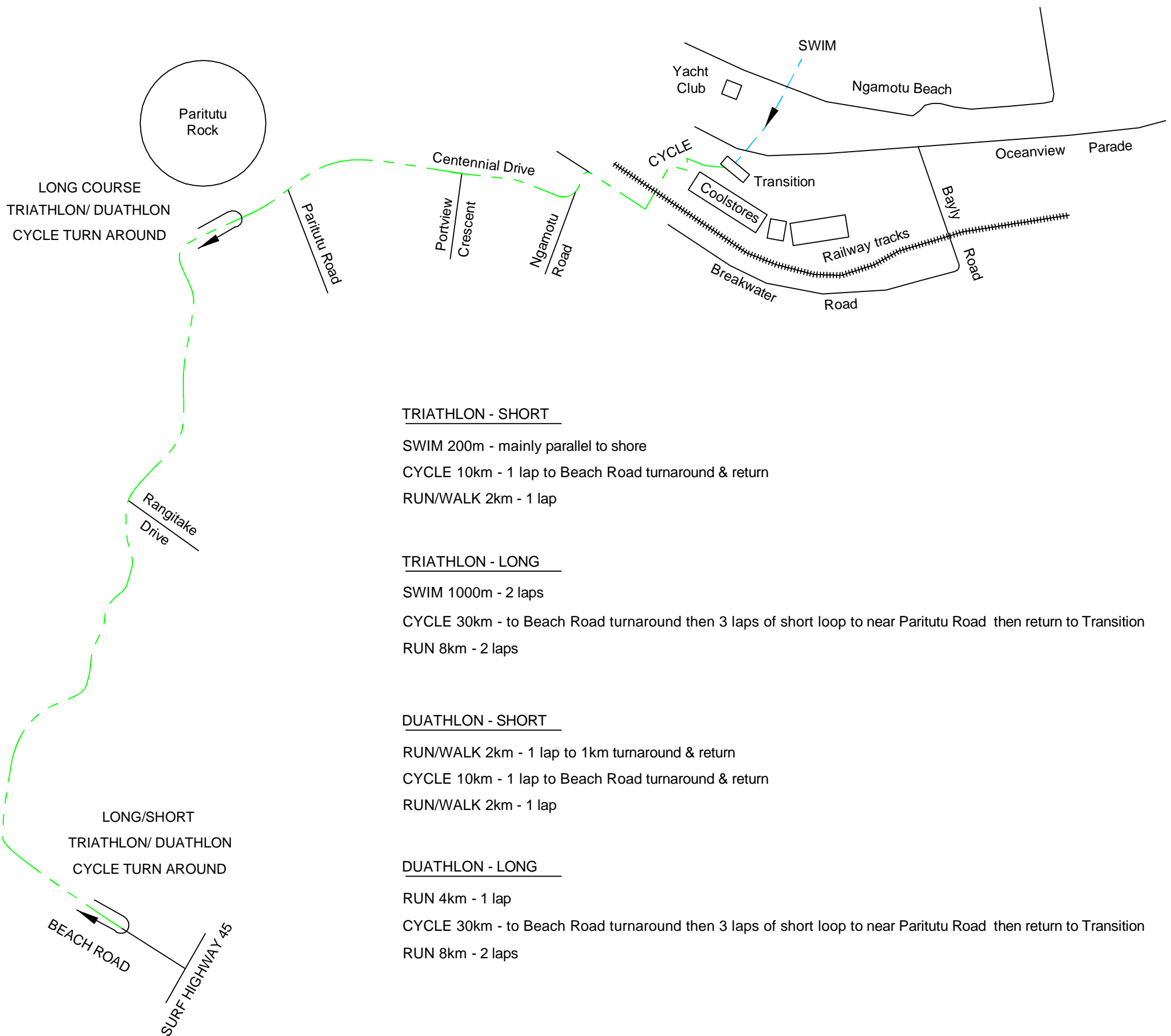
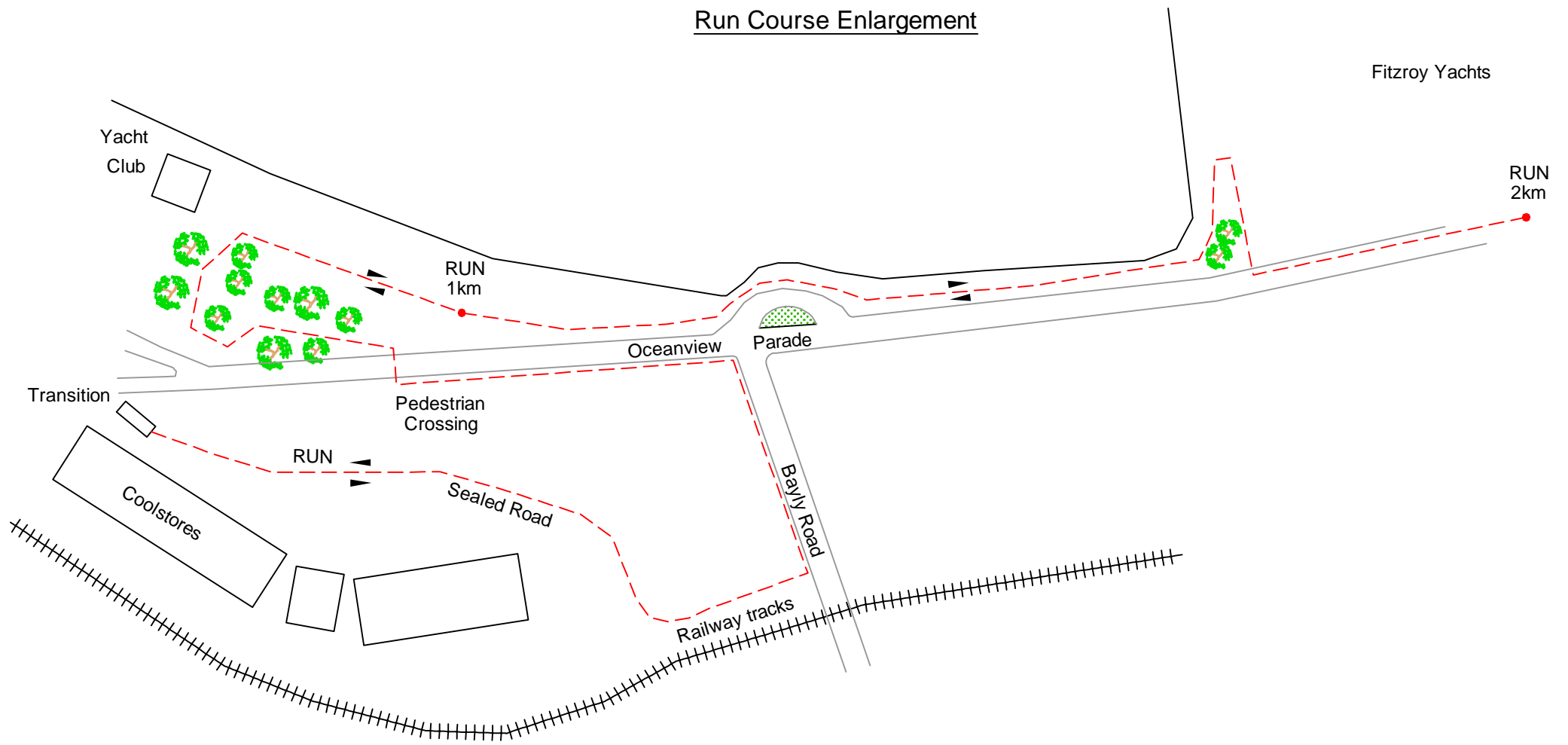


Run Course Enlargement



TRIATHLON - SHORT

SWIM 200m - mainly parallel to shore
 CYCLE 10km - 1 lap to Beach Road turnaround & return
 RUN/WALK 2km - 1 lap

TRIATHLON - LONG

SWIM 1000m - 2 laps
 CYCLE 30km - to Beach Road turnaround then 3 laps of short loop to near Paritutu Road then return to Transition
 RUN 8km - 2 laps

DUATHLON - SHORT

RUN/WALK 2km - 1 lap to 1km turnaround & return
 CYCLE 10km - 1 lap to Beach Road turnaround & return
 RUN/WALK 2km - 1 lap

DUATHLON - LONG

RUN 4km - 1 lap
 CYCLE 30km - to Beach Road turnaround then 3 laps of short loop to near Paritutu Road then return to Transition
 RUN 8km - 2 laps