



## Taranaki Triathlon Club



[www.tritaranaki.nz](http://www.tritaranaki.nz)

### TRIATHLON

**Short**  
 300m swim (1 lap)  
 10km bike  
 2.5km run

**Long**  
 600m swim (2 laps)  
 20km bike  
 5km run

### DUATHLON

**Short**  
 1km run  
 10km bike  
 2.5km run

**Long**  
 2.5km run  
 20km bike  
 5km run