

MEDIUM

Triathlon

Swim 750m

Cycle 20k

Run 5k

Duathlon

Run 2.5k

Cycle 20k

Run 5k

THE 2XU SWIM

Please Note:

- This is a deep water swim, if you get into difficulties please raise your hand to get the attention of the Surf lifesaving crew and/or St Johns or other event staff.
- If the Race director deem 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

2XU
HUMAN PERFORMANCE. MULTIPLIED.

MEDIUM COURSE (750M)

The 2XU Medium swim

- is comprised of a one lap clockwise swim course totalling 300m
- Keep buoys to the inside of you at all times
- Swim pass A, out to B (320m)
- Turn at B to swim to C (100m)
- Swim from C back in pass D to beach (320m)
- Exit water, run up road edge / grass to Transition

Note: the swim start and finish can include running over sharp rocks and cockles - Booties are recommended if you wish to protect your feet



The Medium swim completes one (1) lap = 750m

BURKES CYCLES 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



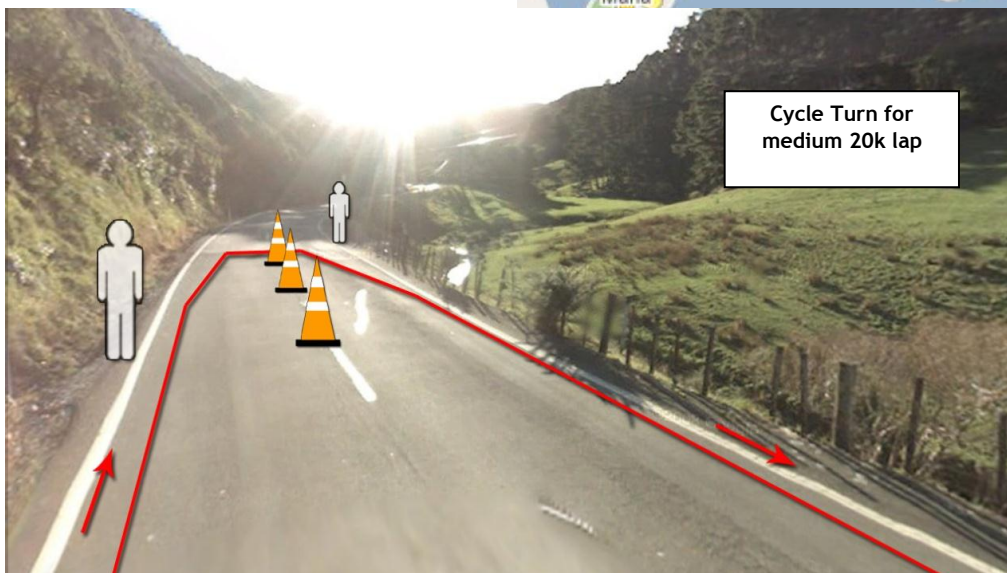
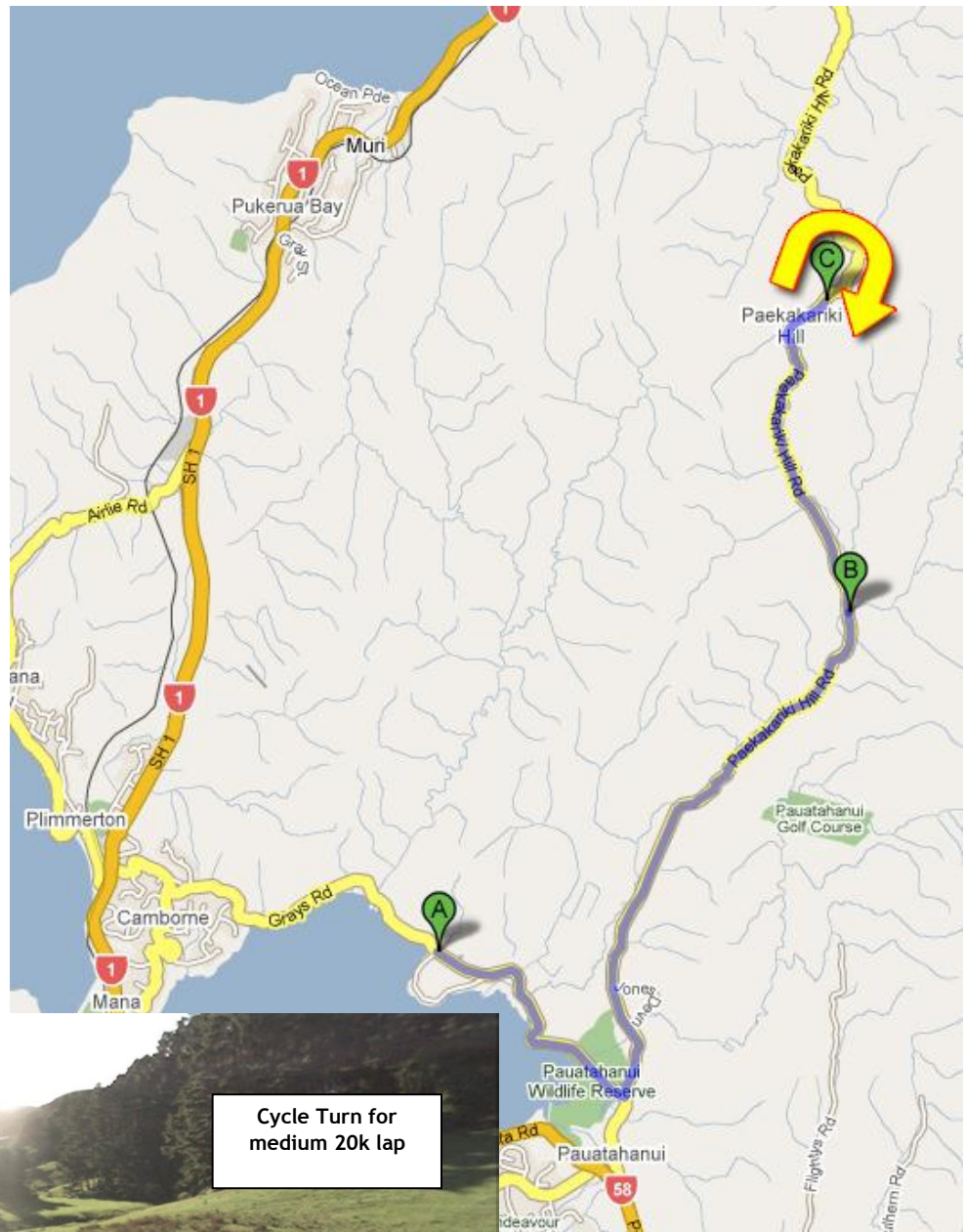
MEDIUM COURSE (20KM)

