



ULTIMATE ATHLETE

OBSTACLE COURSE RACE COURSE MAP SAT 12TH APRIL 2025

3KM
20 OBSTACLES

6KM
20 OBSTACLES

10KM
40 OBSTACLES



COURSE KEY

3KM, 6KM & 10KM COURSE

OBSTACLE KEY

01. LOW WALL
02. LOW A FRAME
03. CARGO NET
04. 6 FOOT WALL
05. ZM MONKEY BARS
06. SANDBAG CARRY (15KG / 400M)
07. INDUSTRIAL ATHLETIC WALL BALL (6KG / 2.6M / 15 REPS)
08. AFLEX WEB
09. BALANCE BEAMS
10. WALL TRAVERSE
11. JERRY CAN (20KG / 200M)
12. DESIGN JUICE SEESAW
13. BRANDT ROPE WALL
14. McLEOD CRANES A-FRAME CARGO NET
15. UNDER ARMOUR INVERTED WALL
16. TUNNEL
17. TYRE FLIP X 2
18. UNDER AND OVER
19. INDUSTRIAL ATHLETIC SAND SLED PULL (40KG / 30M)
20. RED BULL WARPED WALL

3KM COURSE turn where indicated after Obstacle 16

3KM COURSE FINISH!

6KM COURSE turn for base track loop after Obstacle 16

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 & 16)

Note: Obstacles & order are subject to change