



Manutahi Road  
To New Plymouth

Richmond Road

Te Arei Road

Kelly Road

2nd (& 3rd)  
LAPS OF CYCLE

Manutahi Road

Whitcombe  
Street

RUN

Richmond Road

Wortley  
Road

START/FINISH  
Registration and  
Transition at  
Lepperton Primary

SHORT DUATHLON RUN  
TURN AROUND AT 1.25KM

LONG DUATHLON RUN  
TURN AROUND AT 2.5KM

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

- RUN 5.0km - 1 lap (turn around along Wortley Road)
- CYCLE 22.5km - 3 laps of Richmond/Manutahi/  
Kelly/Te Arei/Richmond Road circuit
- RUN 5.0km - 1 lap (turn around along Wortley Road)