

SHORT

Triathlon

Swim 300m

Cycle 14k

Run 2.5k

Duathlon

Run 1.2k

Cycle 14k

Run 2.5k

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

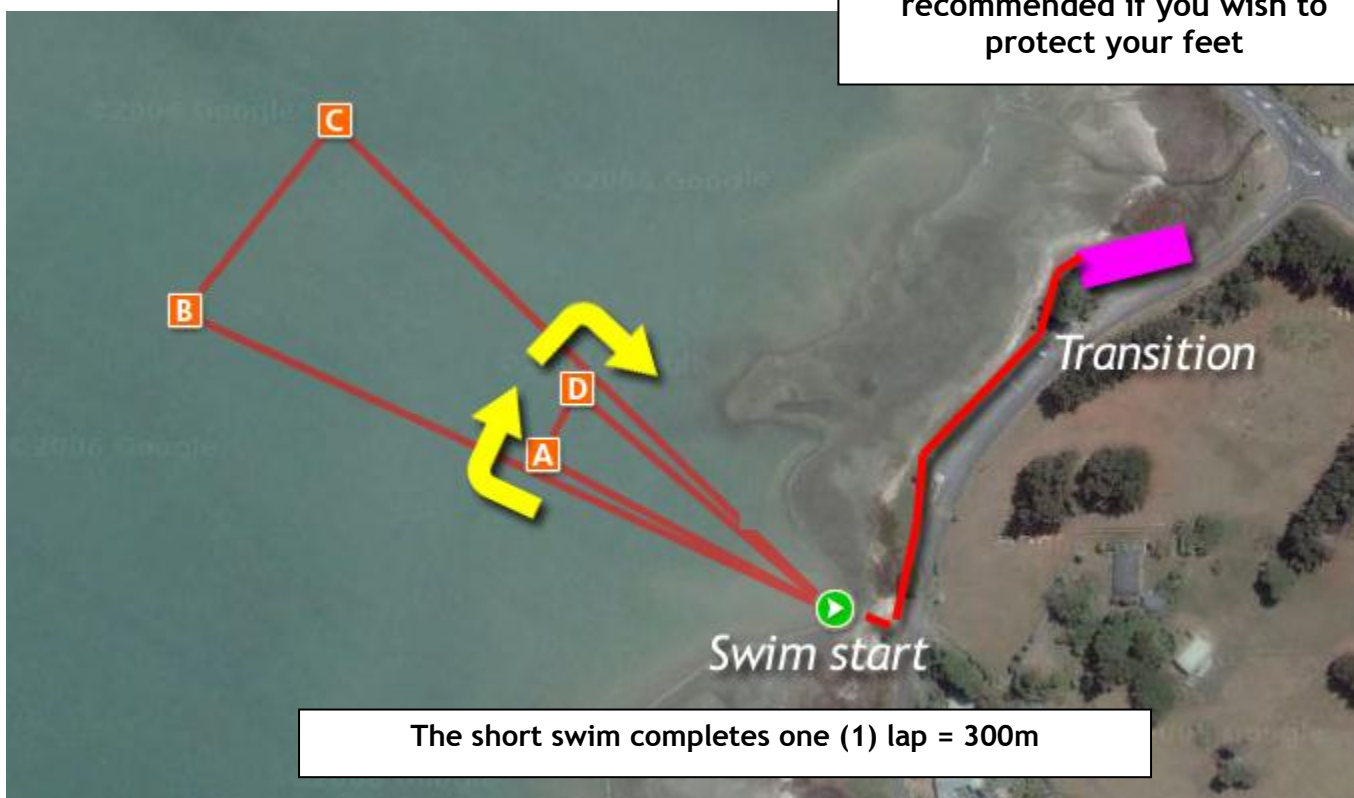


SHORT COURSE (300M)

The 2XU Short swim

- is comprised of a one lap clockwise swim course totalling 300m
- Keep buoys to the inside of you at all times
- Swim out to A (120m)
- Turn at A to swim to D (50m)
- Swim from D to beach (120m)
- 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 short swim completes one (1) lap = 300m

