



THE TRAINING RUN

100 KM

2018 Map Notes

1. The Sections in these notes are a way of breaking the course up.
2. They should be read in conjunction with following a map of Launceston.
3. The Sections are listed sequentially, starting at the easiest section of the 100km circuit.
4. However, the Training Run can be commenced at any point of the 100km circuit.
5. Participants are not required to begin at the start of a section.
6. Participants are not required to complete a section before starting at another point.
7. Participants are not required to complete all sections of the 100km course to receive a participants' medal.
8. Complete any part(s) of the 100km in the direction as described in these Notes.

Enquiries/Queries:

John Ralph

john@ascentfitness.com.au

Section 1

Tailrace, Riverside to McKenzie Street, Invermay

This section is virtually flat all the way. Starting in the car park at Tailrace Park, proceed to the West Tamar Trail on the path towards the furthest point of the Tailrace. This course section takes every opportunity to walk near the Tamar River. However, note that the Tamar River is tidal and in times of high tide and flood, parts of the West Tamar Trail along the river edge can be submerged. If this is the case during The Training Run, do not walk through water. An alternative, sealed, path closer to West Tamar Highway is parallel to the unsealed path. At the end of the West Tamar Trail, take the path on the right hand side of Tamar Marine, underneath the overpass, then onto Kings Bridge.

Continue across Kings Bridge, then take the steps under the West Tamar Highway overpass and onto Ritchies Mill Walk in Kings Park. Ritchies Mill Walk continues past the Tamar Yacht Club to Park Street. Turn left onto Park Street and proceed onto the River Edge Trail which is parallel with the Tamar River. At Home Point, the Boardwalk turns 90 degrees to the right to become the Alexandra Walk. Continue along the Alexandra Walk to Lower Charles Street (N.B. if the pedestrian bridge between Seaport and Northbank is complete, you may cross there instead of the Charles Street bridge). At Charles Street, turn left and cross the Charles Street bridge.

After crossing the Charles St Bridge, turn left onto the path at Lindsay Street and follow the path that contours around the flood levee, past the Silo Hotel development. Continue on the flood levee trail as it crosses Lindsay Street, Gleadow Street and Forster Street and terminates at River Street. Turn right at River Street and proceed to Murphy Street. Turn left onto Forster Street then left onto Montague Street, then right onto Howard Street, then left onto Home Street, then left onto Mayne Street, then right onto Weaving Place. At the end of Weaving Place, take the pedestrian access onto the flood levee and turn right. Proceed along the flood levee to the cul-de-sac at the end of Home Street. Turn right and proceed to Mayne Street via untracked pedestrian access. Turn left on Mayne Street, cross the bridge and turn left onto the University Trail and follow to McKenzie Street. Stay on the University Trail crossing Mowbray Link.

Section 1 Ends

Section 2

McKenzie Street, Invermay to Vermont Road, Ravenswood

Stay on the University Trail crossing the Mowbray Link. Turn left and follow the University Trail uphill to Foch Street. Turn left and proceed along Plumer Street. Turn right and proceed to Newnham Drive. Continue along Newnham Drive and turn left into Brooks Road. Turn right onto University Way. You are invited to consider bright/high-vis clothing as you proceed along University Way to Alanvale Road. At Alanvale Road, turn left. Proceed along Alanvale Road and turn left onto Mount Stewart Drive.

Proceed along Mount Stewart Drive and turn right onto Camira Street, then right onto Commodore Drive, then left onto Alanvale Road, then right onto Franmaree Road, then left onto Eastfield Drive, then right onto Malachi Place. Proceed to the end of Malachi Place and continue along the length of a Reserve to Viewbank Road. Next to 75 Viewbank Road, proceed across the street into Newnham Reserve along a path. Along this path, ignore a turn to the right and proceed to the intersection at the playground. Turn left at this intersection, then left again at the intersection that immediately follows. Proceed along the path to Tallentire Road.

Continue along Tallentire Road to George Town Road, then turn right, then turn left onto Lilydale Road, then turn right onto Reservoir Road. At 52 Reservoir Road, turn right into the park and proceed through the park and turn right into Cupania Street. Continue to the cul-de-sac at the end of Cupania Street and proceed onto the path that leads to the pedestrian bridge over the Railway Track. After crossing the pedestrian overpass, turn left and continue down the Rocherlea Old Rail Trail. Stay on the Rocherlea Old Rail Trail for 3km until a turn to the right onto a path that proceeds to Dover Street.

