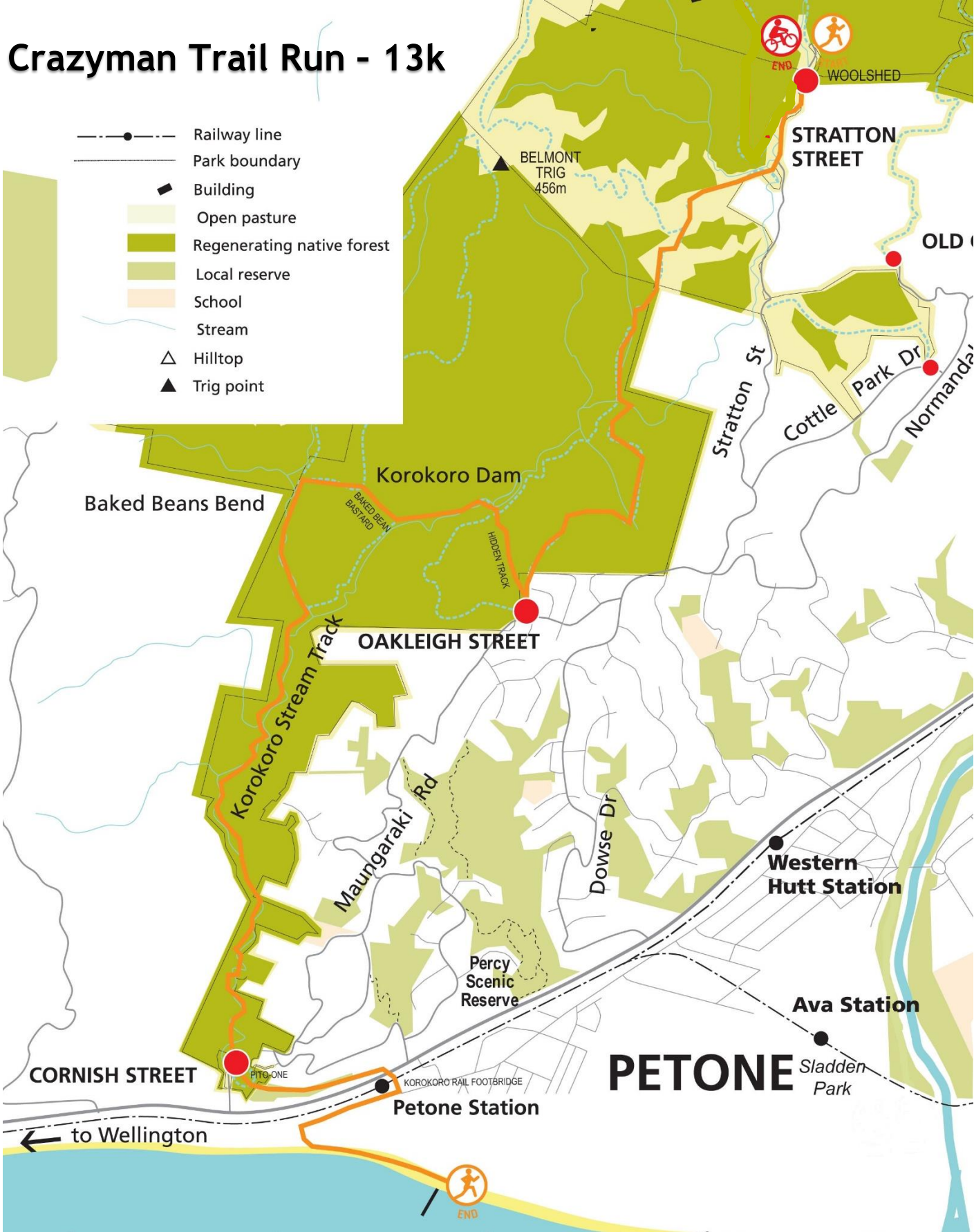




Crazyman Trail Run - 13k

- Railway line
- Park boundary
- Building
- Open pasture
- Regenerating native forest
- Local reserve
- School
- Stream
- Hilltop
- Trig point



Trail Run Description (13km)

Belmont Regional Park, Korokoro Stream, Petone Beach

- ⇒ The Trail Run starts from Belmont Regional Park Headquarters at end of Stratton Street in Maungaraki, Lower Hutt.
 - ⇒ The course is 90% off-road, mostly on bush tracks, with three hills of approx 1k each.
 - ⇒ Fastest Time - 55min / Average Time - 1hr 25mins / Slowest Time - 2hrs.
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Runners head east along the Stratton Street creek tracks for 1k, then turn right and head uphill on the Belmont Trig access track.

The course climbs for approx 1k on farm land to a small saddle, where you turn left onto a track that drops down through native bush for approx 1k to Korokoro Stream.

Cross the stream and follow the bush track south for approx 500m to Oakley Street Track, which veers off to your left and heads uphill for 1.5k to Oakley Street Carpark.

When you enter the carpark turn hard right and run west over the grassy dips and past the lookout to an almost hidden track that continues west, dropping on an increasingly steep and rough downhill for approx 500m to Korokoro Dam.

Take the steps in front of you down to a footbridge and then follow Korokoro Stream track downriver (south) for approx 1k, where you will be directed hard right into a steep uphill on a track that looks more like a dried up creekbed. The bottom of this hill is approx. halfway.

The track climbs steeply over rough terrain and fallen trees for approx 1k. At the top turn hard right, following a grassy track for 200m to a 'T' intersection with a gravelly track. Turn left and head downhill for approx. 1k to Bake Bean Bend (grassy flat area).

From Bake Bean Bend the gravel track continues for approx. 1k to another 'T' intersection.

This is the main Korokoro Stream Track again. Turn right continue south for approx. 3k to the end of the track in a car park on the corner of Cornish Street and Pito-one Road. Please give way to traffic at all times.

At Cornish St car park, turn left and follow Pito-one Road north for 500m, staying on the left-hand footpath, to the second bridge across the Hutt Motorway.

This is a footbridge across to Petone Railway Station. Run over the footbridge, and take the first ramp on your right, heading south down onto a platform that takes you straight to the pedestrian tunnel under the railway line.

The tunnel exits on the Hutt Rd in Petone. Turn hard right and follow the footpath/cyclepath south alongside the Railway line for approx 500m, passing under Petone Off Ramp into Korokoro Gateway on Petone Foreshore where you have approx. 1k left to run.

Cross the small access road in front of you (watch for traffic) and veer left across grassy fields, heading easy now, across a creek onto a boardwalk that leads to the shoreline. Follow the beachfront tracks onto the beach itself (stay off tarseal or concrete) and head toward Petone Wharf.

Runners pass under Petone Wharf (wading in water if tide is in) and then continue 300m to the finish line on the beach outside the Heretaunga Boat Club on Petone Esplanade.

NOTES:

- ⇒ This run is achievable for anyone able to run more than 60min non-stop.
 - ⇒ There are no drink stations on the course, so competitors must take their own food and drink.
 - ⇒ Entrants must carry a windbreaker and/or long sleeve thermal top.
 - ⇒ Marshals are situated at points of concern. Signage is used to show changes in direction.
 - ⇒ There will be marshals on any public roads, but competitors must run on footpaths when possible and must give way to traffic and pedestrians at all times.
 - ⇒ There will be first aid officials on the course at points of concern or remoteness. Please assist anyone in difficulty by continuing on to the next official.
 - ⇒ For safety and course clean-up a tail end Charlie follows the race cleaning up signage and any litter.
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