

THE SWIM T3 LONG SWIM COURSE

Please Note:

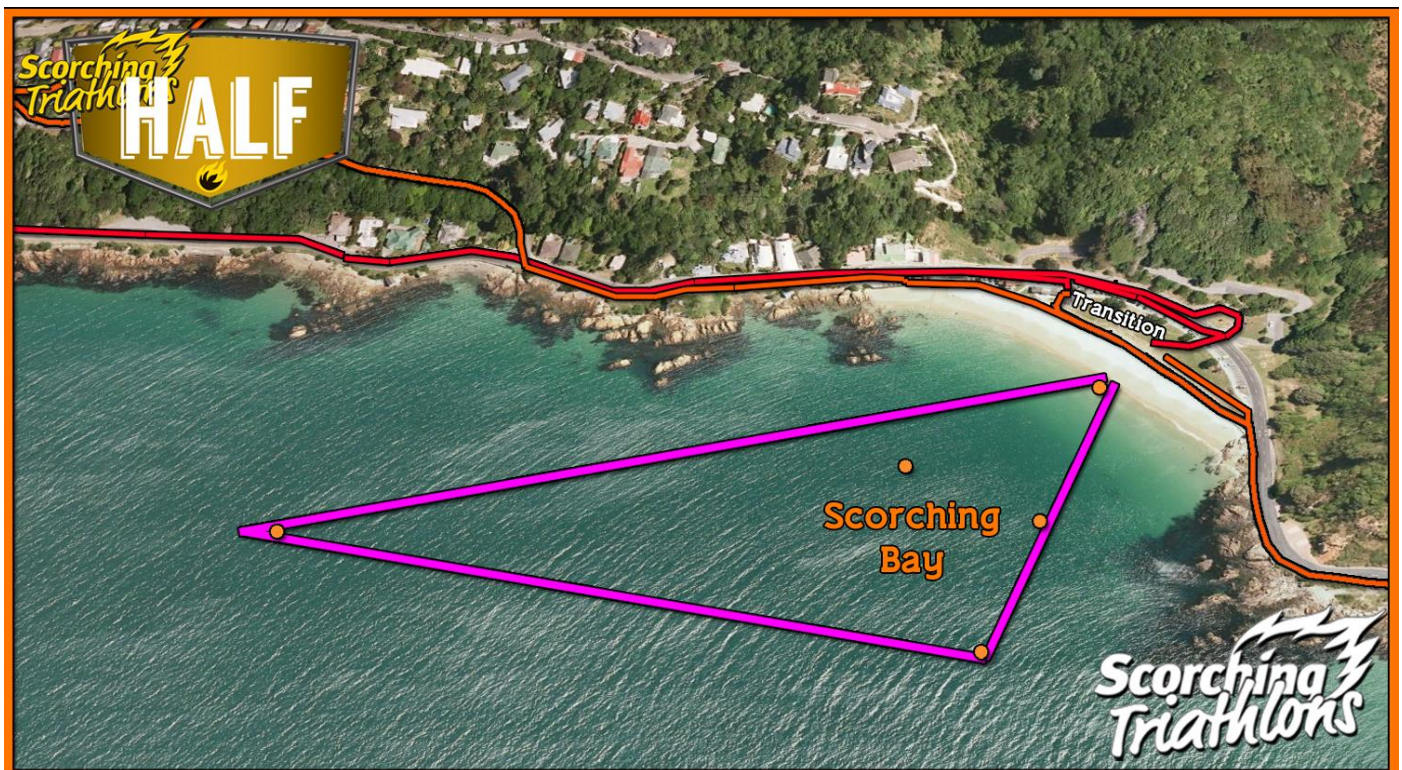
- This is a deep water swim, if you get into difficulties please raise your hand to get the attention of the Water Safety crew and/or First Aid crew or other event staff.
- If the Race director deem that wind or currents will have an adverse impact on the swim course, the swim course may be altered for 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



LONG COURSE (1000M — AS USED AT JAN EVENT ONLY)

The Swim T3 Long swim

- is comprised of a **one lap clockwise swim course totalling 1000m**
- starts on the northern side of Buoy 1 on the beach, below transition and the finish line
- You are required to keep the course buoys to the inside of the course at all times when swimming
- You will swim from Buoy 1 out to Buoy 3 (180m) (Note: keep Buoy 2 to your south as you pass by)
- Turn at Buoy 3 to swim to Buoy 4 (400m)
- Turn at Buoy 4 to swim to Buoy 1 (420m) (Note: keep Buoy 5 on to your north as you pass by)
- At the end of your lap you will exit the water and head into transition from the northern end (refer to transition notes for more details)



The Jan event long swim completes one (1) lap = 1000m

BURKES CYCLES BIKE COURSE - LONG (45KM)

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



BURKES CYCLES BIKE COURSE (45KM)

The Burkes Cycles 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 45km**
- **There is two major climbs in the lap** (4k climb to the turn at Taft street, and a 2k climb up Houghton Bay road to the top on the return leg back to Scorching Bay)
- There is also a short dogleg on the way out at Owhiro Bay to head towards Reds Rocks Quarry - This is only 500m long each way and completely flat (pewh!)



