

Regional Cross Country 30 June 2015

TRENTHAM MEMORIAL PARK

COURSE DESCRIPTIONS

Year 7 & 8 (2365m)

- Start at the western end of the Trentham Sports centre in line with the double trees
- Run on the grass, parallel to trees and fence, over the grass mound and behind goal post to the track
- Cross the track and run up over the stopbank (250m)
- Curve around the grass area to half way to the rubbish bins and then run straight between the cabbage trees (400m), across track and continue towards metal gate
- At track, cross and then veer right to 10 metres north of green pole on top of stopbank (550m)
- Down other side, across track and small grass area, through the gate into the bush (615m)
- Follow bush path at turn right at the first of where two paths meet, continue along path .
- At second intersection of two tracks (873m), turn left and follow path to next intersection.
- Turn right and follow path. At 1218m into the course, there is a steep, slippery downhill of approximately 10metres .
- Continue along path to gate out of the bush (1255m)
- Turn left along path through gate, veer right across grass to grass area through bush to the corner of the carpark
- Veer right at corner of carpark and follow bush line around to the seat.
- Go between the two trees towards the north corner of the flax area.
- Run to the left of the flax area, and between the garden and trees to the corner of the park.
- Run between the football field and the fence, keeping the trees to the left, through the two trees at the end and follow the raised grass wall straight ahead initially and then to the right (Always keeping the grass wall on the right.)
- Run behind the green building, across the front of the cricket nets and along the edge of the park between the football field and carpark
- Cross the asphalt track and on to the grass to the finish line which is in line with the end of the sports centre building