

Standard Distance Course Map

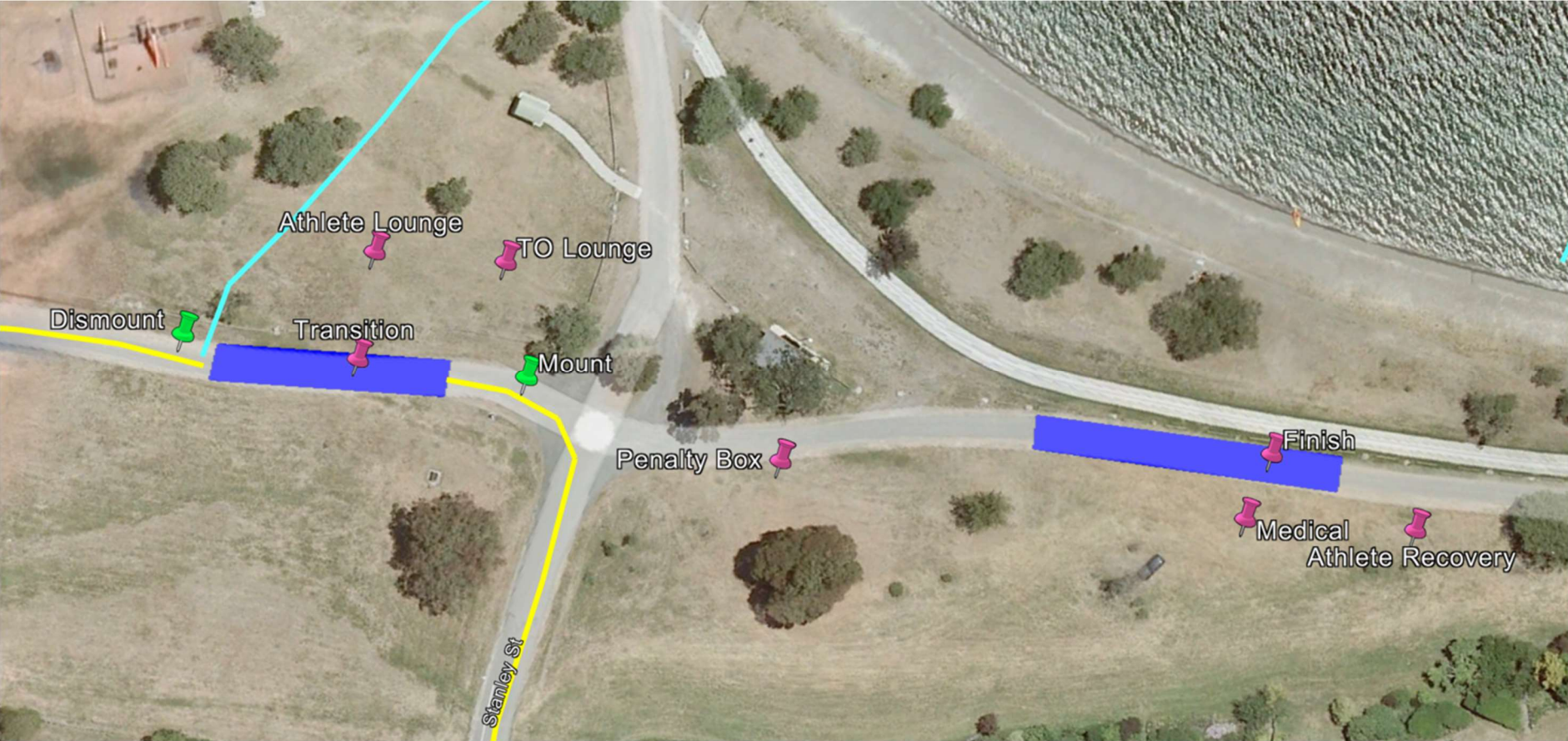
Swim – 2x laps

Bike – 8x laps 4.95km + 400m

Run – 4x laps of 2.5km



Venue



Swim Course – 300m to the first turn buoy – 750m per lap.



