



Mountain running & walking at its very best...

Race Information

Two adventure events to choose from ...
running and walking sections ...

including Junior Challenge section. An event for the whole family...

General Race Information

- 7.30am Registration opens
- 8.15am Race brief :Vasque Extreme Mt Lowry Challenge
- 8.30am Race start : Vasque Extreme Mt Lowry Challenge
- 8.45am Race brief : Bridgedale Mt Lowry Challenge and the MACPAC Junior Challenge
- 9.00am Race start : Bridgedale Mt Lowry Challenge and the MACPAC Junior Challenge
- 12.30pm Prize giving – Williams Park

ALL races start and finish at the Williams Park Days Bay – Eastbourne Wellington.



Vasque Extreme Mt Lowry Challenge 22km 1140m climb

This is adventure running at its very best. Over a course of 22km with a 1140m climb, much of the route follows the mountain ridge. As some parts of the track are not well marked, the Vasque - Extreme Mt Lowry Challenge is for experienced adventure racers and mountain runners only.

The start and finish is at Williams Park, Days Bay, Eastbourne. The race heads north from Days Bay along the seawall side of Marine Drive to Lowry Bay, up to the end of Cheviot Road (4.5 km on road). From here it's in the bush all the way to the finish. The bush track is uneven with a number of areas covered in tree roots.

The first part of the bush section is a medium climb up to the main ridge track and then the climb continues along the main ridge to Mt. Lowry (373 mts). There are some wonderful views on the way especially from Mt. Lowry. From here the track is undulating and continues along the ridge until the **Kereru Track / Hawtrey Track Check point**. Your number will be taken at this point. Note: Up until this point you will have taken the same route as the Bridgedale - Mt Lowry Challenge.

From here you head along the Hawtrey track, this track is not well marked and requires good navigational skills. You come out the Mackenzie track. Once here follow the Mackenzie track to where it meets up with Muritai Track. Follow the track all the way to Butterfly Creek your number will be taken at **Butterfly Creek Check point**. This check point will be on just over the bridge at Butterfly Creek, you need to go around the checkpoint. Follow back the same way you came all the way till you get to the **Kereru Track / Hawtrey Track Check point**. Your number will be taken once again. From here turn left down the track to Williams Park Days bay.

Please note there is a cut off time for the Vasque Extreme Mt Lowry Challenge. This is outlined under the rules and conditions. Compulsory gear is needed for this event, please see rules and conditions.

Register online : www.nzpanda.co.nz



Bridgedale Mt Lowry Challenge

11.75km 400m climb

This is a 11.75 km premier mountain run. The start and finish is at Williams Park, Days Bay, Eastbourne. The race heads north from Days Bay along the seawall side of Marine Drive to Lowry Bay, up to the end of Cheviot Road (4.5 km on road). From here it's in the bush all the way to the finish. The bush track is uneven with a number of areas covered in tree roots.

The first part of the bush section is a medium climb up to the main ridge track and then the climb continues along the main ridge to Mt. Lowry (373 mts). There is a checkpoint at the top of Mt Lowry. There are some wonderful views on the way especially from Mt. Lowry. From here the track is undulating and continues along the ridge until the Kereru Track where it turns down off the ridge to Williams Park Days Bay.



MACPAC Junior Challenge

11.75km 400m climb

The Junior Challenge will follow the same route as the Bridgedale – Mt Lowry Challenge and is open for youth 8 – 15 years of age.

Race Prizes and Winners

Category Winners ~ Prizes will be awarded to the fastest and second fastest person in each category.

Bridgedale Local Eastbourne / Bays Runners and Walkers Prizes for the fastest local male and female runner and walkers (runs across all running and walking categories).

Family, Business and Sports Team

Take up the challenge. Get your team together for this fun event. Make a day of it for your team / family and if your business, family and team have the largest number of people taking part you will win a great prize. Please see prize giving for details.



Family Group Challenge

There will be a prize for the family with the biggest number of people taking part. To qualify each member taking part must be related directly in some way or another e.g. mother, son in-law, cousin. Family members must be registered as part of your group **before registration closes**.



Sports team Challenge and Business House Challenge

There will be a prize for the sports / business team with the largest number of people taking part. Team members must be registered as part of your group **before registration closes**.

Photos

Photos will be taken from a number of points along the race routes. We will have these photos available on the web about 2 weeks after the event. You will be able to download these photos for free. Information on how to download the photos will be sent out after the event.

Register online : www.nzpanda.co.nz

Supporting Life Flight

Paardekooper and Associates proudly support The Life Flight Trust. Helping to save over 1,500 lives every year with greater Wellington's Westpac Rescue Helicopter and the national Life FLight NZ Air Ambulance Service. You can add your donation when you register.



Thanks to Greater Wellington Regional Park

We would like to thank the Greater Wellington Regional Council for their ongoing support for this event. GWRC encourages you to train not only on the course route but also in the other regional parks. For more information visit <http://www.gw.govt.nz/>

For more information contact:
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