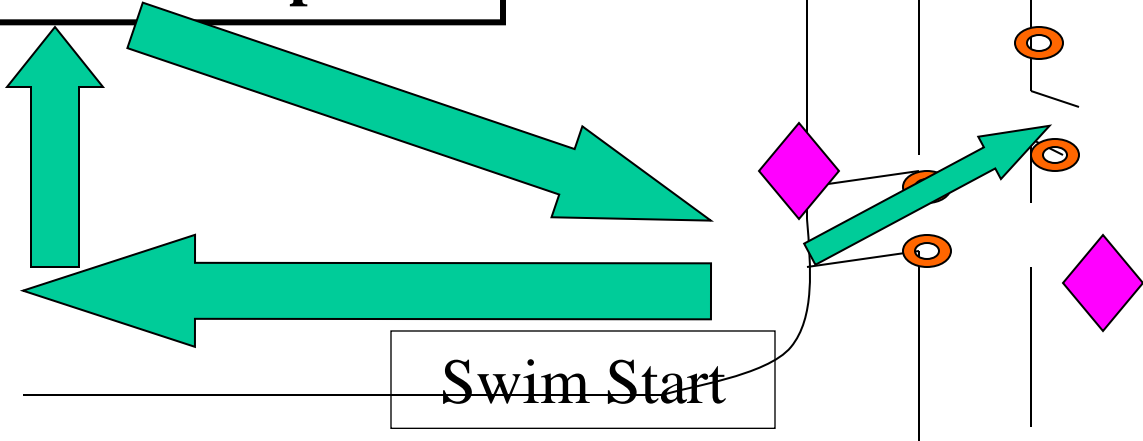


1:Swim

Two Waves
Wave 0: Junior and Intermediate Secondary & Recreational
Wave 1: Senior Secondary and Stamina
10 minutes apart

