

6-HOUR

Stage	1. START – TA1
Discipline	Run / Raft “ View time”
Distance	2.3km road, 12km raft
Time	1:15-1:45hr
Checkpoints	Nil
Description	Short scenic farm track to warm you up before the raft stage
Compulsory gear	Wetsuit, helmet, footwear, race bib. Put your race bib over your life jacket.
Safety	Look out for potholes on track, especially when running in a group. Follow instructions from the raft guides.
Rules	Team members need to stay together on the run, incomplete teams will not be allowed into the raft staging area
Stage	2. TA1 – RTA
Discipline	MTB “Hardt Attack!”
Distance	13km
Time	1:40- 3:00hrs
Checkpoints	CP's 1-3
Description	A mountain bike stage that has it all. Gravel roads, farm tracks, sustained climbing plus a challenging descent .
Compulsory gear	All biking gear
Safety	Helmets must be worn. Control your speed. There are blind corners with loose surfaces. Stock may be encountered. After Flanagans Pass, be prepared to walk short sections of the descent, it is steep, rutted and technical.
Stage	3. RTA- RTA
Discipline	Hike “them legs are made for walking”
Distance	6km
Time	2:00-3:30hrs
Checkpoints	CP's 4-9
Description	A scenic semi-alpine hike
Compulsory gear	All hiking gear
Safety	Be aware of not setting off rocks onto teams below you. Matagouri, sweet briar and speargrass will all be encountered
Rules	Controls can be collected in any order

Stage	4. RTA - FINISH
Discipline	MTB "Easy rider"
Distance	17km
Time	1:05 - 1:45hrs
Checkpoints	CP's 10-15
Description	MTB ride on farm tracks and tar-seal that lead to the finish line
Compulsory gear	All biking gear
Safety	Helmets must be worn. Control your speed. There are blind corners with loose surfaces. Stock may be encountered. Normal road rules apply.