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 Worsley 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

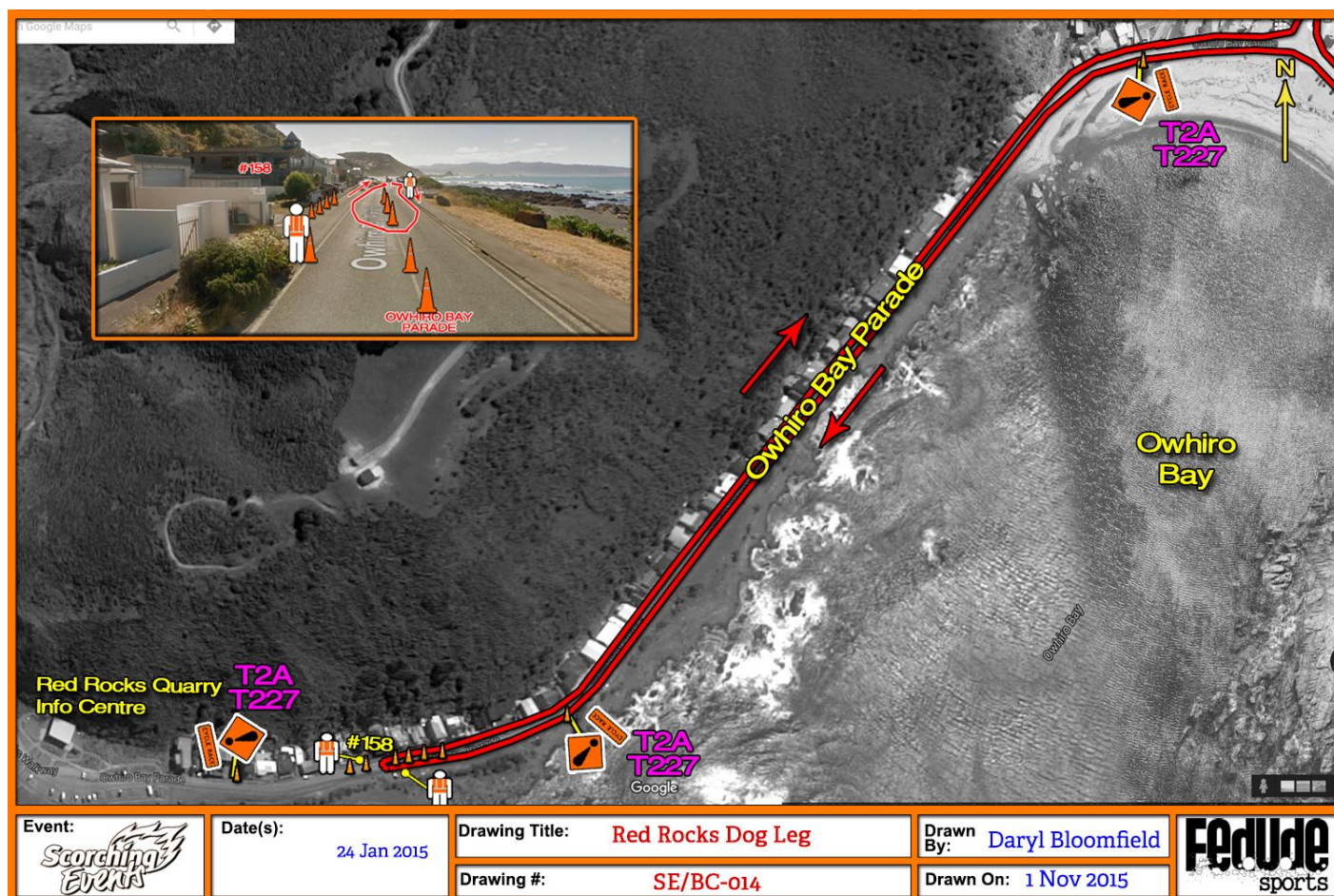
- At Owhiro Bay - you will take the left turn to head out to Red Rocks Quarry. You will continue for 500m from the intersection and turn outside #160 Owhiro Bay Parade (**this is Turn A**)
- Follow the marshal instructions to turn around the cones on the road centre lines
- You then retrace the 500m back to the intersection and then turn left again and take the turn away from the coast and continue as per the normal road flow to head up 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 (**this is Turn B**)
- From Here you head back down the hill to Owhiro Bay,
- turn left at the bottom and head back through Island Bay and to Houghton Bay.
- At the roundabout in Houghton Bay you will turn left away from the water and climb up Houghton Bay road
- After approximately 2k you will reach the top of Houghton Bay road (at the intersection on Buckley road)
- At Buckley road intersection you will turn to head back down Houghton Bay Road (**this is Turn C**)
- Follow the marshal instructions to turn around the cones on the road centre lines
- Take care on the descent down Houghton Bay Road
- Once back at the roundabout in Houghton Bay you will turn left again and follow the coastline back via Lyall bay, Moa Point , Seatoun and Worsley Bay to get back to 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)
- At the end of your lap you will cycle past transition and loop around the bus turn (in a clockwise manner)
- At the end of your lap
 - After rounding the bus turn you head directly into transition at the Northern end
 - Follow the marshal instructions to enter transition.
 - Do not cross the road until the marshal advises you to.
 - Dismount your bike before entering transition

Aid / Drinks Station for the Long Bike Course?