Cycle Course – 8 laps (Plus start and finish)

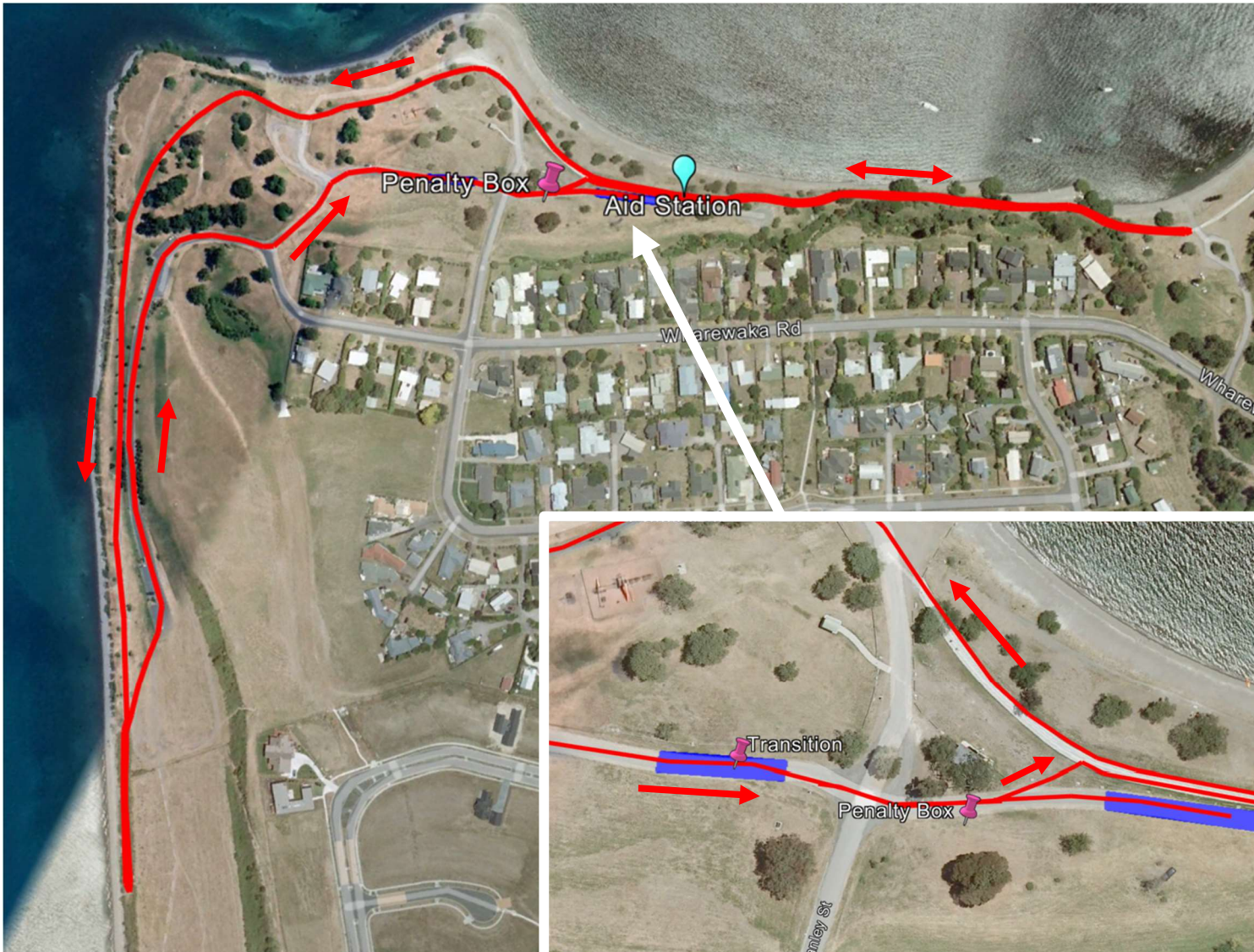


Head out of transition and up the hill onto Wharewaka Road, left into Kohatu Parade, left into Pokaka Cres, left into Heeni, left into Wharewaka and down hill, veer left to follow road around reserve (Caution at the bottom of this hill for off camber left turn) return back up the hill, right onto Heeni St, left onto Teti, left onto Kohatu Pde and back onto Wharewaka Road.

Left into Logan Ave, follow Logan Ave until it intersects with Wharewaka Rd – turn RIGHT here and then complete a further 7 laps.

On the final lap turn left at this intersection and head back to transition

Run Course – 4 laps of 2.5km



Head out of transition run towards the finish area, veering left passed the toilets onto the walkway.

Run to the turn around, make a u-turn and follow walkway back passed venue, around water front and to the far U-turn.

Returning back on the walkway, veering right onto the road. Follow road back up to turn left onto Wharewaka Rd heading back through transition. Complete 3 more laps then run through transition and into the finish line on the final lap.

