



**Taranaki Triathlon Club**

**TRIATHLON - SHORT**  
**SWIM 250m** - mainly parallel to shore  
**CYCLE 10km** - 1 lap  
**RUN/WALK 2.5km** - 1 lap

**TRIATHLON - SPRINT**  
**SWIM 750m** - 2 laps  
**CYCLE 20km** - 2 laps  
**RUN 5km** - 2 laps

**TRIATHLON - LONG**  
**SWIM 1100m** - 3 laps  
**CYCLE 30km** - 3 laps  
**RUN 7.5km** - 3 laps

**DUATHLON - SHORT**  
**RUN/WALK 1km** - 1 lap to turnaround on Ocean View Parade  
**CYCLE 10km** - 1 lap  
**RUN/WALK 2.5km** - 1 lap

**DUATHLON - SPRINT**  
**RUN 2.5km** - 1 lap  
**CYCLE 20km** - 2 laps  
**RUN 5km** - 2 laps

**DUATHLON - LONG**  
**RUN 3.5km** - 1 long lap and 1 short lap  
**CYCLE 30km** - 3 laps  
**RUN 7.5km** - 3 laps