

STAGE FOUR Run 9 kms approx fastest time 28 mins

Competitors must turn left from the main beach, and run along a coned off area on Marine Parade, Rees Street and across via the pedestrian crossing into Duke Street and into upper Camp Street and Isle Street to join Gorge Road . Using footpaths and pedestrian crossings where available. Run on the left hand side of Gorge Road on gravel track to the Swiss Bell-Resort Coronet Peak.

- Rules * Please follow road and pedestrian rules
- * Be aware of traffic on roads, especially at intersections
- * Take all due care crossing roads - no right of way
- * Run on gravel track up Gorge Road (not in the road)
- Marshals * Mall / Rees - Beach St cnr / Shotover St / Duke St - Man St cnr,
 Camp - Isle St cnr
- Notes * Only one car per team / individual allowed in to *Swiss Bell-Resort* car park