



## Bike Course detail:

Out & back single lap for either event

### Medium Triathlon (20k)

- Exit transition (Point A), mount bike on road at Motukaraka Point
- Turn right onto Grays Road
- Turn left on to Paekakariki Hill Road
- Road Climb gradually
- Cycle past short course turn ( Point B on map)
- Continue past Battle hill Farm entrance
- Turn at Point C (10k)
- Follow route back down Paekakariki Hill Road
- Turn right onto Grays Road,
- Return to Transition

### Short Triathlon (14k)

- Exit transition (Point A), mount bike on road at Motukaraka Point
- Turn right onto Grays Road
- Turn left on to Paekakariki Hill Road
- Road Climb gradually
- Turn at Point B - 7k from start - outside #528 - “Birds Paradise” sign on right, “Annsford” sign on left)
- Follow route back down Paekakariki Hill Road
- Turn right onto Grays Road,
- Return to Transition