

## **Parumoana Schools Cross Country**

### **Cross Country Course Description: Queen Elizabeth Park Mackay's Crossing, Paekakariki**

#### ***Course 1 (Year 4)***

- The start line is adjacent to the large horse gate and bushes alongside the North-West fence.
- Run in a South-West direction towards the start line.
- After passing the start line make a 90 degree left hand turn and run South-East in a straight line towards the railway line.
- Take the second gate on your right onto the metal road. Immediately veer right and follow the blue posts to the top of the ridge line.
- Join on to the senior trail. Follow the trail in a North-West direction along the crest of the hill to a "Y" intersection.
- Bear right onto the "Wetland Loop" and continue to follow the trail Westwards along the crest (*you will be in clear view of the spectators in the start/finish area*).

#### ***There are many sink holes, so watch where you place your feet!***

- At the second set of "Wetland Loop" signage, bear right. Do not go down the hill towards the gate which leads into the bush.
- Follow the trail into the bush track which goes around the wetlands area.
- You'll come to a compacted gravel path at a "T" junction by the fence. Turn right and follow the gravel path across the bridge to the next "T" intersection.
- Turn right again and follow the tar sealed path to the next gate.
- Run through the wooden gate into the US Marines War Memorial, then make a sharp right turn back towards the viewing area.
- Run through the gate, straight along the fenceline to the finish line.

***No passing in the finish chute!***

***Distance***

***Approximately 1400m***

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Mackay's Crossing, Paekakariki**

***Course 2 (Year 5 & 6)***

- The start line is adjacent to the large horse gate and bushes alongside the North-West fence.
- Run in a South-West direction towards the start line.
- After passing the start line make a 90 degree left hand turn and run South-East in a straight line towards the railway line.
- Take the second gate on your right onto the metal road and follow it as it continues south (parallel to the railway line).
- Just before the green shed turn right 90 degrees and run between the 2 log jumps at the top of the steep mound.
- Follow the trail North-West along the crest of the hill to a “Y” intersection.
- Bear right onto the “Wetland Loop” and continue to follow the trail Westwards along the crest (*you will be in clear view of the spectators in the start/finish area*).

***There are many sink holes, so watch where you place your feet!***

- At the second set of “Wetland Loop” signage, bear right. Do not go down the hill towards the gate which leads into the bush.
- Follow the trail into the bush track which goes around the wetlands area.
- You'll come to a compacted gravel path at a “T” junction by the fence. Turn right and follow the gravel path across the bridge to the next “T” intersection.
- Turn right again and follow the tar sealed path to the next gate.
- Run through the wooden gate into the US Marines War Memorial, then make a sharp right turn back towards the viewing area.
- Run through the gate, straight along the fenceline to the finish line.

*No passing in the finish chute!*

***Total Distance***

***Approximately 1600m***

## Cross Country Course Description: Queen Elizabeth Park Mackay's Crossing, Paekakariki

### **Course 3 (Years 7 & 8)**

***(The years 7 & 8 do course 2 above, followed by course 1)***

- The start line is adjacent to the large horse gate and bushes alongside the North-West fence.
- Run in a South-West direction towards the start line.
- After passing the start line make a 90 degree left hand turn and run South-East in a straight line towards the railway line.
- Take the second gate on your right onto the metal road and follow it as it continues south (parallel to the railway line).
- Just before the green shed turn right 90 degrees and run between the 2 log jumps at the top of the steep mound.
- Follow the trail North-West along the crest of the hill to a "Y" intersection.
- Bear right onto the "Wetland Loop" and continue to follow the trail Westwards along the crest (*you will be in clear view of the spectators in the start/finish area*).

***There are many sink holes, so watch where you place your feet!***

- At the second set of "Wetland Loop" signage, bear right. Do not go down the hill towards the gate which leads into the bush.
- Follow the trail into the bush track which goes around the wetlands area.
- You'll come to a compacted gravel path at a "T" junction by the fence. Turn right and follow the gravel path across the bridge to the next "T" intersection.
- Turn right again and follow the tar sealed path to the next gate.
- Run through the wooden gate into the US Marines War Memorial, then make a sharp right turn back towards the viewing area.
- Run through the gate, straight across the field past the finish line, keeping the start line on your left.
- After passing the start line make a 90 degree left hand turn and run South-East in a straight line towards the railway line.
- Take the second gate on your right onto the metal road. Immediately veer right and follow the blue posts to the top of the ridge line.
- Join back on to the trail you have already run (***you will follow this all the way back to the finish line***).
- Follow the trail in a North-West direction along the crest of the hill to a "Y" intersection.

- Bear right onto the “Wetland Loop” and continue to follow the trail Westwards along the crest (*you will be in clear view of the spectators in the start/finish area*).
- At the second set of “Wetland Loop” signage, bear right. Do not go down the hill towards the gate which leads into the bush.
- Follow the trail into the bush track which goes around the wetlands area.
- You’ll come to a compacted gravel path at a “T” junction by the fence. Turn right and follow the gravel path across the bridge to the next “T” intersection.
- Turn right again and follow the tar sealed path to the next gate.
- Run through the wooden gate into the US Marines War Memorial, then make a sharp right turn back towards the viewing area.
- Run through the gate, straight along the fenceline to the finish line.

*No passing in the finish chute!*

***Total Distance***

***Approximately 2900m***