



# COURSES

**COURSE 1:** Mens open, Open A,  
16km, 300m climb, some very technical sections.

**Course 2:** Women Open, Men 40 – 49, Men 17-20  
12km, 250m climb

**Course 3:** Women 40-49, Men 50-59, Social B  
10km, 200m climb

**Course 4:** Women 17-20, Women 50-59, Men 60-69  
8km, 150m climb

**Course 5:** Women 14-16, Women 60+, Men 14-16, Men 70+, Social C  
6km, 100m climb

**Score:** 3hr max

**Recreation:** 90 mins max

*The area is mixed pine plantation, regrowth and native forest. Forestry roads and single tracks.*