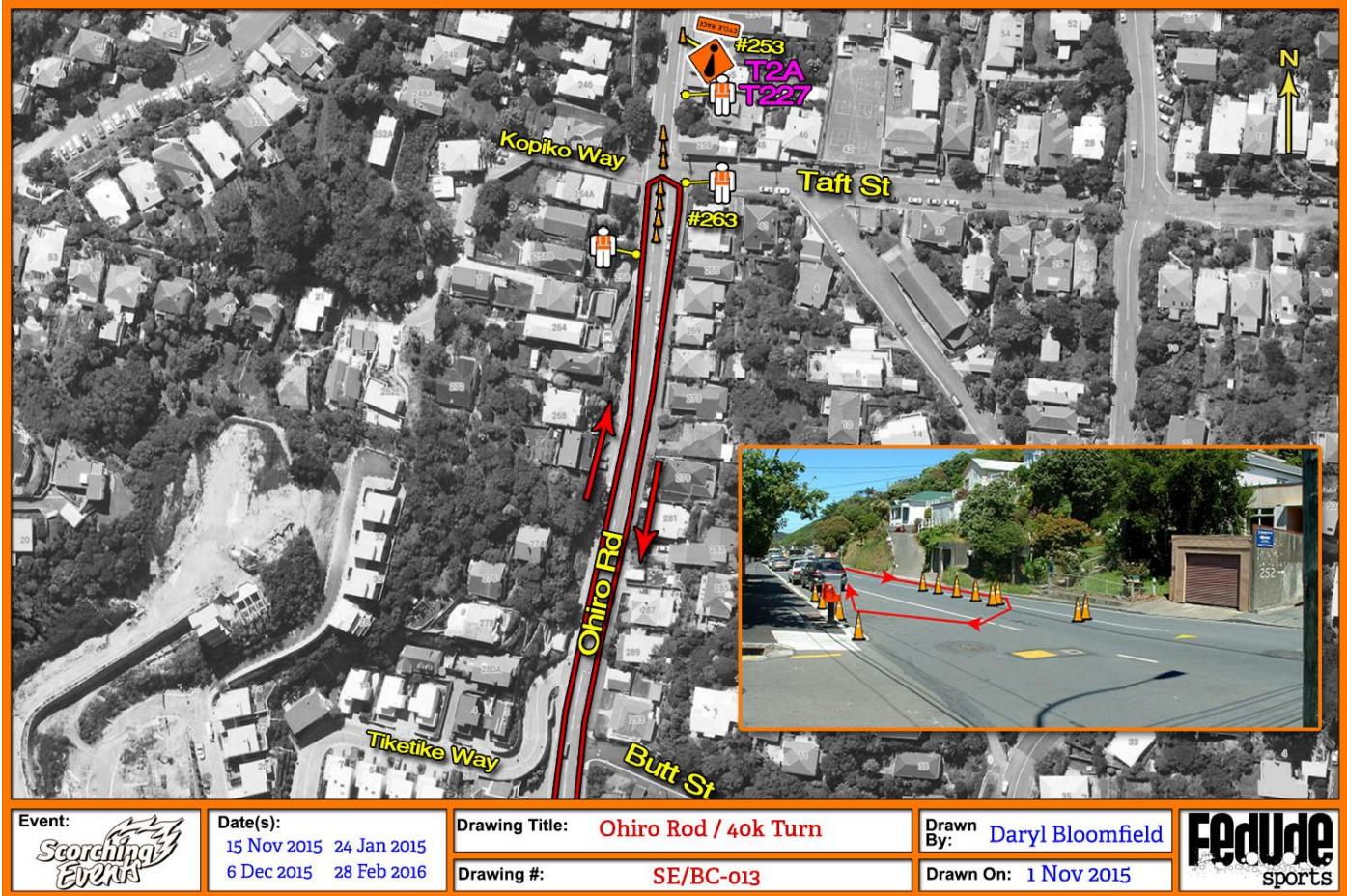
There is no Aid station available for Long course participants

