

Course Descriptions:

Bellerive Beach - Starts at Bellerive Beach directly below Bellerive Oval. Course is predominantly flat and on the beach with a short section around the headland between beaches. Toilets available.

Domain X Roads - Starts at Domain Cross Roads ovals. Loop course on grass, parts of Soldiers Walk and surrounding tracks. Has a climb or two and is rough in patches, a challenging course. Toilets available.

Dru Point Centennial Park – Esplanade Margate, off Beach Road. Flat grass course, toilets, playground, sheltered BBQ.

Ferntree - Starts at the Pipeline track opposite the Fern Tree Tavern. Course follows the gently sloping dirt track along the pipeline and returns. Toilets available.

Five Mile Beach - Starts at the Five Mile Beach Reserve car park. Course follows the flat & sandy tracks through the pine trees and returns. Loose sand makes some sections difficult. A portaloos will be available.

Howrah - Wentworth Park Playground - Starts at the playground at the end of Salacia Avenue, Howrah. Course follows a flat loop on the grass through Wentworth Park. Toilets available.

Risdon Brook Dam - Course follows the road (closed to vehicles) along the loop of Risdon Brook Dam. Some small hills. Toilets and BBQ facilities available.

Rokeby - Police Academy – A cross country course within the grounds of the Police Academy. Toilets Available.

Sandford - Gellibrand Drive - Starts approx. 3k south of the Gellibrand Drive & Rifle Range Road intersection, Sandford. The course is flat with some sandy sections. Portaloos.

Waterworks - Starts at BBQ Site 9 in the Waterworks Reserve. Toilets and BBQ facilities available.