

BURKES CYCLES LONG BIKE COURSE

Please Note:

- The **roads are OPEN to all** normal road users while you are participating in this event
- Obey all normal road rules at all times
- Obey all instructions that marshals, police, and other event officials direct to you



LONG COURSE (40KM — AS USED AT DEC — MARCH EVENTS)

The Burkes Cycles Long Bike

- is comprised of a **one lap out and back course to the intersection on Ohiro Road and Taft Street** (approximately 400m short of the Brooklyn shops) **totalling 40km**

Description of the cycle course:

- Exit Transition at South end (near the buildings), mount your bike on the road and head South
- Following the road along the coast line pass Worsler Bay and into Seatoun, turn away from sea at Seatoun at last intersection possible (turn into Inglis street)
- Climb up Inglis street over the Pass of Branda and into Breaker Bay
- Continue along the coastal road and past the Wgtn City Council Dog Kennels - this is the Short Course Turn
- Continue past the airport to Lyall Bay
- Go directly through all three roundabouts in Lyall Bay (note each roundabout is a compulsory Give Way) - The second roundabout is the Medium Course Turn
- Continue to follow the road around the coast, through Houghton Bay, Island Bay until you get to Owhiro Bay
- At Owhiro Bay turn take the turn away from the coast and continue as per the normal road flow to head to Brooklyn (Up Happy Valley Road)
- You will climb / head away from the sea for approximately 4km, as you go up Happy Valley Road, it will become Ohiro Road, continue climbing until you reach Taft Street (this is approximately 400m before the Brooklyn Shops)
- Follow the marshal instructions to turn around the cones on the road centre lines
- Retrace route to return to transition at Scorching Bay
- Take care when going past the Medium & Short Course turns in Lyall Bay & at Moa Point, it is possible that those doing the Medium or Short courses will be turning as you return)
- As you near the end of the cycle (last 50m), pull to the centre of the road as you approach transition
- Enter transition at the north end (away from the buildings)
- Follow the marshal instructions to enter transition.
- Do not cross the road until the marshal advises you to.
- Dismount your bike before entering transition



Long Course cycle turn at on Ohiro road 400m short of the Brooklyn shops (20k into cycle)