Images of the Key parts of the Burkes Cycles Bike course

Turn A - Red Rocks



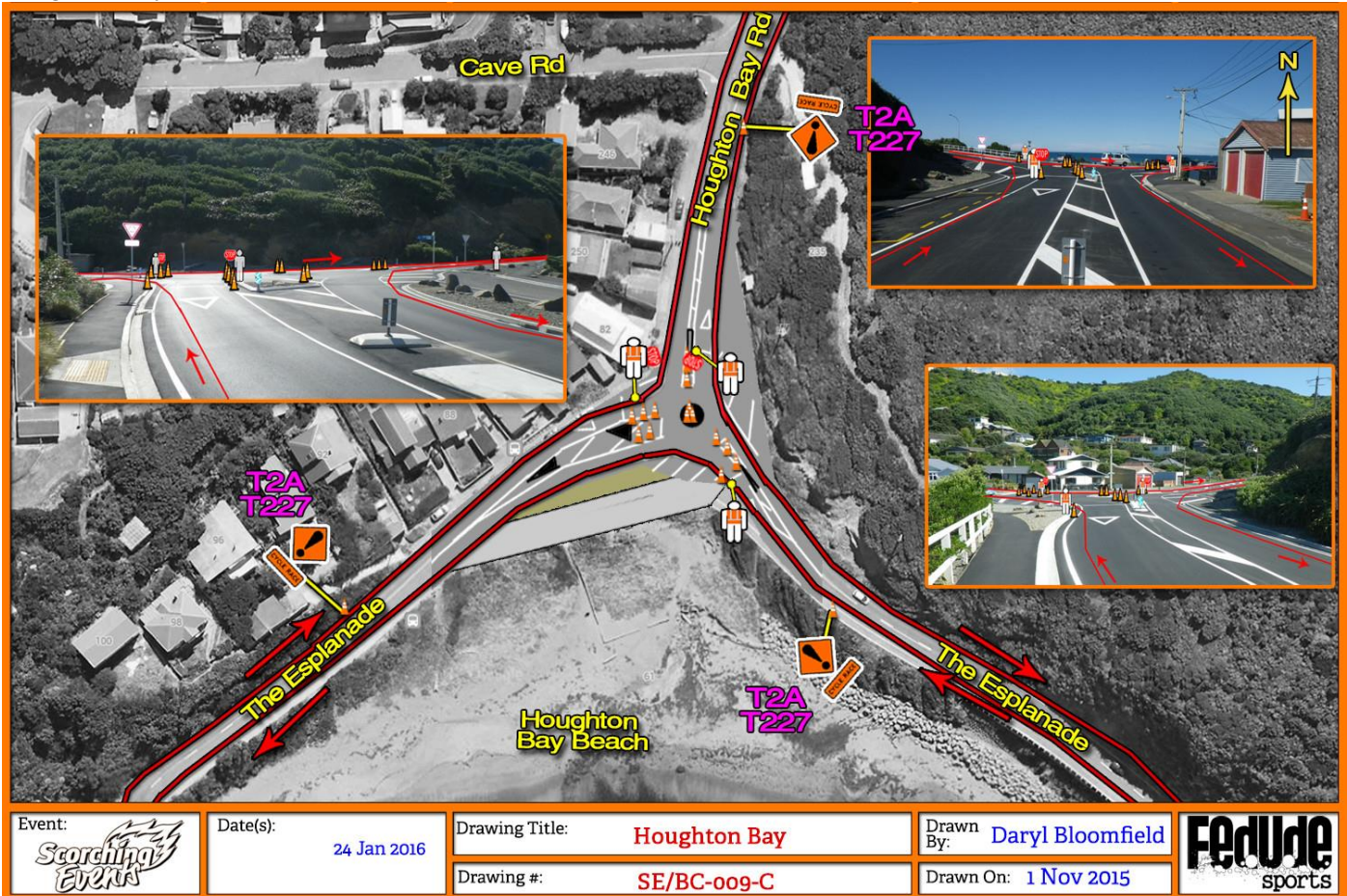
Turn B - Brooklyn



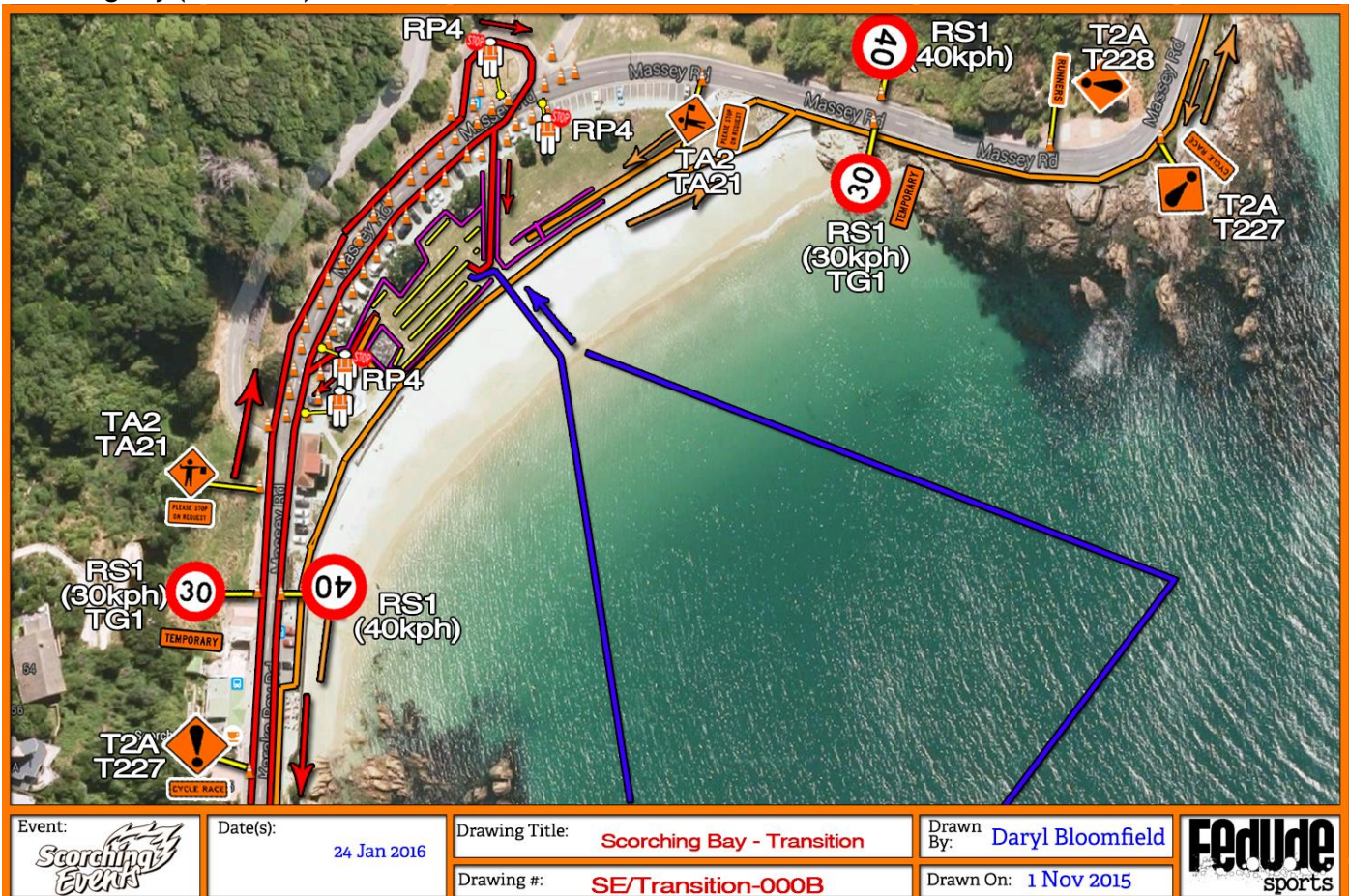
Turn C - Mt Albert



Houghton Bay Roundabout



Scorching Bay (transition)



