




Taranaki Tri-er Course

Note: The cycle course includes private roads which must NOT Be ridden prior to race day
200m Swim, 8km bike and 2km run



 Swim Course – 200m
 Run Course – clockwise – 1km per lap
2 laps for 2km

 Cycle Course – 2.3km per lap (plus blue section to get onto course) – 8km = 3laps