



8KM UP LINCOLN RD

Richmond Rd

Bike course turn-around

Lincoln Rd

Waitoriki School

Turn for second lap

Humphries St

Humphries St

Lincoln Rd

3A

Inglewood

Moa St

James St

Tarata Rd

Taranaki Triathlon Club



www.tritaranaki.nz

TRIATHLON

Short

3km run (3 laps)
10km bike (out and back)
300m swim (12 lengths)

Long

5km run (5 laps)
18km bike (2 laps)
600m swim (12 lengths x 2)

DUATHLON

Short

3km run (3 laps)
10km bike (out and back)
1km run (1 lap)

Long

5km run (5 laps)
18km bike (2 laps)
1km run (1 lap)