Continue along Dover Street, then turn left onto Calais Street, then right onto Verdun Street, then right onto Jutland Street, then left onto Beatty Street, then left onto Jellico Street, then left onto Vermont Road. Proceed along Vermont Road, turning left to continue on Vermont Road at the intersection with Wildor Crescent. Continue on Vermont Road to the intersection with Henry Street.

Section 2 Ends

Section 3

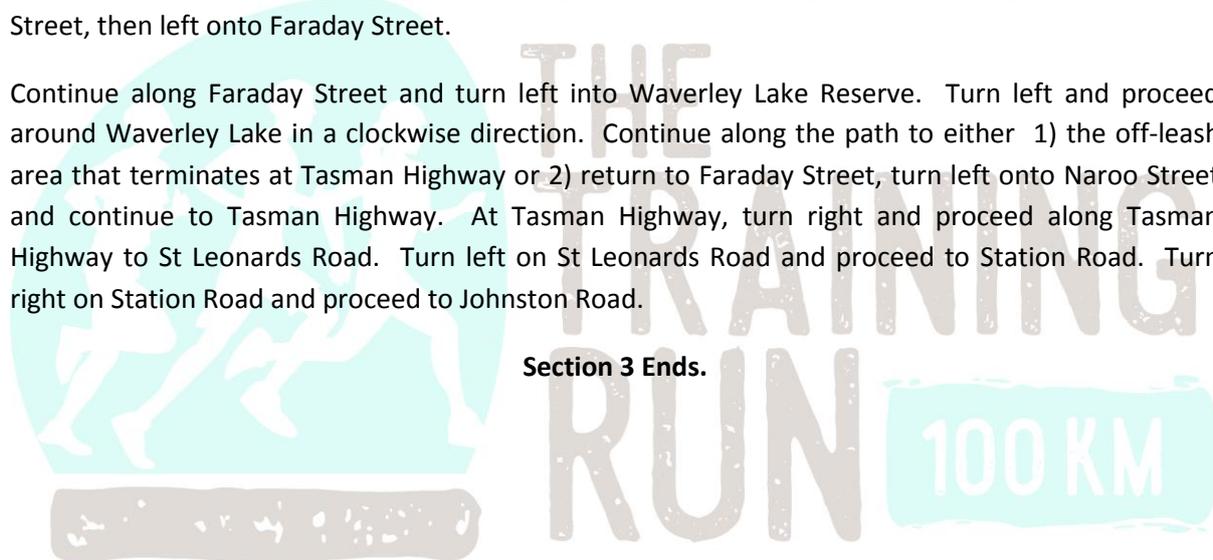
Henry Street, Ravenswood to Johnston Road, St Leonards

Continue on Henry Street to the intersection with Lambert Street. Proceed to Prossers Forest Road. Turn left from Prossers Forest Road into Warring Street, then proceed along Warring Street and turn left into Naranka Street. At the end of Naranka Street, proceed to the pedestrian trail and turn right. Continue along the pedestrian trail to Leeander Crescent. Proceed along Leeander Crescent and turn right into Warring Street, then turn left into Amundsen Street, then right into Mornington Drive, then left into Bendigo Street.

At the end of Bendigo Street, proceed onto the pedestrian trail and turn right. Continue along the pedestrian trail to Pioneer Parade. Turn right onto Pioneer Street, then left into Dog Walk Park. Proceed along the path the length of Dog Walk Park, crossing Rosny Street, then continuing through Dog Walk Park to Blyth Street. Continue along Blyth Street and turn left into Prossers Forest Road, then right into Tahara Court. At the end of Tahara Court, proceed on the path and take the first left. The path continues and turns right onto Indigo Court. From Indigo Court, turn right onto Lambert Street, then left onto Faraday Street.

Continue along Faraday Street and turn left into Waverley Lake Reserve. Turn left and proceed around Waverley Lake in a clockwise direction. Continue along the path to either 1) the off-leash area that terminates at Tasman Highway or 2) return to Faraday Street, turn left onto Naroo Street and continue to Tasman Highway. At Tasman Highway, turn right and proceed along Tasman Highway to St Leonards Road. Turn left on St Leonards Road and proceed to Station Road. Turn right on Station Road and proceed to Johnston Road.

