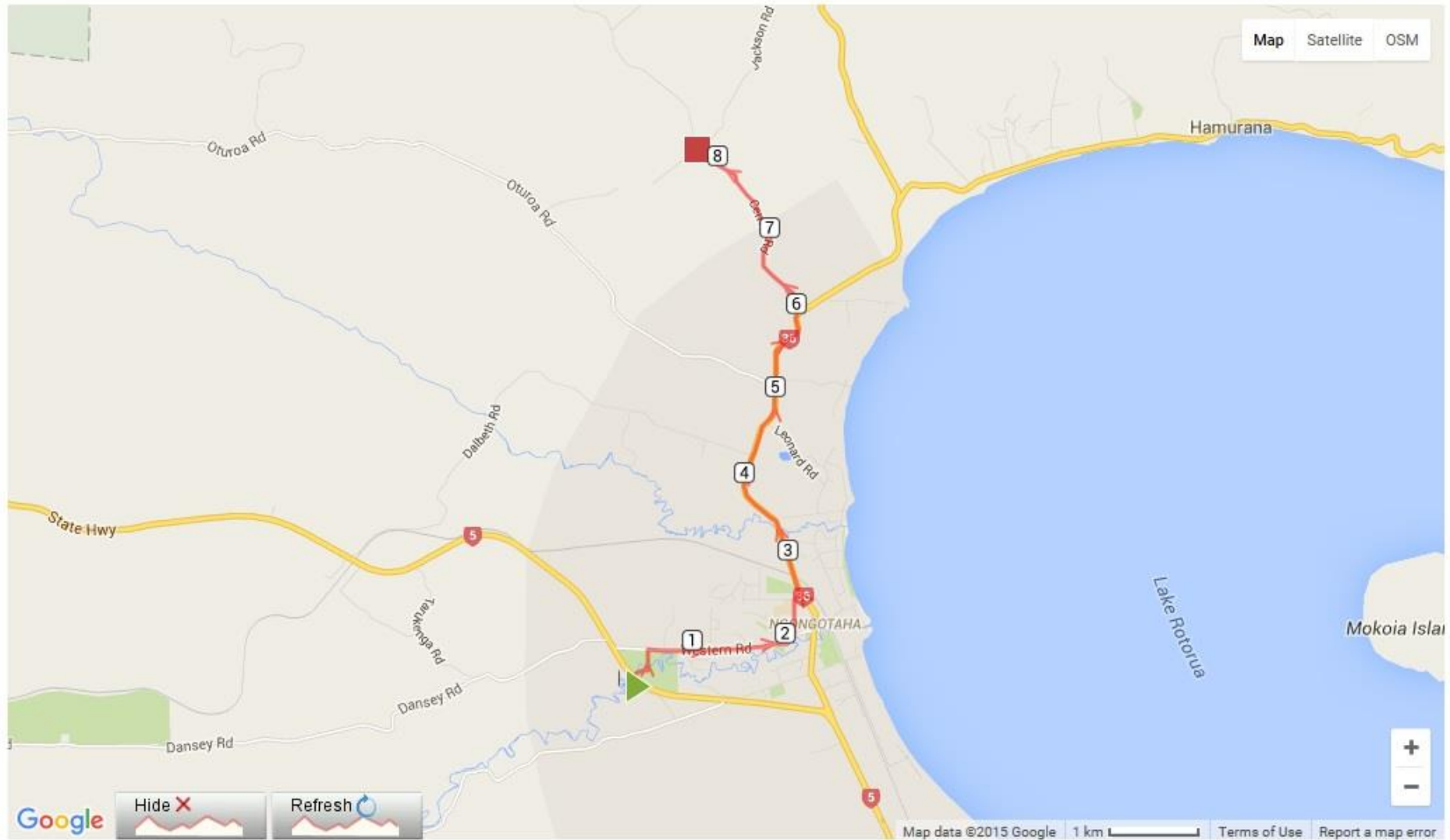
# Long Course Leg 2



Max Height: 347m  
Min Height: 300m  
Total Asc: 125m  
