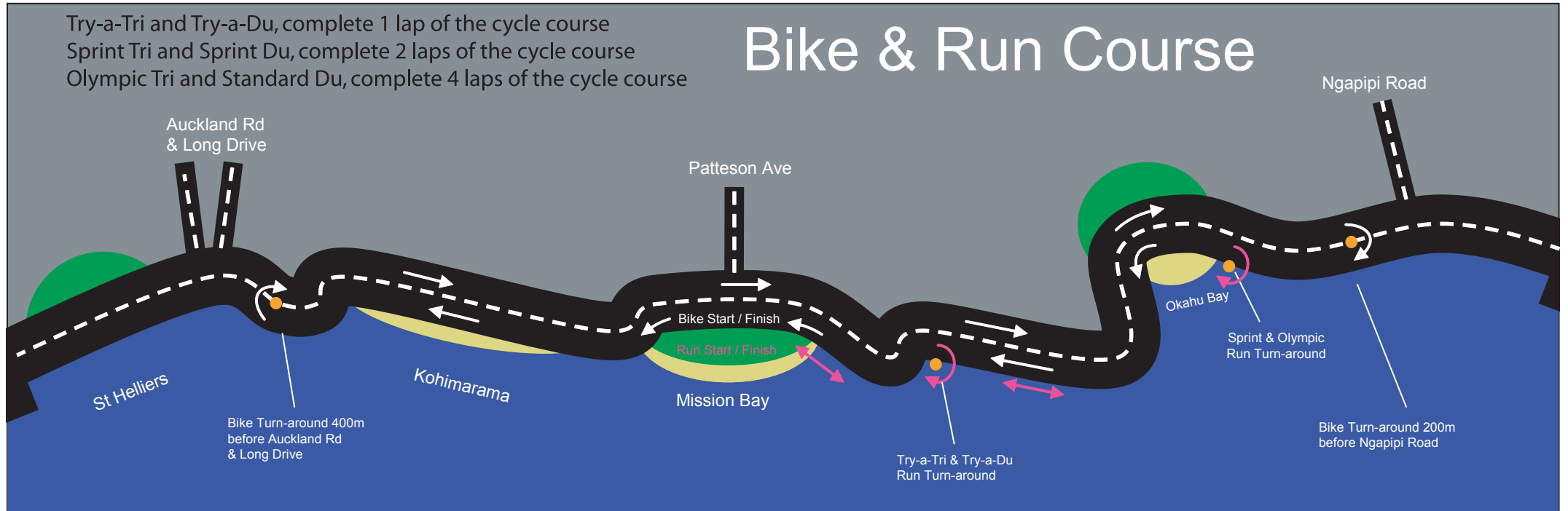


Try-a-Tri and Try-a-Du, complete 1 lap of the cycle course  
Sprint Tri and Sprint Du, complete 2 laps of the cycle course  
Olympic Tri and Standard Du, complete 4 laps of the cycle course

# Bike & Run Course



Auckland Rd  
& Long Drive

Patteson Ave

Ngapipi Road

St Heliers

Kohimarama

Mission Bay

Okahu Bay

Sprint & Olympic  
Run Turn-around

Bike Turn-around 400m  
before Auckland Rd  
& Long Drive

Try-a-Tri & Try-a-Du  
Run Turn-around

Bike Turn-around 200m  
before Ngapipi Road