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



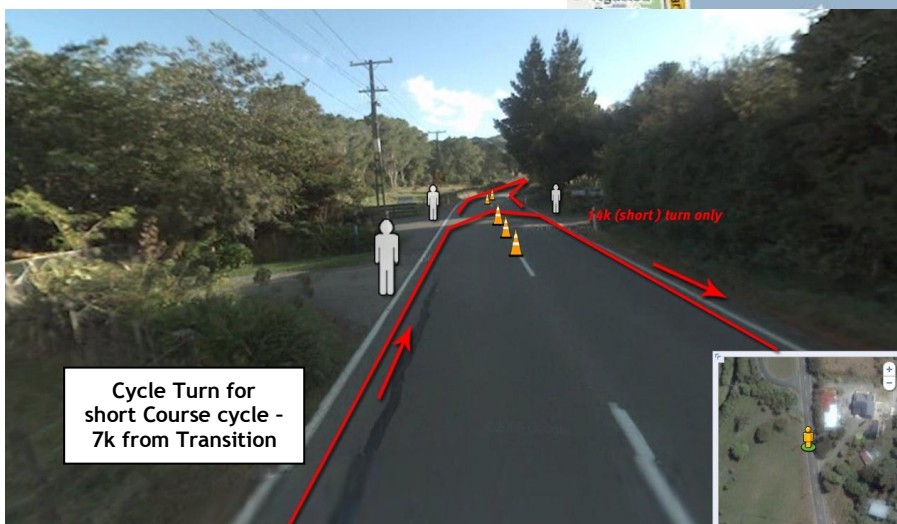
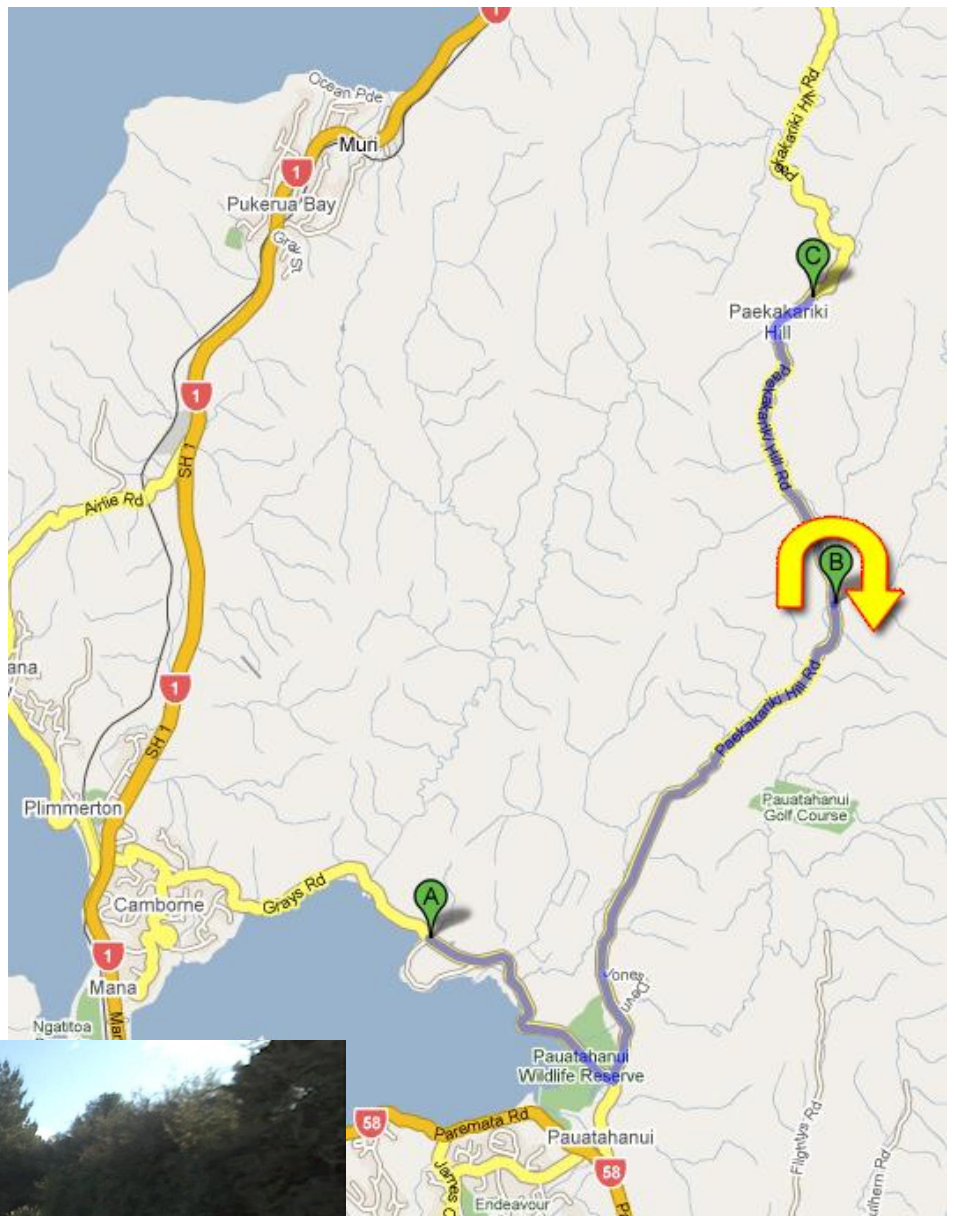
SHORT COURSE (14KM)

The Burkes Cycles Short Bike

- is comprised of a **one lap out and back course to #528 Paekakariki Hill Road** opposite “Birds Paradiso” signage the totalling 14km

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
- Turn at Point B - 7k from start - outside #528 - “Birds Paradiso” sign on right, “Annsford” sign on left)
- 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



SHORT COURSE (2.5KM)