Total Desc: 162m



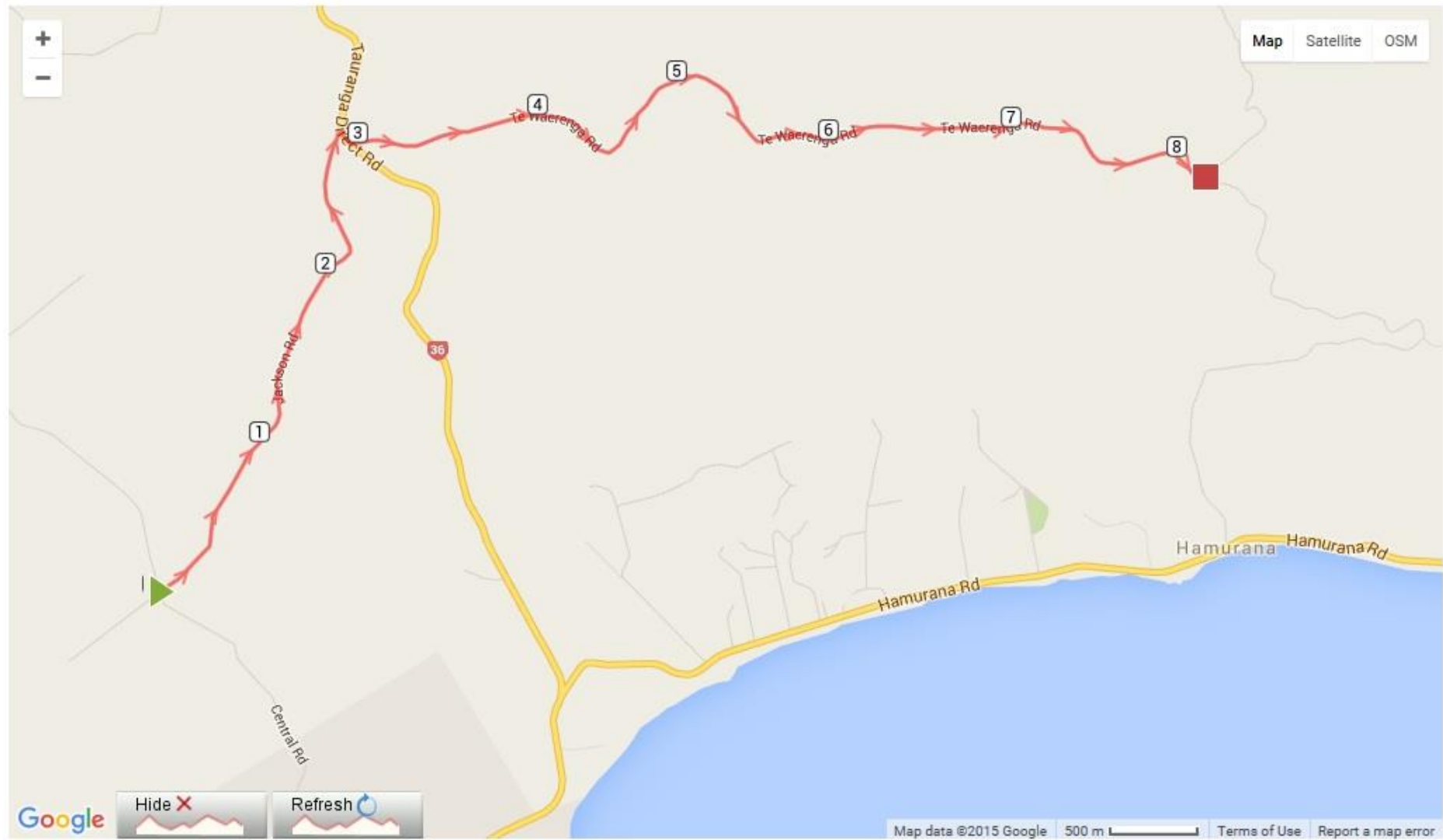
# Long Course Leg 3, Short Course Leg 1



Max Height: 360m  