The Burkes Cycles Medium Bike

- is comprised of a **one lap out and back course to approximately 3k north of Battle hill Farm totalling 20km**

Description of the cycle course:

- Exit transition (Point A), mount bike on road at Motukaraka Point
- Turn right onto Grays Road
- Turn left on to Paekakariki Hill Road
- Road Climb gradually
- Cycle past short course turn (Point B on map)
- Continue past Battle hill Farm entrance
- Turn at Point C (10k)
- Follow route back down Paekakariki Hill Road
- Turn right onto Grays Road,
- Return to Transition
- Follow the marshal instructions to enter transition.
- Do not cross the road until the marshal advises you to.
- Dismount your bike before entering transition



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



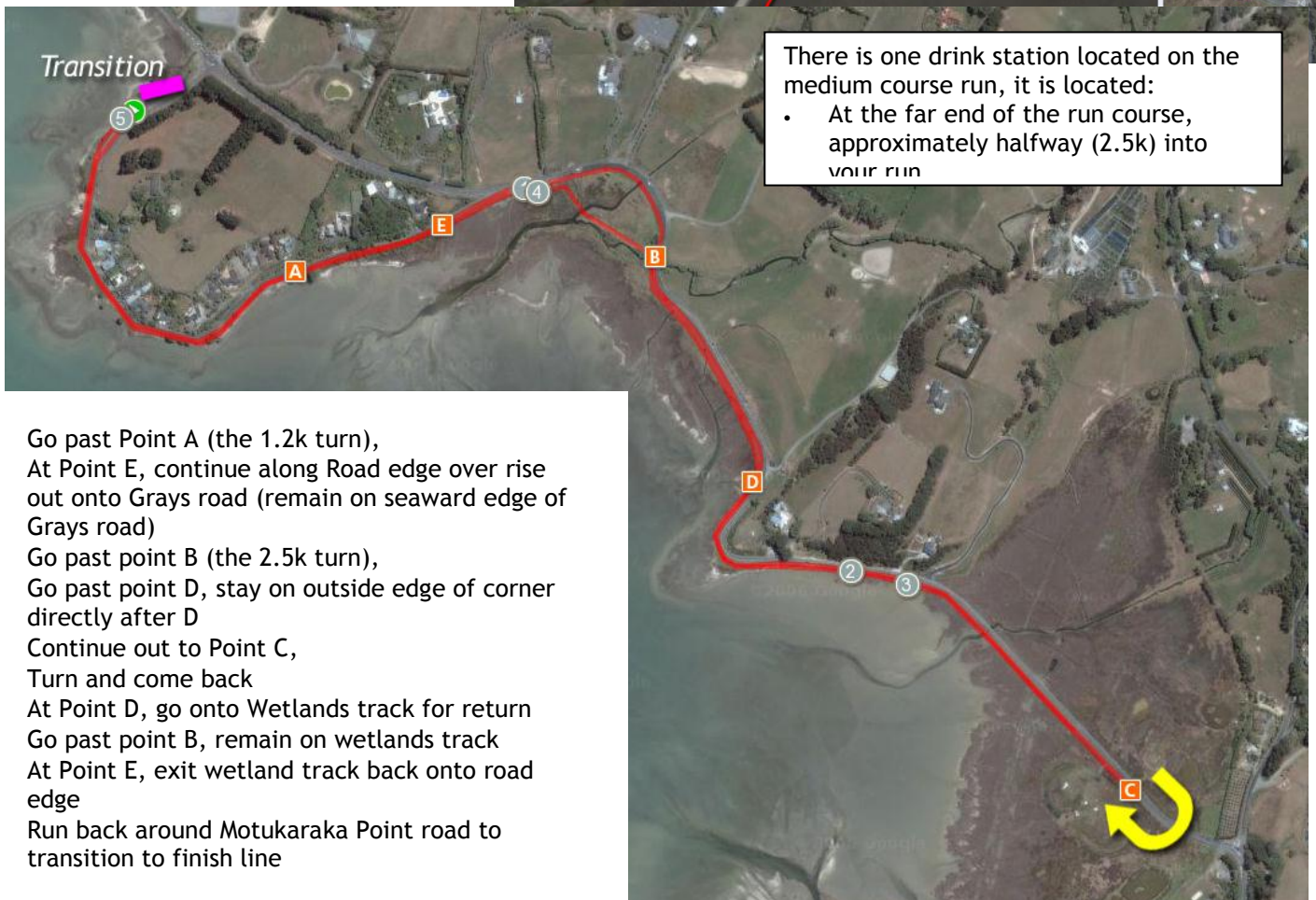
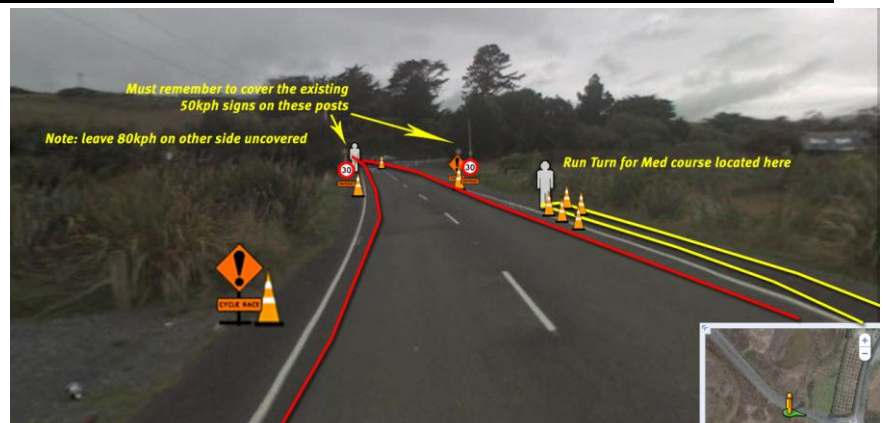
MEDIUM COURSE (5KM)

The Shoe Clinic / Asics Medium run

- is comprised of a one lap out and back course to just short of Grays Road / Paekakariki Hill Road
- intersection totalling 5km
- is on the water side edge of the road east from Motukaraka Point

The run course description is:

- Start at transition, Head away from Grays Road, run on outside of Motukaraka Point road



There is one drink station located on the medium course run, it is located:

- At the far end of the run course, approximately halfway (2.5k) into your run

- Go past Point A (the 1.2k turn),
- At Point E, continue along Road edge over rise out onto Grays road (remain on seaward edge of Grays road)
- Go past point B (the 2.5k turn),
- Go past point D, stay on outside edge of corner directly after D
- Continue out to Point C,
- Turn and come back
- At Point D, go onto Wetlands track for return
- Go past point B, remain on wetlands track
- At Point E, exit wetland track back onto road edge
- Run back around Motukaraka Point road to transition to finish line

MEDIUM COURSE DUATHLON

OPENING RUN (2.5KM)

For those electing to do the medium course Duathlon, you have a run replacing the swim

The Shoe Clinic / Asics Medium Duathlon opening run

- is comprised of a **one lap out and back course along Grays Road totalling 2.5km**
- Around Motukaraka Point then along the water edge of the road east until you return via the wetland track

The run course description is:

- Start at transition, Head away from Grays Road, run on outside of Motukaraka Point road
- Go past Point A (the 1.2k turn),
- At Point E, continue along Road edge over rise out onto Grays road (remain on seaward edge of Grays road)
- Turn at point B and return on the wetlands track
- At Point E, exit wetland track back onto road edge
- Run back around Motukaraka Point road to transition to finish line

There is no drink stations located on the short course run

