

40km Course			
Location	Distance from Start	Distance to Finish	Distance to next Aid Station
M2	0.84	39.48	
M1	1.66	38.66	
M3	5.90	34.42	8.13
M4	9.08	31.24	4.95
Bluff Track AS	14.03	26.29	7.73
M5	18.35	21.97	3.41
M6	19.66	20.66	2.10
M7	21.16	19.16	0.59
Davidson Park AS	21.76	18.56	8.34
Cascades AS	30.10	10.22	8.34
M8	35.12	5.20	3.85
M9	36.57	3.75	2.40
M10	36.92	3.40	2.05
M11	37.62	2.70	1.35
Wildflower Aid Station	38.97	1.35	1.35
Finish	40.32	0.00	

11km Course			
Location	Distance from Start	Distance to Finish	Distance to next Aid Station
Wildflower Aid Station	1.33	9.65	4.16
M11	2.70	8.28	2.79
M10	3.44	7.54	2.05
Wildflower Aid Station	5.49	5.49	4.16
M11	6.86	4.12	2.79
M10	7.60	3.38	2.05
Wildflower Aid Station	9.65	1.33	1.33
Finish	10.98	0.00	

25km Course			
Location	Distance from Start	Distance to Finish	Distance to next Aid Station
Wildflower Aid Station	1.35	23.68	5.70
M11	2.70	22.33	4.35
M10	3.40	21.63	3.65
M9	3.75	21.28	3.30
Warrimoo Track AS	7.05	17.98	10.93
M12	7.61	17.42	10.37
M13	13.63	11.40	4.35
M12	17.42	7.61	0.56
Warrimoo Track AS	17.98	7.05	5.70
M9	21.28	3.75	2.40
M10	21.63	3.40	2.05
M11	22.33	2.70	1.35
Wildflower Aid Station	23.68	1.35	1.35
Finish	25.03	0.00	