Min Height: 295m  
Total Asc: 69m  
Total Desc: 9m



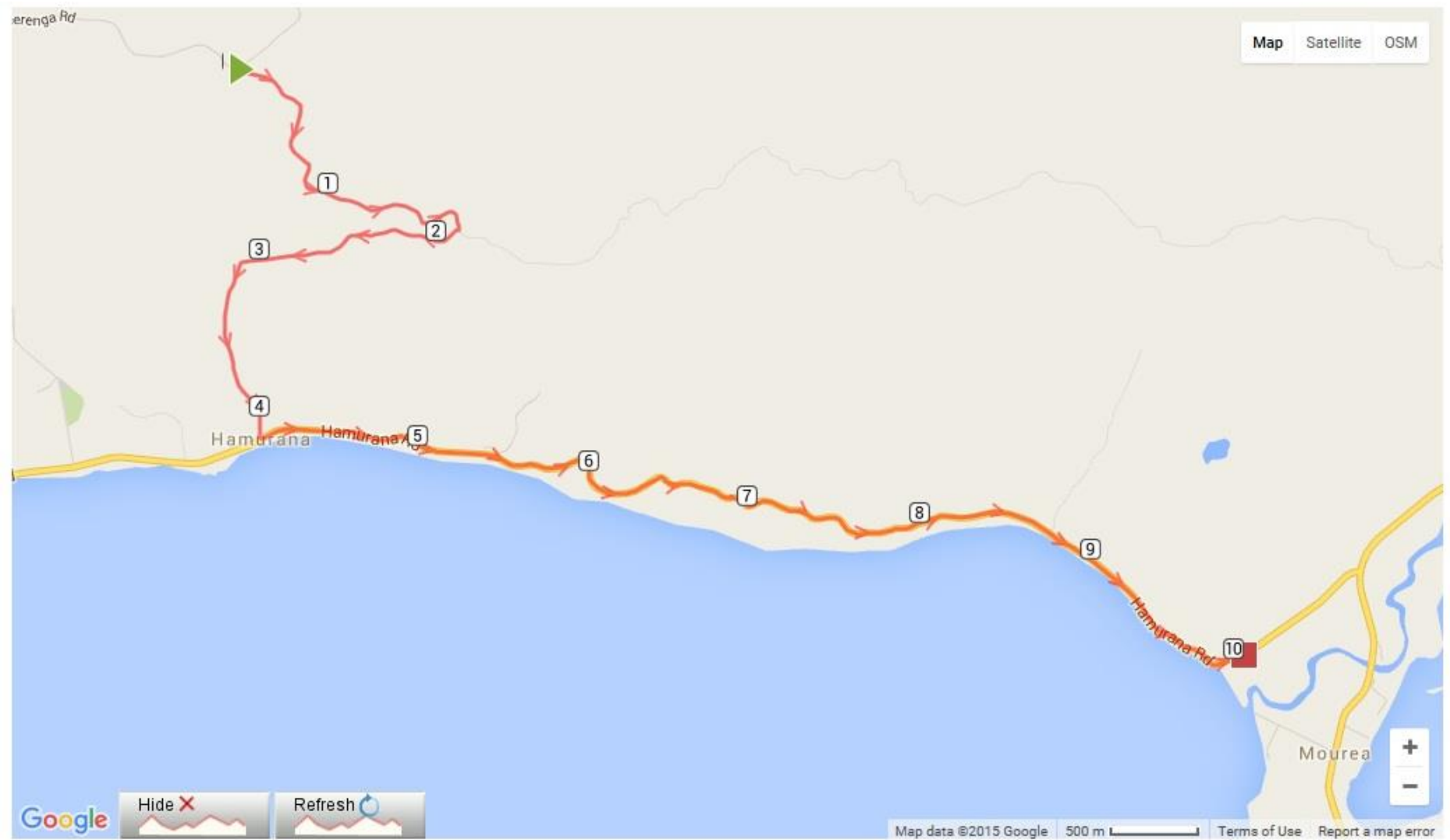
# Long Course Leg 4, Short Course Leg 2



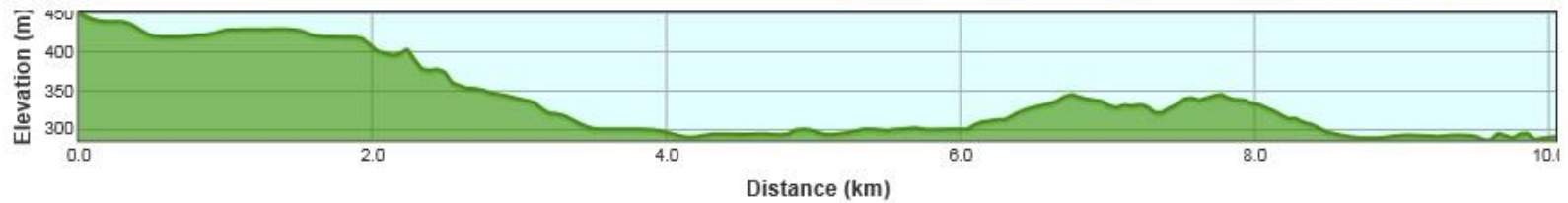
Max Height: 480m  
Min Height: 360m  
Total Asc: 164m  
Total Desc: 73m



