

NOVICE TRI

2XU SWIM COURSE

Please Note:

- This swim is in waist deep water, if you get into difficulties please raise your hand (or stand up) to get the attention of the Surf lifesaving crew and/or St Johns or other event staff.
- If the Race director deems that wind or currents will have an adverse impact on the swim course, the swim course may be altered for participant safety
- If the Race Director deems that the swim course is unsafe, the swim leg may be replaced by a run leg and the triathlon turned into a duathlon for participant safety



NOVICE COURSE (100M)

The 2XU novice swim

- is comprised of a Straight point to point swim parallel to the beach in waist deep water over 100m in length
- starts at the Southern end of the beach with the participants standing in the water
- You then swim north parallel to the beach until you reach Buoy 1
- At buoy 1, you go around it in a anti-clockwise manner to finish your swim
- After rounding the buoy you will exit the water and head into transition from the northern end (refer to transition notes for more details)



BURKES CYCLES NOVICE 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



NOVICE COURSE (6KM)

The Burkes Cycles Short Bike

- is comprised of a **one lap out and back course to Seatoun totalling 6km**
- The course is completely flat

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 Worser Bay and into Seatoun,
- Go past the Seatoun Wharf
- Continue along Marine Parade until you are outside the long gray fence for the Maori School (this is just before Falkirk Ave)
- Turn on Marshal instructions around the cones at road centre
- Retrace route to return to transition at Scorching Bay
- 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



CLOSING SHOE CLINIC ASICS RUN COURSE

Running only? Nah!

We call this the 'run', but you don't need to run! You can elect to either run or walk the Shoe Clinic / Asics Shoes 'run' course (you can even frolic and skip if you so desire!).



Please remember:

- The roads are open to all normal road users while you are participating in this event
- Stay inside the sea edge of the cones at all times
- Please stay left at all times
- Please run in single file at all times unless passing someone else
- Obey all instructions that marshals, police, and other event officials direct to you



NOVICE COURSE CLOSING RUN (1.2K)

The Shoe Clinic / Asics run for the Novice

- is comprised of a **one lap out and back run totalling 1.2km**
- is on the seaward edge of the road north from Scorching Bay

The run course description is:

- You will exit transition at the southern end
- You will turn north and run down the ramp onto the path along the beach
- You will run out to the northern end of Point Gordon, on the apex into Mahanga Bay (refer photo)
- Please ensure that you stay between the cones on the corners and the water, do not run in the live traffic lane
- At the run turn you will turn in a clockwise direction (from the road towards the sea) and return back to Scorching Bay
- As you approach the transition / finish area you will run along the grass above the beach
- At the end of the lap you will run into transition



There is no drink stations located on the novice run course