SHOE CLINIC/NEW BALANCE LONG 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 / New Balance '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 when running around the coastline
- Please stay left at all times
- Please run in single file at all times unless passing someone else
- At road crossing take care with crossing - follow marshal instructions.
- Obey all instructions that marshals, police, and other event officials direct to you



SHOE CLINIC NEW BALANCE LONG RUN COURSE (10.5K)

The Shoe Clinic / New Balance Long run

- is comprised of a one lap loop run totalling 10.5km
- It involves both running on the flat seaward edge of the road north from Scorching Bay
- But also has an excessively 'good' amount of elevation (up and down) after it reaches Shelly Bay
- You will climb to the top of Mt Crawford,
- You will drop down the mountain bike tracks into the Northern end of Miramar, before
- A final short and sharp climb out and over Nevay Road to then drop down via streets to get to the waters each 300m south of Scorching Bay

This run will be memorable! (and you will be laughing at those doing it twice!)

The run course (in detail) is:

Section one - Scorching Bay to Shelly Bay - All the flatness you want!

- 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 pass Point Gordon (novice turn), Mahanga Bay, Kau Point (short turn), Point Halswell, Massey Memorial carpark (Medium turn) and continue to Shelly Bay
- At Shelly Bay - you will stay on the seaward edge of the road past Chocolate Fish Café,
- At the end of the footpath you will remain behind the cones on the seaward edge of the road, until
- You reach the road crossing by the old Pixelpoint location
- You will cross the road on the marshal instructions
- And enter the carparking area, this is the location of the first Aid Station.
- You will past the front of the Conference Centre
- And the hills begin!

Section two -Shelly Bay to Mt Crawford (the uphill)

- At the south end of Shelly Bay you will loop to your left and go up 'Main Rd' -
 - Note: From here to the top of Mt Crawford you will be running on Private land that we have special permission to access for race day only - Do not abuse this area - do not run through here at other times
- This climb is going to be your fiend for the next 3kms - with a little break / dogleg half way - enjoy it!
- Continue to follow the road upwards - enjoy the surprising sights as you continue up.
- After just over 1k you will reach an intersection where it flattens off - enjoy!
- You will head to the left on the flat, then take another left to head down a farm / 4WD track towards Massey memorial. This downhill will last for ~450m
- You then turn at the marshal instructions and start to come back up the same way.
- Once back at the main intersection you will turn left and continue up the hill. - Watch out for the views from here up they are stunning!
- At the top you will discover you are now outside the Mt Crawford prison
- Cross the road with care on the marshal instructions
- This is the location of the second Aid Station.

Section three -Mt Crawford down the Mountain Bike tracks (yay!)

- You will then run down the western side of the prison on the footpath (watch out again for the view that will appear)
- This footpath then becomes the top of Access Road at the south end of the prison, follow this down
- Just before you reach the 6ft wire fence, turn left onto the grass
- and cut across the end of the mountain bike tracks - WATCH out for roots here!)
- This pops you out at the access to the water tanks.
- Now run down to the water tanks and go around them anti-clockwise
- Return back to the concrete block using the grass rather than the road as far as you can
- Now the Mountain bike tracks start.
- Follow the marshals instructions and go on to Juvie,
- Follow Juvie across the hill until you reach an intersection,
- Turn right and continue downhill (you are now on Conviction)
- Continue down for a while until you reach the wooden bridges and the right turn over a bridge onto Repeat Offender
- Run the length of repeat offender to the zig zags
- Go down the zig zags and exit onto Miramar North road (opposite the Miramar Rangers home field)
- Stay on the bush edge of the road (within the coned lane) as you loop back around the top of Darlington Road
- Just before the top of Darlington road you will reach the 3rd Aid Station - refresh -

Section four - Darlington Road back to Scorching Bay (ouchy!)

- After the top of Darlington road, bare left up an access road/shared driveway
- Continue to the end of the shared access road
- Turn left and go up the Nevay road walkway
- This walkway is short - only about 150m long, but there is a pinch of a climb via a couple of sets of steps. Enjoy them!
- At the top of the walkway you are on Nevay Road,
- Cross Nevay road at the marshal instructions
- Head down Glenville Road - stay left at all times
- At the bottom turn hard left into Pretoria Street - continue downwards
- Continue straight through the bollards on the Pedestrian walkway
- Exit the walkway thru the bollards at the end,
- Head out towards the end of the road
- You are back now on Karaka Bay road, 300m south of Scorching Bay
- Cross at the marshal instructions
- Return northwards on the footpath to Scorching Bay
- Avoid the Café crowd

Section five - Back at Scorching Bay (finishing or just half way??)

- After the Café seating continue back along the path above the beach
- Outside the toilet block there will be the 4th Aid Station
- Drop down the ramp that you exited when leaving transition - and...
- run to the north end of scorching bay on the path, loop around the garden at the end -then return to the Finish line from the North

Enjoy the finish you will have earnt it!

