



ULTIMATE ATHLETE OBSTACLE COURSE RACE

COURSE MAP SAT 12TH APRIL 2025

3KM 6KM 10KM
20 OBSTACLES 20 OBSTACLES 40 OBSTACLES



COURSE KEY

3KM, 6KM & 10KM COURSE

--- (dashed yellow line)

OBSTACLE KEY

01. LOW WALL
02. LOW A FRAME
03. CARGO NET
04. INDUSTRIAL ATHLETIC WALL BALL (6KG / 2.6M / 15 REPS)
05. ZM MONKEY BARS
06. SANDBAG CARRY (15KG / 400M)
07. AFLEX WEB
08. BALANCE BEAMS
09. WALL TRAVERSE
10. JERRY CAN (20KG / 200M)
11. DESIGN JUICE SEESAW
12. BRANDT ROPE WALL
13. McLEOD CRANES A-FRAME ROPE WALL
14. UNDER ARMOUR INVERTED WALL
15. TUNNEL
16. TYRE FLIP X 2
17. UNDER AND OVER
18. 6 FOOT WALL
19. INDUSTRIAL ATHLETIC SAND SLED PULL
20. RED BULL WARPED WALL

3KM COURSE turn where indicated after Obstacle 15

3KM COURSE FINISH!

6KM COURSE turn for base track loop after Obstacle 15

6KM COURSE FINISH!

10KM COURSE (Base track once only)
ALL OBSTACLES AGAIN

10KM COURSE FINISH!

- P. PENALTY LOOP (Positioned after Obstacle 19)
- A. AID STATION (Positioned next to Obstacle 5 & 15)

Note: Obstacles & order are subject to change