

Great Southern Alps Miler - GSAM100

Point of interest - feature	Full Course		Distance in km between:		
	Distance km.	Distance miles	features	Aid points	Toilets
Start at pylon - Fowlers.	0.00	0.00	0.0	0.0	0.0
Clarence loop	5.92	3.68	5.9		5.9
Top of Fowlers	9.92	6.16	4.0		
Lake Guyon Aid Station	20.10	12.49	10.2	20.1	
Lake Guyon Hut	21.32	13.25	1.2		15.4
Waiau Carpark	28.79	17.89	7.5		7.5
Rabbit Fence	30.86	19.17	2.1	10.757*	
Caroline Bivy	38.99	24.23	8.1		10.2
Waiau Hut	42.03	26.12	3.0		3.0
Waiau Crossing	48.72	30.27	6.7	17.861*	
Bull Paddock Gate	59.37	36.89	10.7		
Top of Ada	65.98	41.00	6.6		
Christopher Deer Cullers Hut	68.48	42.55	2.5		26.5
Christopher Walkway Hut	69.39	43.12	0.9	20.675*	0.9
Henry Aid Station	78.18	48.58	8.8	8.8	
Irishman Flat - Anne Hut	84.18	52.31	6.0		14.8
Henry Swingbridge	86.19	53.56	2.0		
Henry Aid Station	89.52	55.63	3.3	11.3	
Upper Waiau Swing Bridge	92.64	57.56	3.1		
Muddy Lake	96.13	59.73	3.5		
Guyon Turnoff	103.25	64.15	7.1		
Lake Guyon Hut	105.38	65.48	2.1		21.2
Lake Guyon Aid Station	106.59	66.23	1.2	17.1	
Stanley Vale	109.62	68.12	3.0		4.2
Race Course	122.00	75.81	12.4		
Charlies Saddle Aid Station	126.50	78.61	4.5	19.9	
Scotty's Camp Hut	127.82	79.42	1.3		18.2
Bull Gully Aid Station	136.86	85.04	9.0	10.4	
Transition zone	143.96	89.45	7.1	7.1	16.1
Bull Gully Aid Station	153.82	95.58	9.9	9.9	
Finish	160.92	100.0	7.1	7.1	17.0

*Bag drop option only