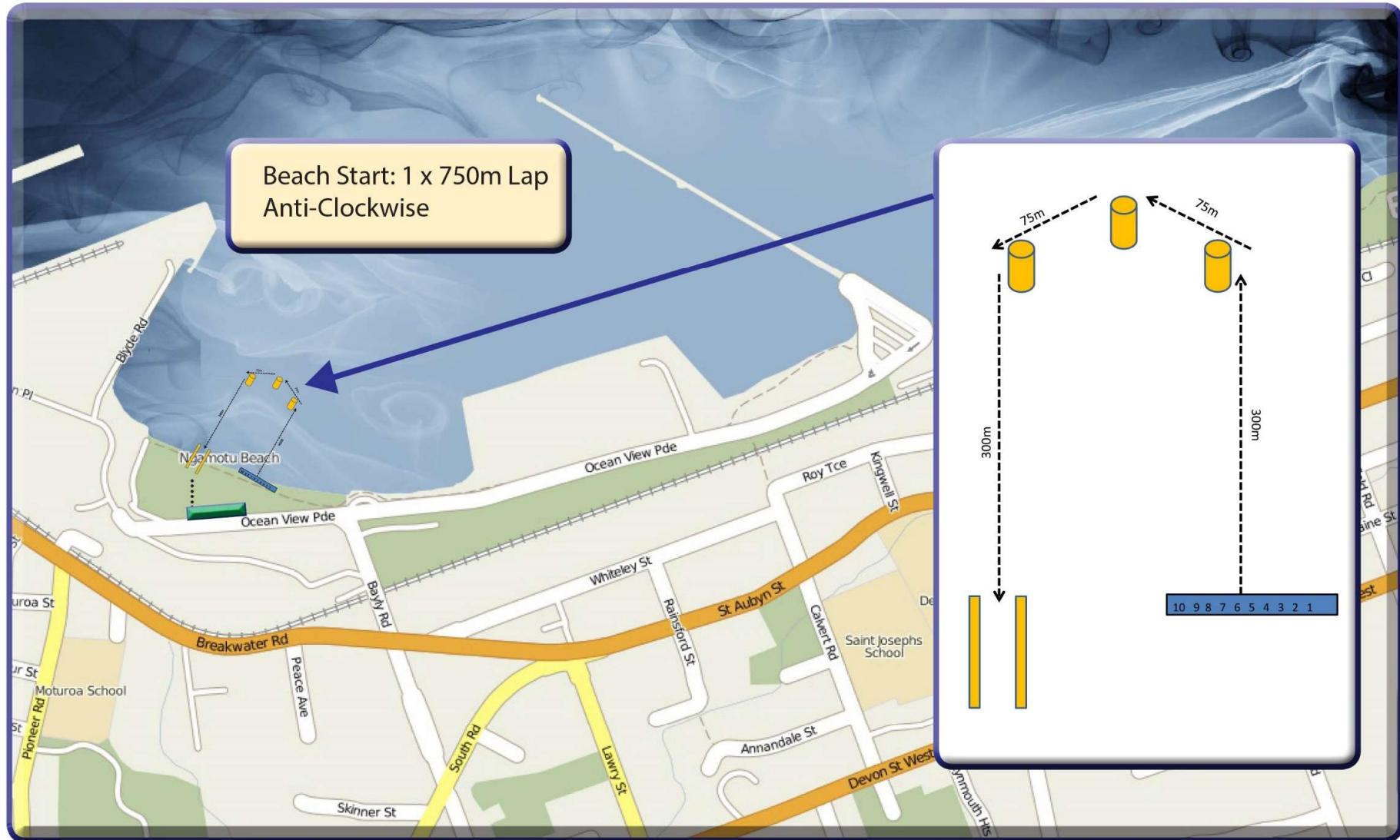


Elite 750m SWIM Course - 1 Lap








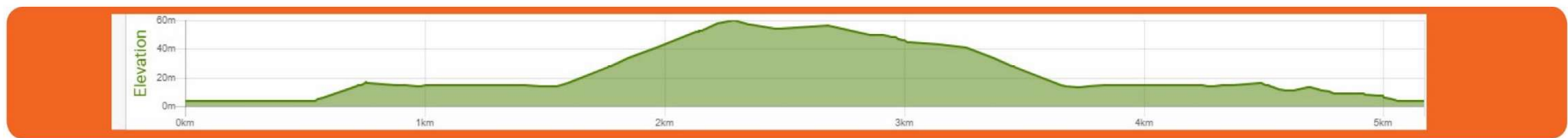
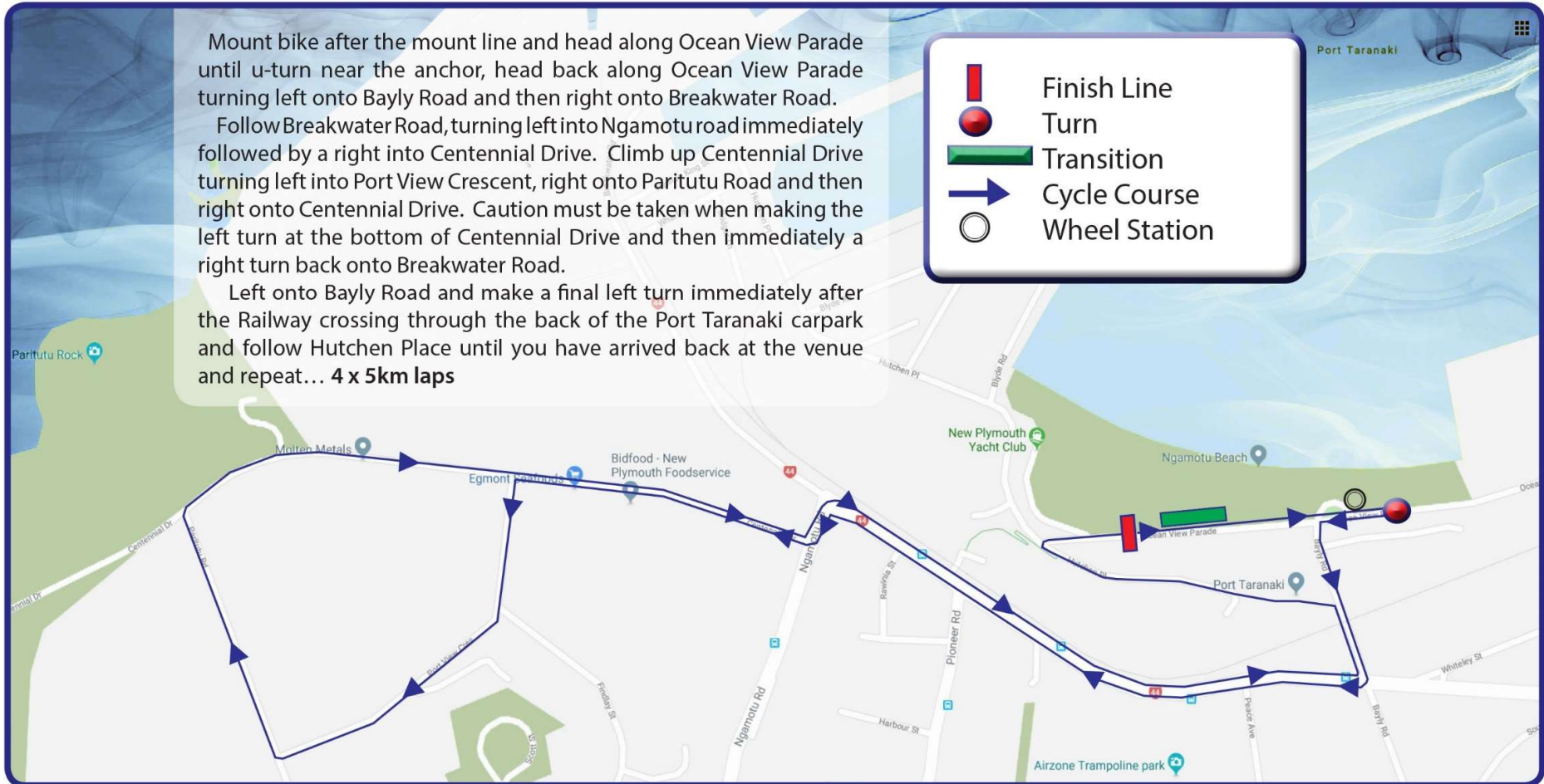
Elite 20km CYCLE Course - 4 x 5km Laps

Mount bike after the mount line and head along Ocean View Parade until u-turn near the anchor, head back along Ocean View Parade turning left onto Bayly Road and then right onto Breakwater Road.

Follow Breakwater Road, turning left into Ngamotu road immediately followed by a right into Centennial Drive. Climb up Centennial Drive turning left into Port View Crescent, right onto Paritutu Road and then right onto Centennial Drive. Caution must be taken when making the left turn at the bottom of Centennial Drive and then immediately a right turn back onto Breakwater Road.

Left onto Bayly Road and make a final left turn immediately after the Railway crossing through the back of the Port Taranaki carpark and follow Hutchen Place until you have arrived back at the venue and repeat... **4 x 5km laps**

-  Finish Line
-  Turn
-  Transition
-  Cycle Course
-  Wheel Station



Elite 5km RUN Course - 3 Laps

Leave transition and head up Ocean View Parade until you reach the turn around Cone - then return back and left into Bayly Road, run on up to the turn around Cone, then back to Ocean View Parade making left turn and back to the Transition Cone. Complete 3 laps before running straight through to the Finish Gantry.

- Finish Line
- Cone
- Transition
- Run Course
- Aid Station
- Penalty Box

