



Run Course detail:

Out & back single lap all options

5k lap, used for closing run for Medium Triathlon & Duathlon

- Start at transition, Head away from Grays Road, run on outside of Motukaraka Point road
- Go past Point A (the 1.2k turn),
- At Point E, continue along Road edge over rise out onto Grays road (remain on seaward edge of Grays road)
- Go past point B (the 2.5k turn),
- Go past point D, stay on outside edge of corner directly after D
- Continue out to Point C,
- Turn and come back
- At Point D, go onto Wetlands track for return
- Go past point B, remain on wetlands track
- At Point E, exit wetland track back onto road edge
- Run back around Motukaraka Point road to transition to finish line

2.5k lap, used for opening run for Medium Duathlon, closing runs for Short Triathlon & Duathlon

- Start at transition, Head away from Grays Road, run on outside of Motukaraka Point road
- Go past Point A (the 1.2k turn),
- At Point E, continue along Road edge over rise out onto Grays road (remain on seaward edge of Grays road)
- Turn at point B and return on the wetlands track
- At Point E, exit wetland track back onto road edge
- Run back around Motukaraka Point road to transition to finish line

1.2k lap, used for opening run for Short Duathlon only

- Start at transition, Head away from Grays Road, run on outside of Motukaraka Point road
- Go to Point A turn around, and
- Run back around Motukaraka Point road to transition