

# NEWLAND HEAD COMBINED COURSES 2017

- SHORT COURSE/SHARED KM MARKERS
- LONG COURSE MARKERS
- ★ AID STATION

LONG COURSE: 20km  
SHORT COURSE: 11.5km

BOTH COURSES RUN THE SAME COURSE FROM THE START TO THIS AID STATION (8.7km)



ELEVATION (m)

GAIN: +175m



ELEVATION (m)

GAIN: +300m