Key notes / pointers

- When running on the flat at the waters edge - Please ensure that you stay between the cones on the corners and the water, do not run in the live traffic lane
- When you are on the Mountain bike tracks - have curtesy and let others through that are running quicker than you. Similarly if you are quicker, let those moving slower ahead of you know of your intentions to pass (and on which side you will pass)
- At the road crossing be prepared to stop and wait for vehicles - there are three crossing per lap - especially once you are back South of Scorching Bay - there could be fellow participants still on their bike going thru as you exit. - THANK YOU

Aid Stations

There are four Aid/ drink stations located on the course run, they are located:

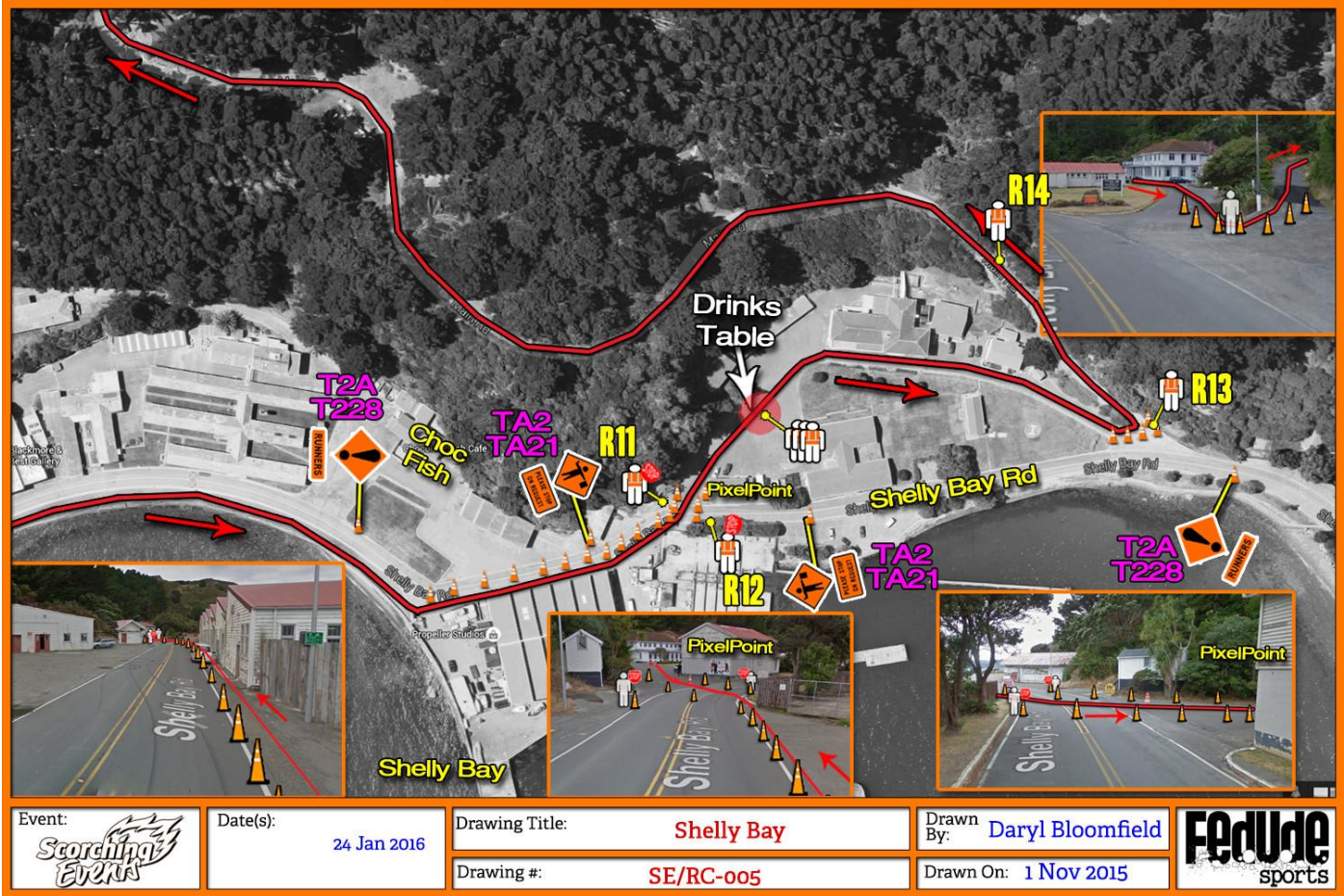
- Shelly Bay (3.5km into the lap)
- Top of Mt Crawford (6.5km)
- Northern end of Darlington road after the mountain bike tracks (9.2k)
- Scorching Bay (at the end of the lap 10.5k)