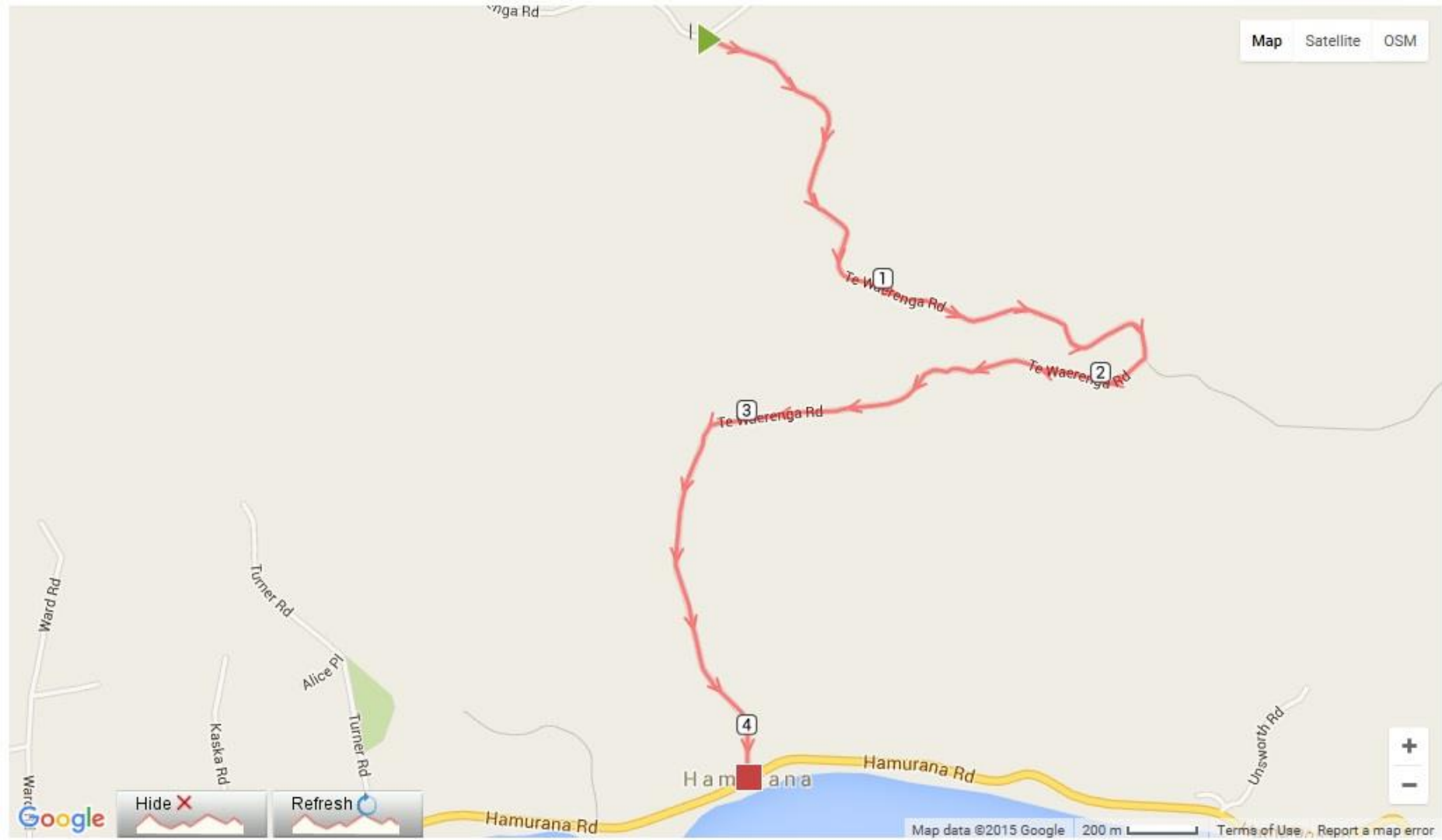
# Long Course Leg 5



Max Height: 452m  
Min Height: 286m  
Total Asc: 143m  
Total Desc: 305m