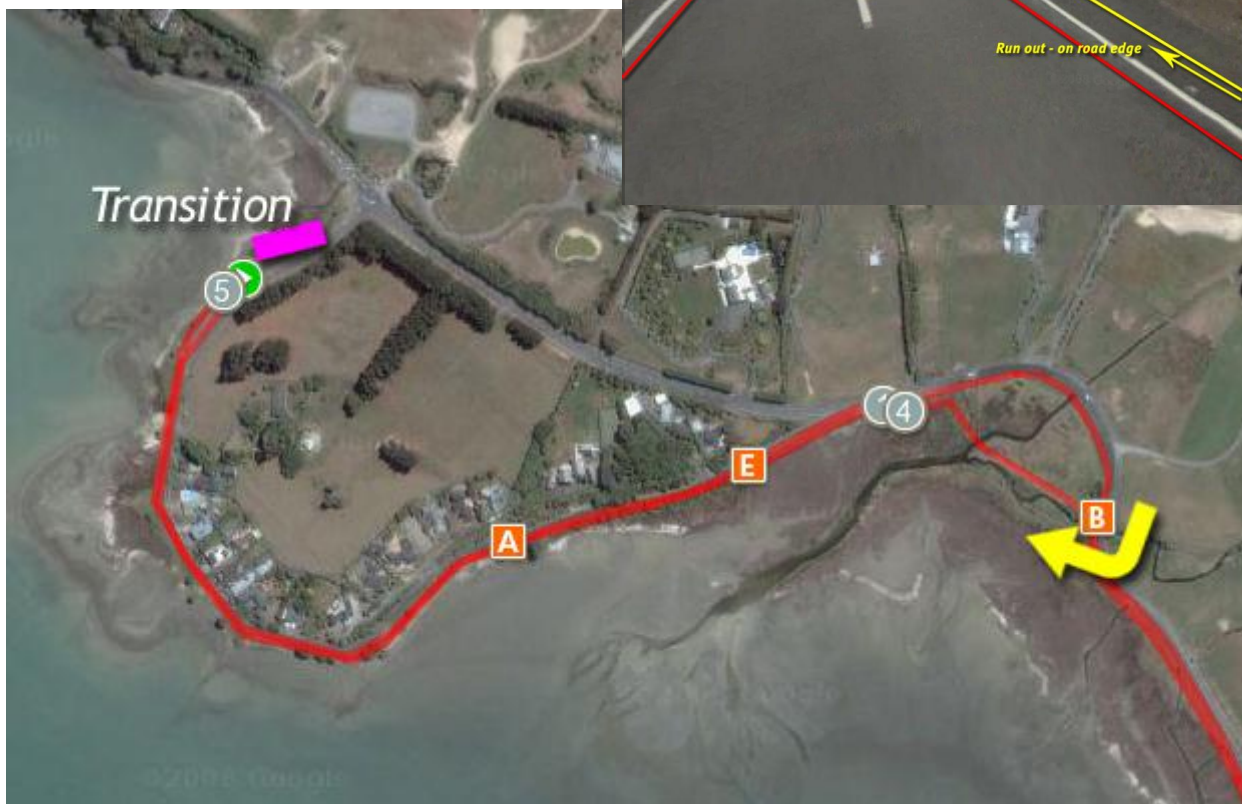
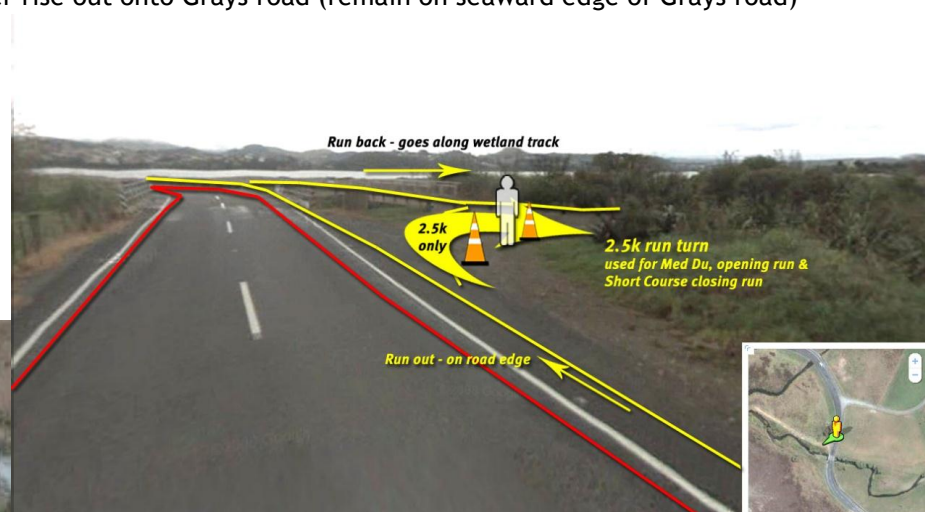
The Shoe Clinic / Asics Short run

- 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



SHORT COURSE DUATHLON

OPENING RUN (1.2KM)

The Shoe Clinic / Asics Medium run

- 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 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 short course run

