TMP Course map for each age group

START

FINISH

YEAR 7&8
YEAR 4
YEAR 5&6
TRENTHAM MEMORIAL PARK COURSE DESCRIPTIONS

Year 4  (1165m) approx

- Start at the western end of the Trentham Sports centre in line with the double trees.
- Run on the grass, parallel to trees and fence, over the grass mound and behind goal post to the track.
- Cross the track and run up over the stopbank (250m).
- Curve around the grass area to half-way to the rubbish bins and then run straight between the cabbage trees (400m), across track and continue towards the metal gate.
- At track, cross and then veer right to 10 metres north of green pole on top of stopbank (550m).
- Down other side, across track and small grass area, through the gate into the bush (615m).
- Follow bush path at turn right at the first of where two paths meet, continue along path.
- At second intersection of two tracks (873m), turn right, through gate, and veer left and diagonally across the grass, then the track towards the two trees and then follow the edge of the park over the grass mound.
- Veer right along edge of park towards the sports centre and then right again to the finish which is in line at end of the sports centre building.
Year 5 & 6  
(1714m) approx

Starts on Year 4 course and then continues onto Year 5&6 course

- Start at the western end of the Trentham Sports centre in line with the double trees.
- Run on the grass, parallel to trees and fence, over the grass mound and behind goal post to the track.
- Cross the track and run up over the stopbank (250m).
- Curve around the grass area to half way to the rubbish bins and then run straight between the cabbage trees (400m), across track and continue towards metal gate.
- At track, cross and then veer right to 10 metres north of green pole on top of stopbank (550m).
- Down other side, across track and small grass area, through the gate into the bush (615m).
- Follow bush path at turn right at the first of where two paths meet, continue along path.
- At second intersection of two tracks (873m), turn left and follow path to next intersection.
- Turn right and follow path. At 1218m into the course, there is a steep, slippery downhill of approximately 10metres.
- Continue along path to gate out of the bush (1255m).
- Run straight across asphalt path into bush and after about 20 metres turn right to continue along this path until out of bush on to grass.
- Veer right, cross asphalt path, and along grass, behind the green pavilion and continue between the two rows of trees following the fence line.
- At intersection of asphalt paths, cross path and up to the middle of the grass mound.
- Veer right down mound and then right along edge of park towards the sports centre and then right again to the finish which is in line with the end of the sports centre building.
Year 7 & 8  (2950m) approx

Starts on Year 4 course and then continues onto Year 5&6 course, then continues back onto Year 4 course to finish.

- Start at the western end of the Trentham Sports centre in line with the double trees.
- Run on the grass, parallel to trees and fence, over the grass mound and behind the goal post to the track.
- Cross the track and run up over the stopbank (250m).
- Curve around the grass area halfway to the rubbish bins and then run straight between the cabbage trees (400m), across track and continue towards the metal gate.
- At track, cross and then veer right to 10 metres north of the green pole on top of the stopbank (550m).
- Down the other side, across the track and small grass area, through the gate into the bush (615m).
- Follow the bush path at turn right at the first of where two paths meet, continue along the path.
- At the second intersection of two tracks (873m), turn left and follow the path to the next intersection.
- Turn right and follow the path. At 1218m into the course, there is a steep, slippery downhill of approximately 10 metres.
- Continue along the path to gate out of the bush (1255m).
- Run straight across the asphalt path into the bush and after about 20 metres turn right to continue along this path until out of the bush onto grass.
- Veer right, cross asphalt path, and along grass, behind the green pavilion and continue between the two rows of trees following fence line.
- At intersection of asphalt paths, cross path and up to the middle of the grass mound.
- Veer right down the mound and then right along the edge of the park towards the sports centre and continue past the finish towards the start line. Run through the start line and repeat the year 4 course.
- At the second intersection of two tracks (873m), turn right, through the gate, and veer left and diagonally across the grass, then the track towards the two trees and then follow the edge of the park over the grass mound.
- Veer right along the edge of the park towards the sports centre and then right again to the finish which is in line at the end of the sports centre building.