Section 3 Ends.



Section 4

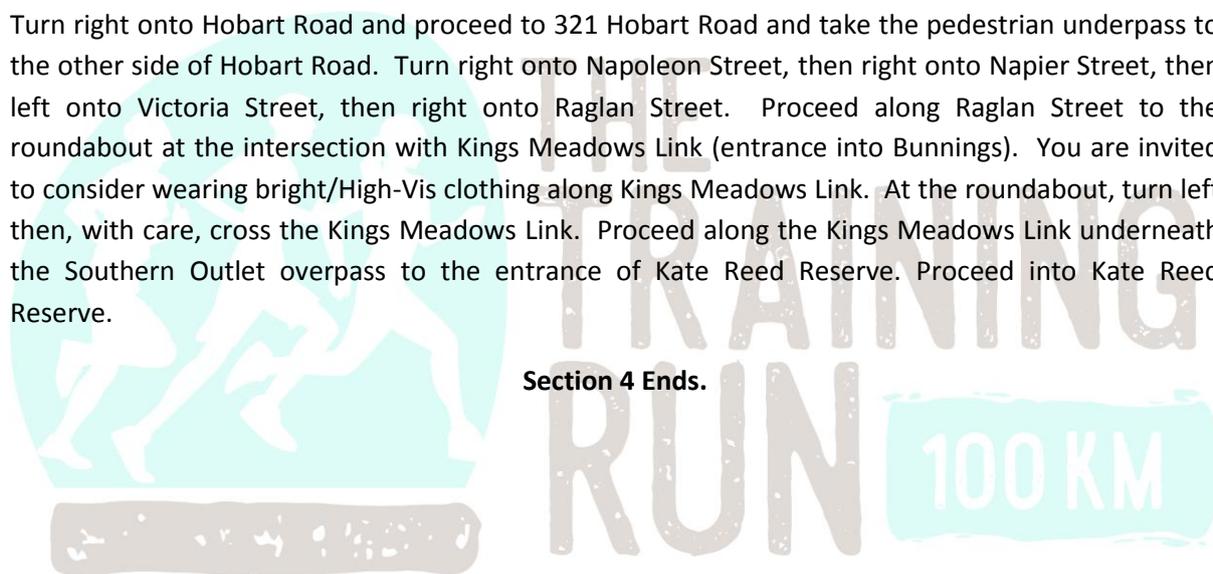
Station Road, St Leonards to Kate Reed Reserve entrance, Kings Meadows.

Arriving at Johnston Road from Station Road, turn left onto Johnston Road and proceed to Quarantine Road. Proceed along Quarantine Road and turn left into Opossum Road. Proceed to Poplar Parade to the sign at the entrance to Youngtown Regional Park. **DO NOT TURN INTO YOUNGTOWN REGIONAL PARK.**

With care, cross Poplar Parade at the Youngtown Regional Park sign and proceed along the trail to the pedestrian bridge crossing Jingers Creek. After crossing the bridge, proceed along the path to the intersection of Opossum Road and Glenwood Road. Turn right onto Glenwood Road, proceed a short distance along Glenwood Road and pick up the Glenwood Trail on the other side of the road. With care, cross Glenwood Road and proceed along Glenwood Trail to Relbia Road, then turn right. You are invited to consider wearing bright/High-Vis clothing along Relbia Road. Proceed along Relbia Road to Hobart Road.

Turn right onto Hobart Road and proceed to 321 Hobart Road and take the pedestrian underpass to the other side of Hobart Road. Turn right onto Napoleon Street, then right onto Napier Street, then left onto Victoria Street, then right onto Raglan Street. Proceed along Raglan Street to the roundabout at the intersection with Kings Meadows Link (entrance into Bunnings). You are invited to consider wearing bright/High-Vis clothing along Kings Meadows Link. At the roundabout, turn left then, with care, cross the Kings Meadows Link. Proceed along the Kings Meadows Link underneath the Southern Outlet overpass to the entrance of Kate Reed Reserve. Proceed into Kate Reed Reserve.

Section 4 Ends.



Section 5

Kate Reed Reserve entrance, Kings Meadows to Blackstone Park, Blackstone Heights

Note: There is no lighting in Kate Reed Reserve. Travelling through the Kate Reed Reserve without light is extremely hazardous. Proceed with extreme caution if attempting Kate Reed Reserve between sun down and sun up.