The Aid stations each will have

- Water
- Electrolyte (R-Line - flavour:)
- Flat Coke

Images of the Key parts of the Shoe Clinic / New Balance Run course

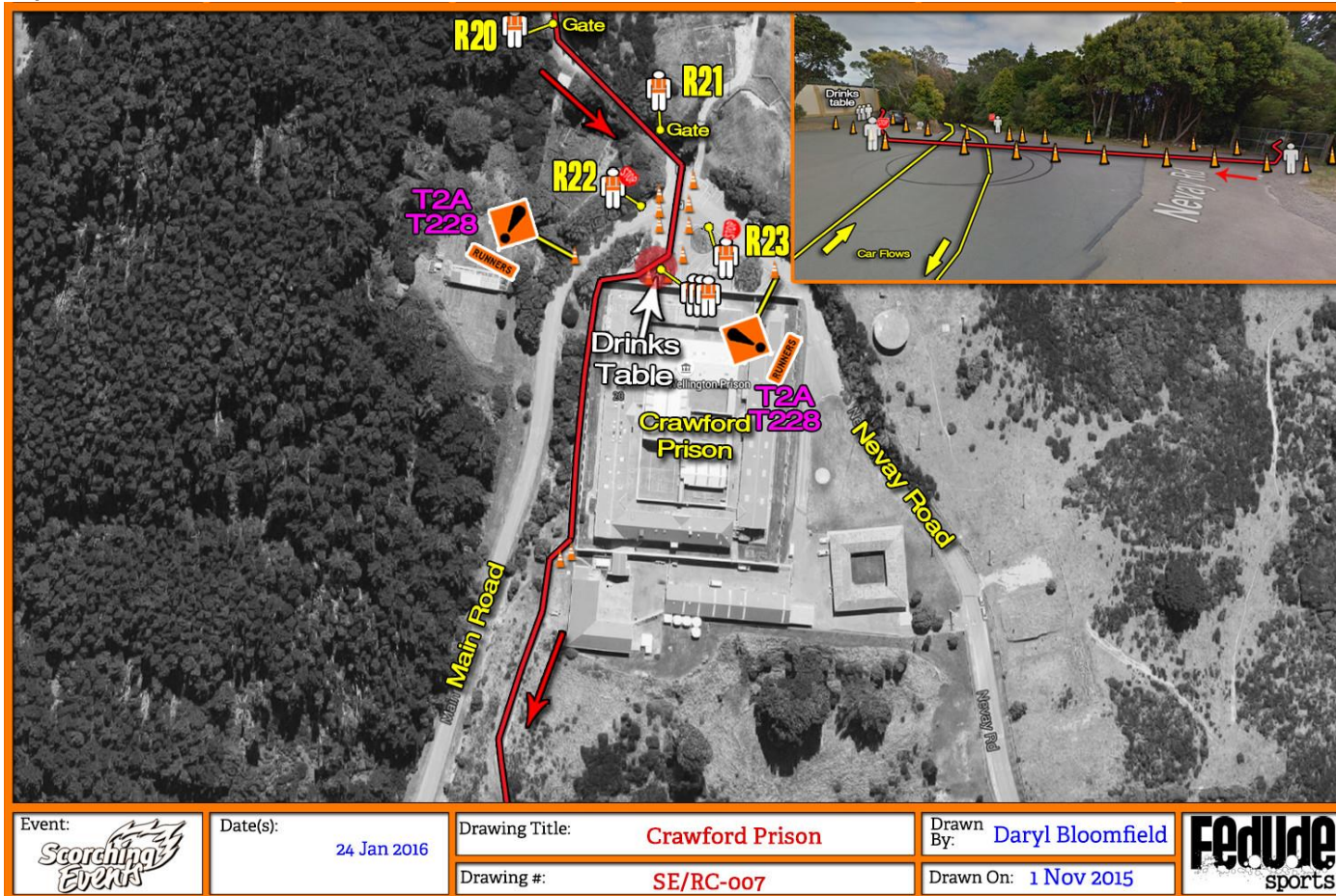
