

# 2022 NZ Road Championships – Course Map

## NZCIS Campus, Somme Road, Upper Hutt

Version 1 @ 8 July





## 2022 NZ Road Championships – Course Map NZCIS Campus, Somme Road, Upper Hutt

Version 1 @ 8 July



### COURSE MAP NOTES:

#### Course Map.

The attached map is the indicative course for the running races. The course is based on a lap approximately 1.165 km in distance (***the lap will be formally measured in late July once final road sealing is completed***). The final certified distance of the lap will determine the exact start point for each race.

The course is flat, bitumen sealed, with no turns / corners greater than 90°. All of the course is on the internal NZCIS Campus, except for approximately 200m on Somme Road. Traffic management will be in place on Somme Road to separate competitors from public vehicles.

#### Walking Course.

The walking races will use a **1.0 km** out-and-back loop. The races will start where the finish line is indicated on the course map, and then proceed clockwise around the running course for 500m, before turning (around a single cone) and heading back the same way to the starting point.

Due to the multiple laps each race will do, it will be important that competitors note the amount of laps that are to do, and keep track of how many they have done during the race.