Proceed into Kate Reed Reserve. Commence on the Kate Reed Fire Trail, then take the first left onto the Boundary Track. Do not enter the Black Diamond Loops. At the intersection with the Lilly Track, turn left. Proceed along the Boundary Trail until joining the Kate Reed Fire Trail. Turn left onto the Kate Reed Fire Trail, then left onto the Fenceline Track. Continue along the Fenceline Track. At the end of the Fenceline Track, turn left onto the sealed road, then proceed to Oakden Road. At 61 Oakden Road, turn left and enter the Prospect side of Kate Reed Reserve. Turn immediately left, then follow the boundary trail closest to the Bass Highway and proceed to the boundary fenceline of Lomond Views Estate (closest to Stacks Court). From this point, there is an untracked easement that terminates at Meander Valley Road.

Note: There is no lighting in the untracked easement. Near the boundary with Kate Reed Reserve and Lomond View Estate, there is a hazard in the form of an open drain with a 1 metre drop. This hazard may be avoided by staying hard against to the Lomond Views Estate boundary fence. There is no street lighting in this area. Travelling through this area without light is extremely hazardous. Proceed with extreme caution in this area, especially between sun down and sun up.

At Meander Valley Road, turn right and proceed to Country Club Avenue. Turn left onto Country Club Avenue then turn right onto Casino Rise. Proceed along Casino Rise then continue along Pitcher Parade. Continue along Pitcher Parade to Blackstone Road. After 114 Blackstone Road, turn right onto the path and proceed to the Blackstone Park car park then turn left.

Section 5 Ends.

100 KM

Section 6

Blackstone Park, Blackstone Heights to Dalrymple Street, Summerhill.

After 114 Blackstone Road, turn right onto the path and proceed to the Blackstone Park car park then turn left. Continue through the car park, then pick up the pedestrian trail that follows the Lake Trevallyn inlet. At the furthest point along the inlet, take the first left, then first right, then first left to Longvista Road. You are invited to consider bright/high-vis clothing as you proceed through Blackstone Heights. Turn left onto Longvista Road, then left onto Bayview Drive. After 9 Bayview Drive, take the path to the right to shore of Lake Trevallyn, then turn right.

Note: There is no street lighting from the path connecting Bayview Drive to the shore of Lake Trevallyn or the path along the Lake Trevallyn Shoreline to Bayview Drive. Travelling through this area without light is hazardous. Proceed with extreme caution in this area between sun down and sun up.

Follow the Lake Trevallyn Shoreline trail and reconnect with Bayview Drive between 43 and 45 Bayview Drive. Turn right onto Bayview Drive, then left onto Panorama Road, then left onto Canopus Drive, then left onto Zenith Court. At the highest point of Zenith Court, return to Canopus Drive, turn right then proceed to Panorama Road. Turn left onto Panorama Road. Proceed along Panorama Road, then turn left into Glover Avenue, then right into Neptune Drive, then left into Panorama Road.

From Panorama Road, turn left onto Blackstone Road, then turn left into Pitcher Parade Park.

Note: There is no lighting in Pitcher Parade Park. Travelling through this area without light is hazardous. Proceed with extreme caution in this area between sun down and sun up.

At the first intersection on the trail, turn left, then proceed along the trail through a 1.3km hairpin-shaped trail. At the next trail intersection, turn left to cross the lake on a footbridge. Continue on the trail and turn left onto the trail to Pitcher Parade. Turn left onto Pitcher Parade. Proceed along Pitcher Parade to the junction with Casino Rise. At the junction, turn left onto an unsealed trail and proceed along the trail to Gordon Place.

Note: There is no lighting on the trail to Gordon Place. Travelling along this path without light is hazardous. Proceed with extreme caution in this area between sun down and sun up.

At Gordon Place, turn left and continue to Mt Leslie Road. From Mt Leslie Road, turn left onto Holyman Drive, then left onto Peel Street West, then left onto Dalrymple Street.

Section 6 Ends.