Shelly Bay



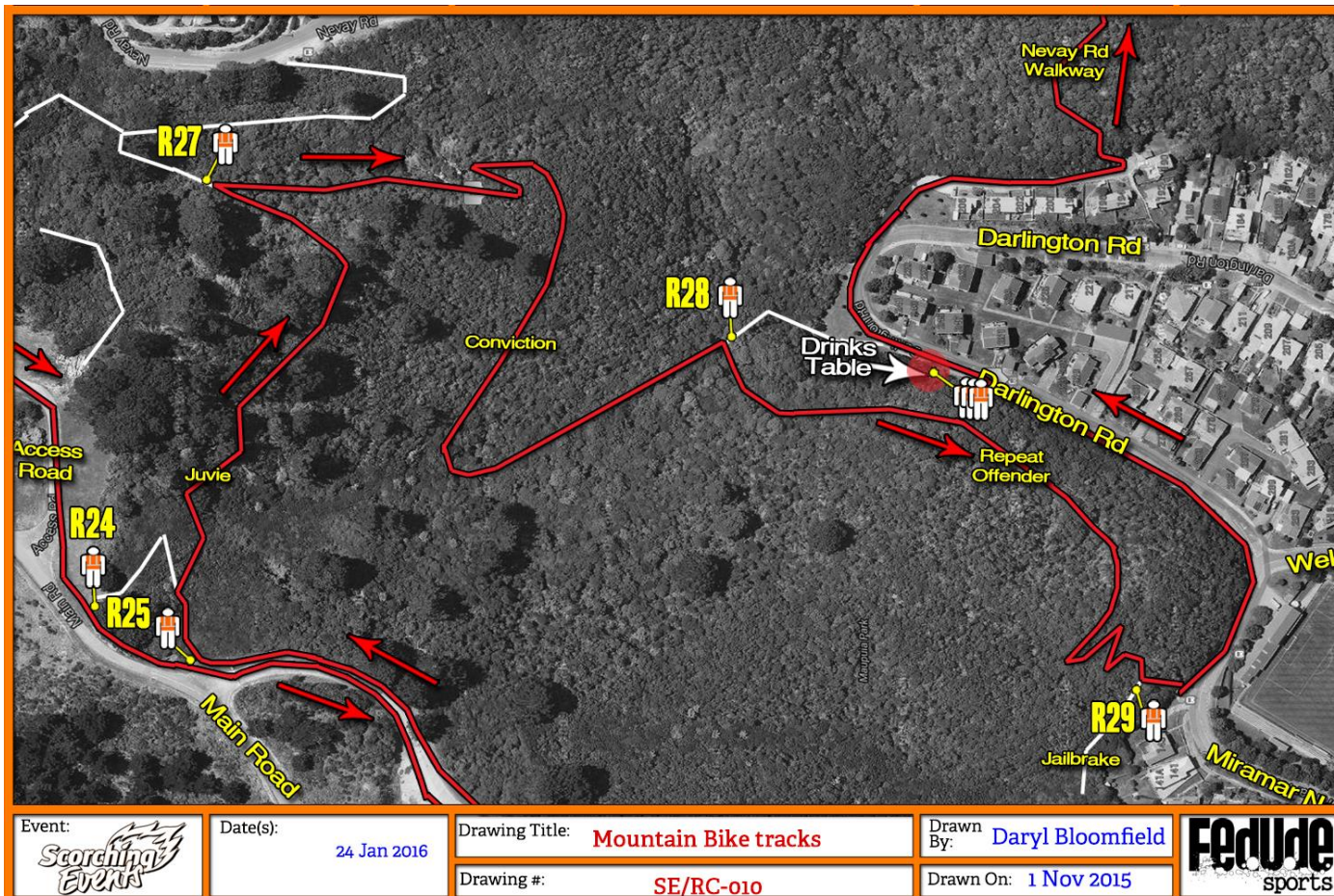
Climb up hill



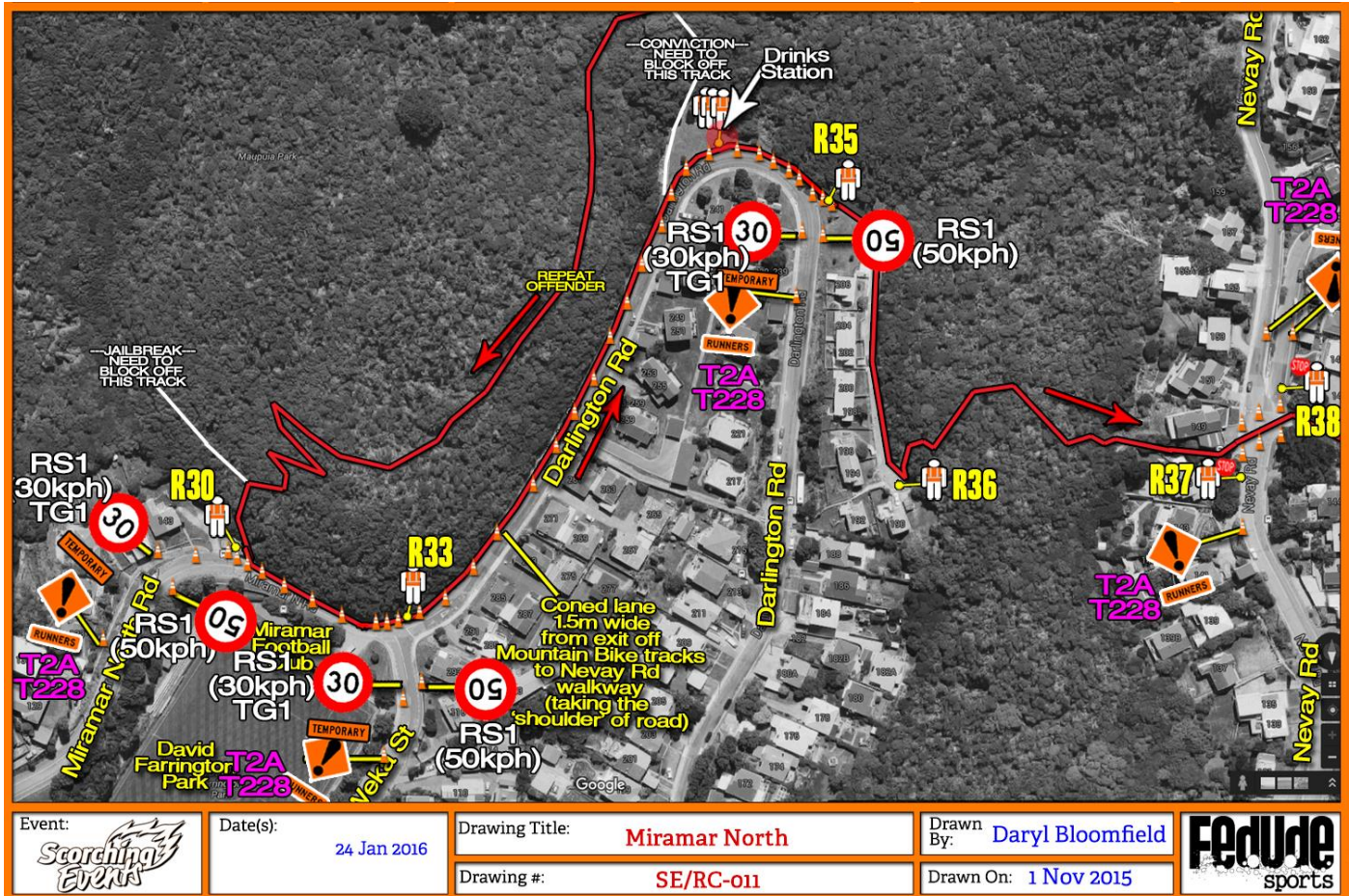
Top of the hill



Mountain bike tracks



Northern Miramar



Transition