# Short Course Leg 3

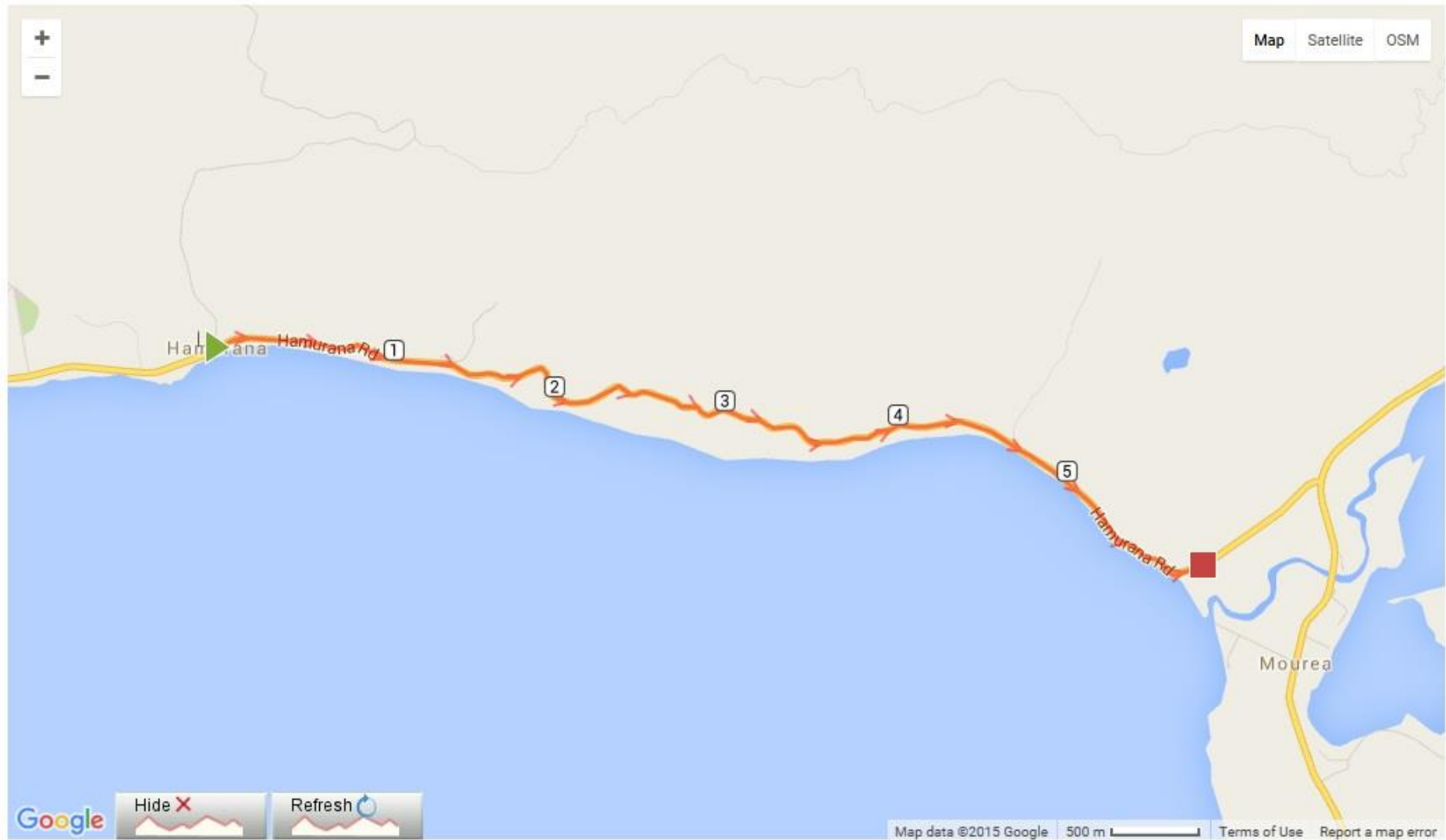


Max Height: 452m  
Min Height: 289m  
Total Asc: 24m  
Total Desc: 187m





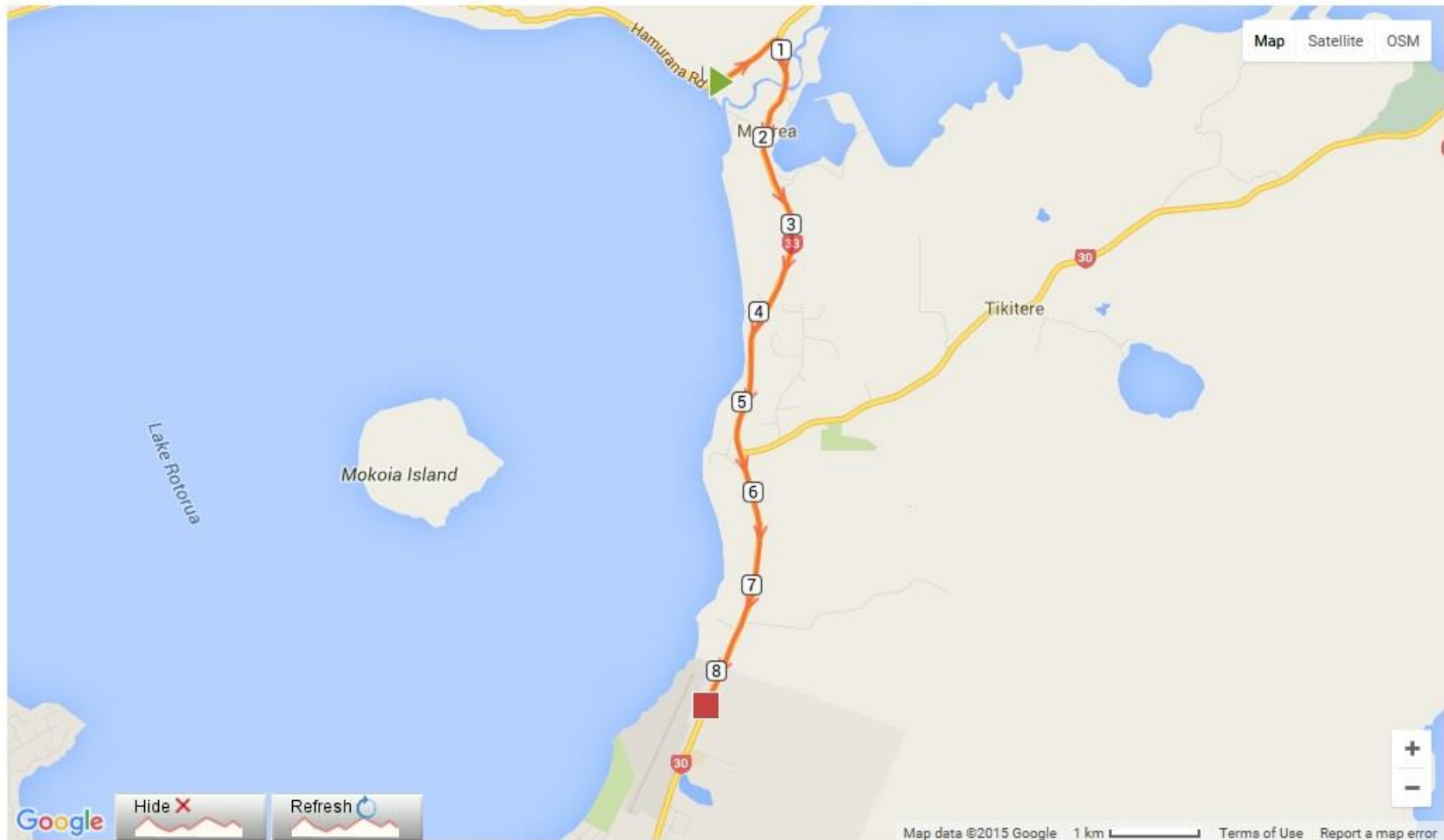
# Short Course Leg 4



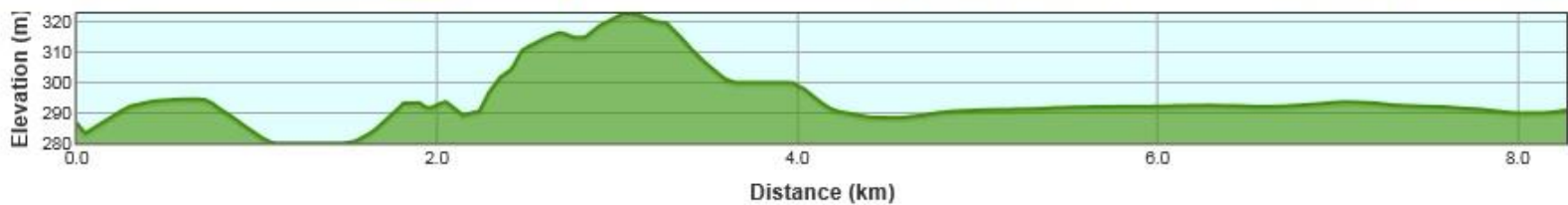
Max Height: 347m  
Min Height: 286m  
Total Asc: 136m  
Total Desc: 138m



