



Taranaki Triathlon Club



# SUMMER SERIES

## TRIATHLON - SHORT

**SWIM 200m** - 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 500m turnaround & return  
**CYCLE 10km** - 1 lap to Beach Road turnaround & return  
**RUN/WALK 2.5km** - 1 lap

## DUATHLON - LONG

**RUN 3.5km** - 1 long lap and 1 short lap  
**CYCLE 20km** - 2 laps to Beach Road turnaround & return  
**RUN 5km** - 2 laps

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