Section 7

Havelock Street, Summerhill, to Rowsphorn Road, Riverside

NOTE: Section 7 describes the most remote and consistently hazardous section of the Training Run 100km. Most of 12.5km section is on unlit and rough trails. Some sections are very physically demanding. Travelling along this path without light is extremely hazardous. Proceed with extreme caution in this area, especially between sun down and sun up. Before commencing this section, you are invited to consider the merits of someone knowing when you commence the section and having a fully-charged mobile phone with adequate credit.

Proceed along Dalrymple Street for 240m and cross a drive way through two gates to the trail. Continue along the trail with care, following trail markers. The trail will continue to an open expanse with powerlines. Cross the open expanse (without going uphill) and reconnect with the trail. The first part of the trail heads predominantly downhill before the trail inclines strongly. At the top of the incline, look for a small timber footbridge to the left. Cross the footbridge and follow the trail to a vehicular turning circle on Corin Street. Proceed to the steps leading to the Duck Reach Power Station either by 1) immediately crossing Corin Street through the turning circle and picking up the trail that leads to the Duck Reach Trail or 2) proceeding down Corin Street to the car park at the end of Corin Street.

Descend the steps to the Duck Reach Suspension Bridge (note that the bridge can be closed between sun down and sun up), cross the suspension bridge then turn left. Turn right onto the steps and proceed up the Penstock Ladder. At the top of the Penstock Ladder, turn left onto the Reedy Gully Fire Trail, then turn right onto the Powerline Track. Continue along the Powerline Track, crossing the Snake Gully Track, Reedy Gully Fire Trail and Reatta Road.

Once across Reatta Road, the Powerline Track continues for approximately 330m and terminates at the end of a shale road. Relinquish the shale road and pick up a trail to the right that descends through high grass and connects to Lions Park on Pomona Road North. Turn left at the end of the trail and proceed along Pomona Road North to Rowsphorn Road and turn left. You are invited to consider bright/high-vis clothing as you proceed along Rowsphorn Road. Also note that the next 570m section of Rowsphorn Road inclines steeply at a gradient of up to 25%. Continue along Rowsphorn Road to the intersection with Ecclestone Road.

Section 7 Ends.

Section 8.

Rowsporn Road, Riverside to Tailrace Park, Riverside.

Continue along Rowsporn Road to the intersection with Ecclestone Road. You are invited to consider bright/high-vis clothing as you proceed along Ecclestone, New Ecclestone and Cormiston Roads. Note that there is little street lighting along these roads and completing this section between sun down and sun up is not without hazards. Turn left onto Ecclestone Road and proceed to New Ecclestone Road. Turn right onto New Ecclestone Rd then continues as Cormiston Road. At the intersection of Cormiston Road and West Tamar Highway, cross West Tamar Highway into Walcom Court. Turn right into Riverbank Place. Proceed to the end of Riverbank Place and take the pedestrian access to the roundabout at the front of Launceston Christian School. Turn right at the roundabout and proceed to West Tamar Highway. Turn left onto West Tamar Highway and proceed to the pedestrian path immediately after 412 West Tamar Highway. Turn left onto the path, then left to proceed around Windsor Park Oval in a clockwise direction. Navigate to the Riverside Cricket Club Rooms and pick up the walking trail that proceeds into the Wetlands. Continue along the trail to the boundary fence with St Anthony's Catholic School and continue via a gate through a boundary fence, across open grassland to a dam.

WARNING: While there is a wide path across the dam edge, the dam is not fenced. This section is also unlit. Take care when crossing this section to remain on the path.

After passing the dam, continue on an untracked area to Brownfield Lane. Before Brownfield Lane returns to West Tamar Highway, locate a footpath to the left off a roundabout that, when followed, turns right and intersects with West Tamar Highway at 336 West Tamar Highway. Rejoin West Tamar Highway from the footpath, turn left from the footpath and continue to Freeland Crescent. Turn left into Freeland Crescent, then right into Benson Court. At the end of Benson Court, continue on an unsealed road and, before reaching the gates of a Tas Water Sewage Works, turn right onto a rough trail. Continue on the rough trail that intersects with the path that contours around the edge of the Tailrace and terminates at the car park in Tailrace Park.

Section 8 Ends.

Section 8 connects with Section 1

Want a guidance experience around the entire 100km Training Run course? Fancy the chance to practice sections not common to you?



The Training Run Boot Camp is on from March 3rd to March 23rd. Visit www.ascentfitness.com.au and download the Training Run Boot Camp info pack.

