

CONVICTS AND WENCHES MARATHON COURSE LAYOUT



West Head carpark

Greens Beach

5 km turn

start/finish

25 km out & back

Badger's beach

Baker's beach

50 km... start-run NW on the coastal track to West Head CP-Badgers-Bakers-return to finish
25 km... start-east for 1.5 km to turn point-then west to West Head CP-Badgers Aid station- return to finish
12 km.. start-west to West Head AS-turn and return to finish
5 km... start-run east for 2.5 kms to mark then turn and return to finish