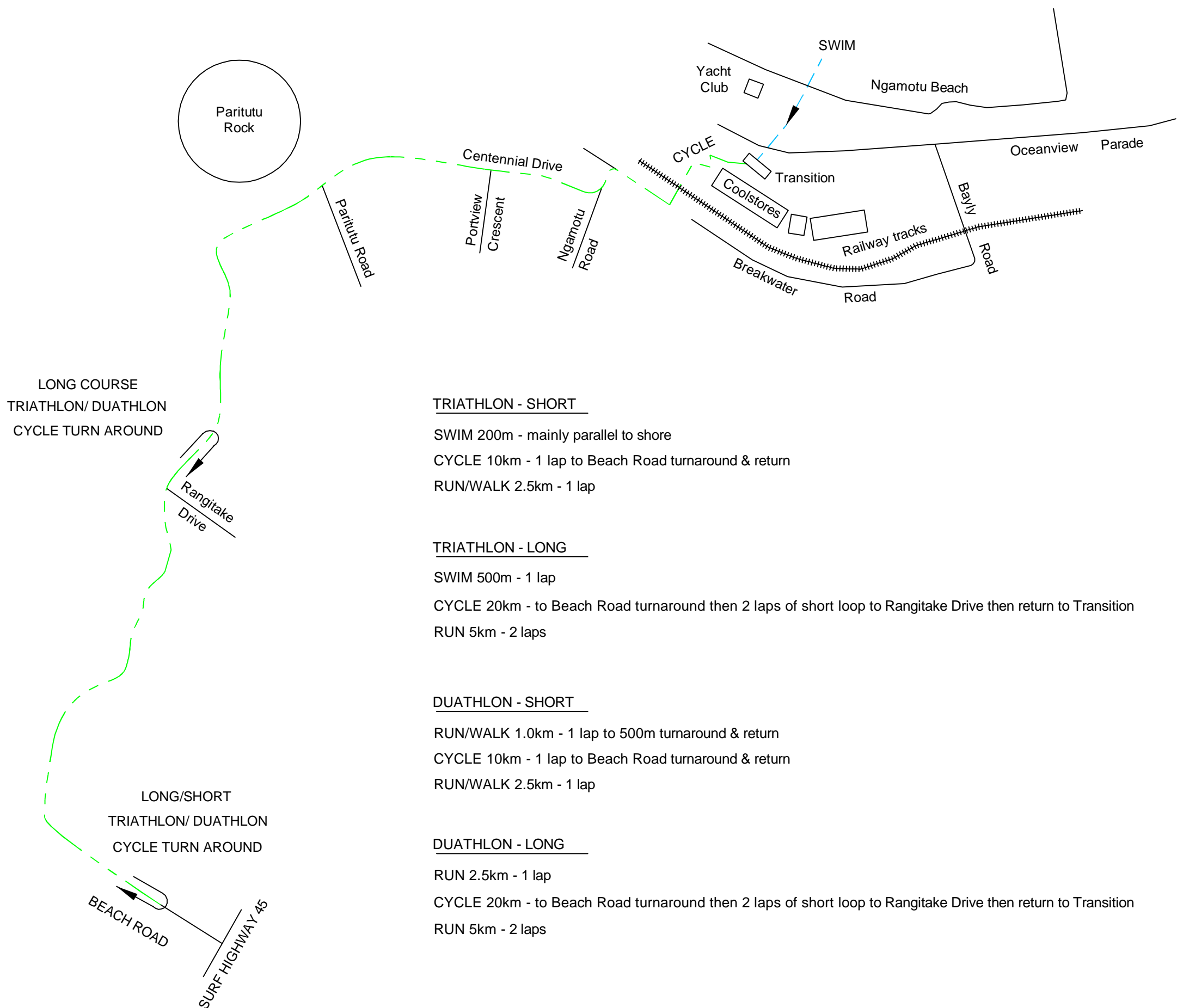
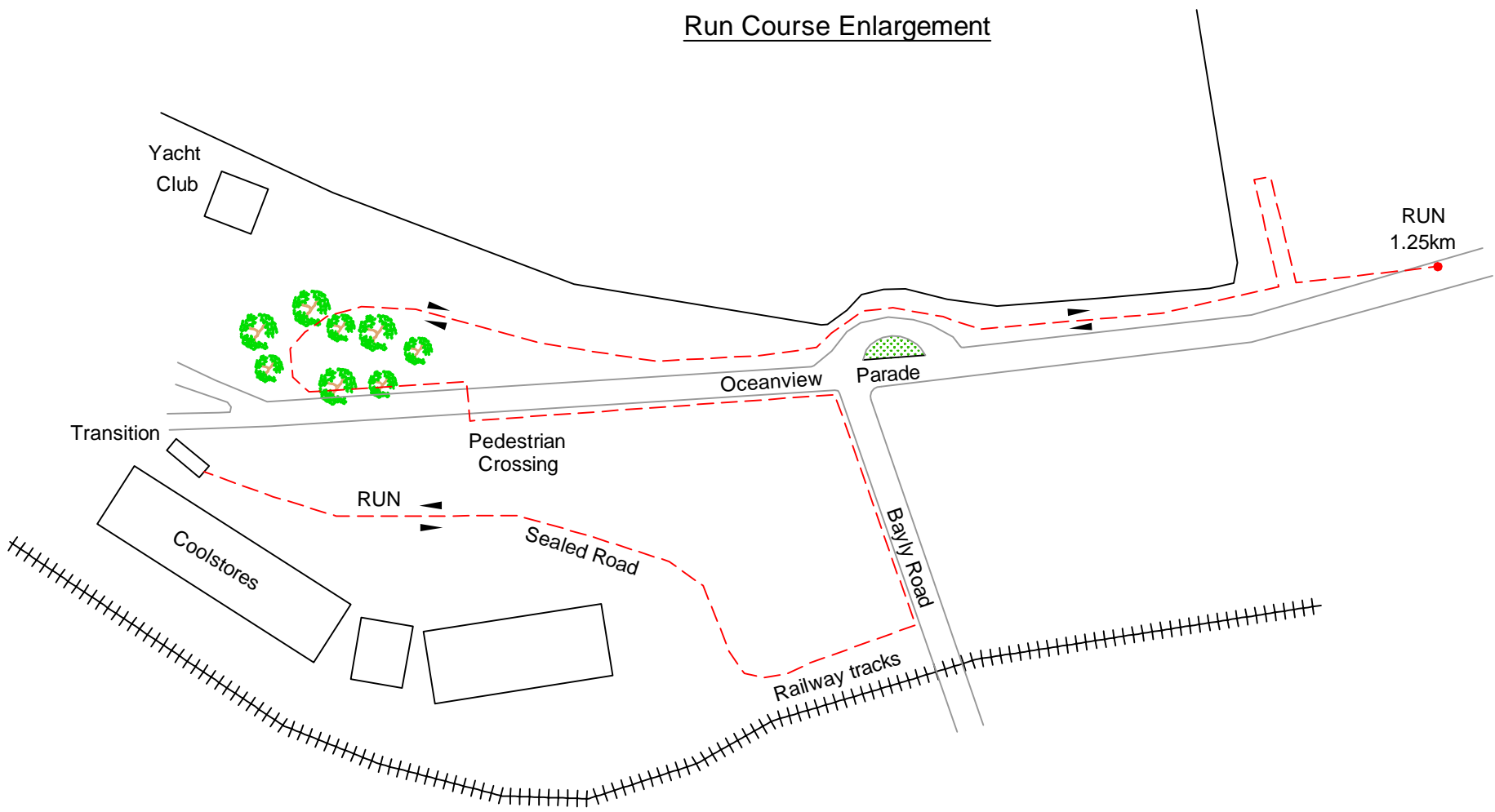


## Run Course Enlargement

Fitzroy Yachts



### TRIATHLON - SHORT

SWIM 200m - mainly parallel to shore  
 CYCLE 10km - 1 lap to Beach Road turnaround & return  
 RUN/WALK 2.5km - 1 lap

### TRIATHLON - LONG

SWIM 500m - 1 lap  
 CYCLE 20km - to Beach Road turnaround then 2 laps of short loop to Rangitake Drive then return to Transition  
 RUN 5km - 2 laps

### DUATHLON - SHORT

RUN/WALK 1.0km - 1 lap to 500m turnaround & return  
 CYCLE 10km - 1 lap to Beach Road turnaround & return  
 RUN/WALK 2.5km - 1 lap

### DUATHLON - LONG

RUN 2.5km - 1 lap  
 CYCLE 20km - to Beach Road turnaround then 2 laps of short loop to Rangitake Drive then return to Transition  
 RUN 5km - 2 laps

LONG COURSE  
 TRIATHLON/ DUATHLON  
 CYCLE TURN AROUND

LONG/SHORT  
 TRIATHLON/ DUATHLON  
 CYCLE TURN AROUND