



Taranaki Triathlon Club



SUMMER SERIES

TRIATHLON - SHORT

SWIM 250m - mainly parallel to shore
CYCLE 10km - 1 lap to Beach Road turnaround & return
RUN/WALK 2.5km - 1 lap

TRIATHLON - LONG

SWIM 750m - 2 laps
CYCLE 20km - 2 laps to Beach Road turnaround & return
RUN 5km - 2 laps

DUATHLON - SHORT

RUN/WALK 1km - 1 lap to turnaround by pedestrian crossing
CYCLE 10km - 1 lap to Beach Road turnaround & return
RUN/WALK 2.5km - 1 lap

DUATHLON - LONG

RUN 2.5km - 1 lap
CYCLE 20km - 2 laps to Beach Road turnaround & return
RUN 5km - 2 laps

www.tritaranaki.nz