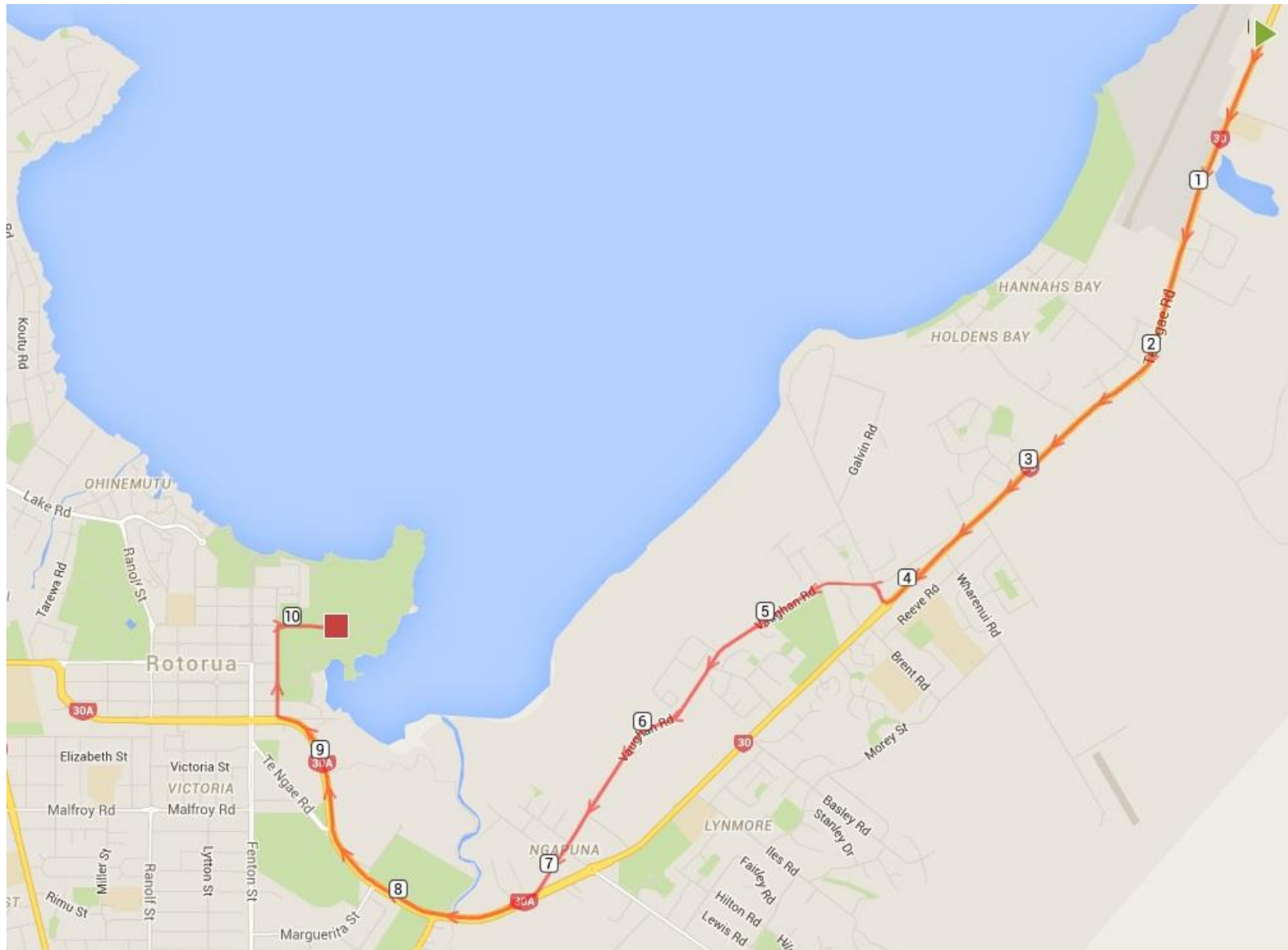
# Long Course Leg 6, Short Course Leg 5



Max Height: 323m  
Min Height: 280m  
Total Asc: 68m  
Total Desc: 64m



# Long Course Leg 7, Short Course Leg, 6



Max Height: 303m  
Min Height: 284m  
Total Asc: 22m  
Total Desc: 28m

