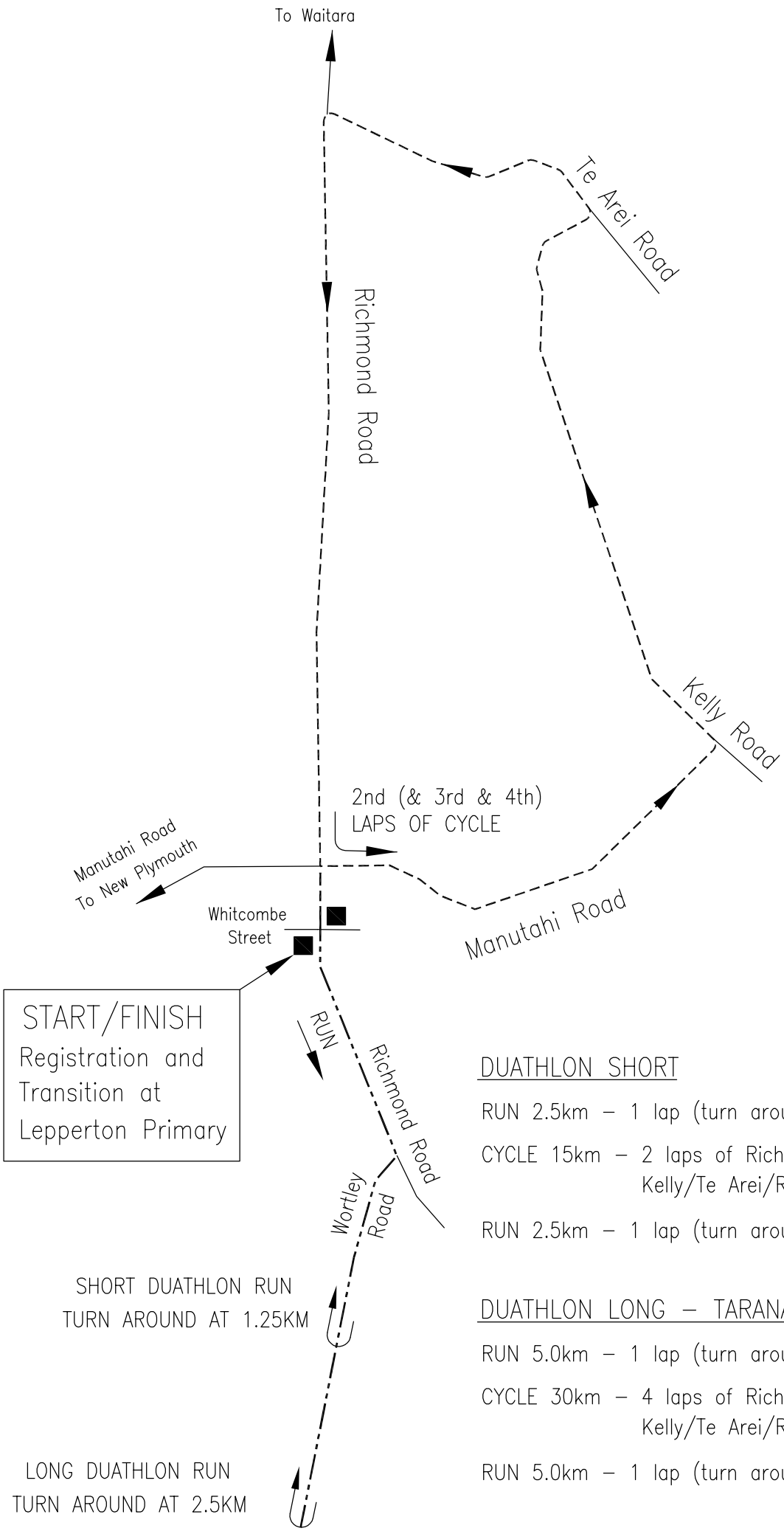
Diagram not to scale



DUATHLON SHORT

RUN 2.5km – 1 lap (turn around along Wortley Road)

CYCLE 15km – 2 laps of Richmond/Manutahi/ Kelly/Te Arei/Richmond Road circuit

RUN 2.5km – 1 lap (turn around along Wortley Road)

DUATHLON LONG – TARANAKI CHAMPS

RUN 5.0km – 1 lap (turn around along Wortley Road)

CYCLE 30km – 4 laps of Richmond/Manutahi/ Kelly/Te Arei/Richmond Road circuit

RUN 5.0km – 1 lap (turn around along Wortley Road)