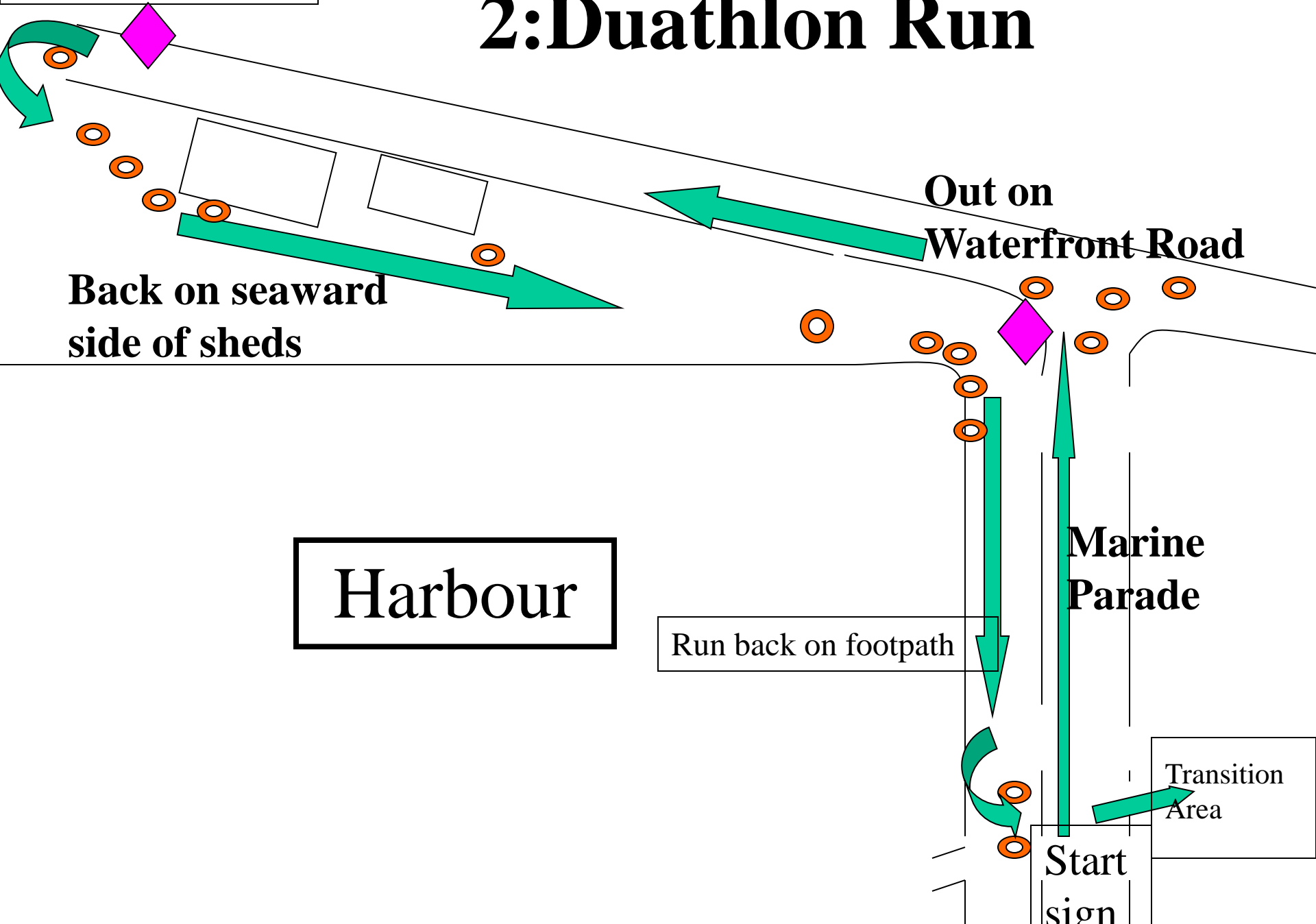
Transition Area



Swim Start

Penguin Colony

2: Duathlon Run



Out on Waterfront Road

Back on seaward side of sheds

Harbour

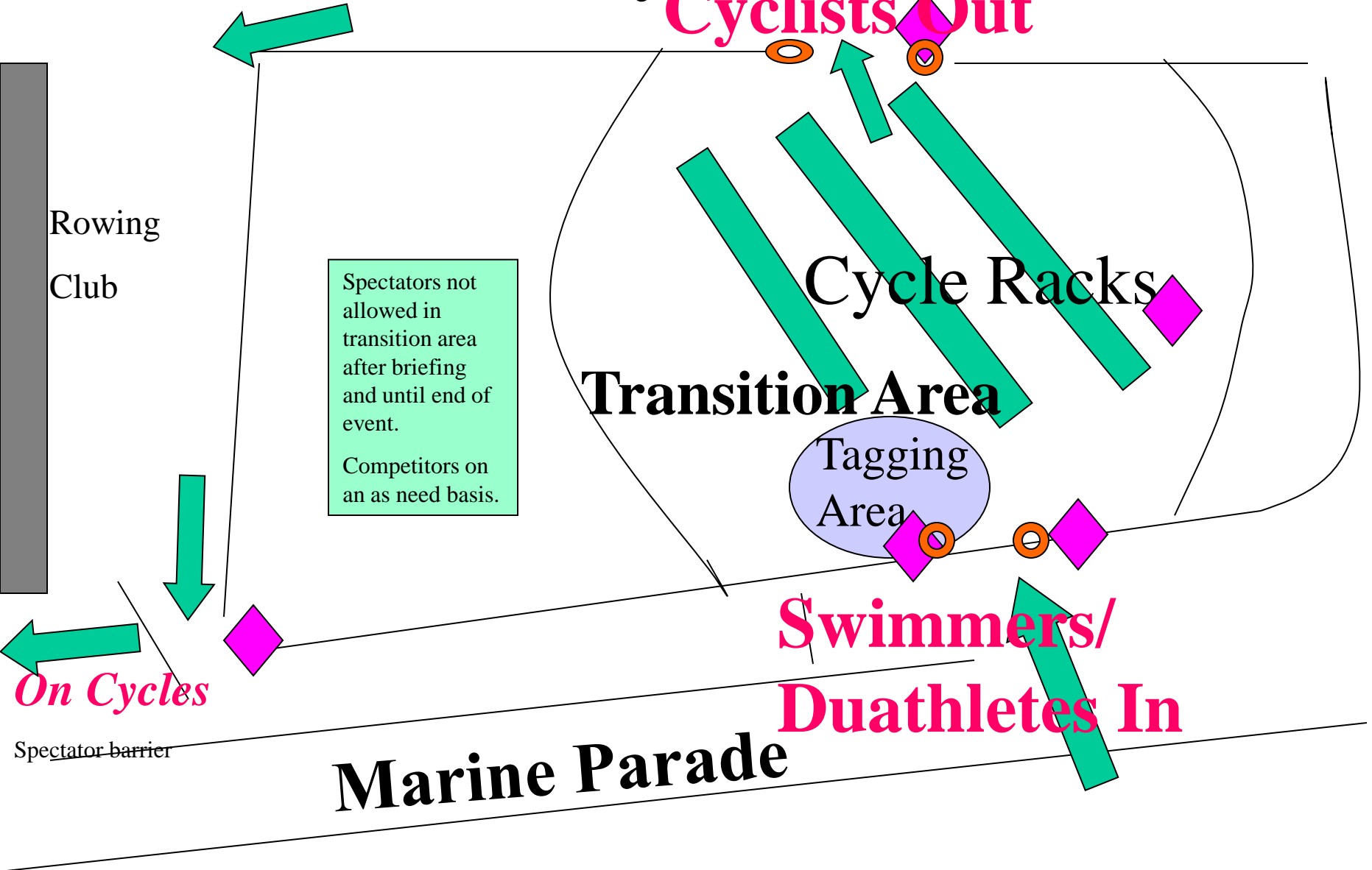
Run back on footpath

Marine Parade

Transition Area

Start sign

3: Swim/Cycle Transition



Cyclists Out

Cycle Racks

Transition Area

Tagging Area

**Swimmers/
Duathletes In**

Marine Parade

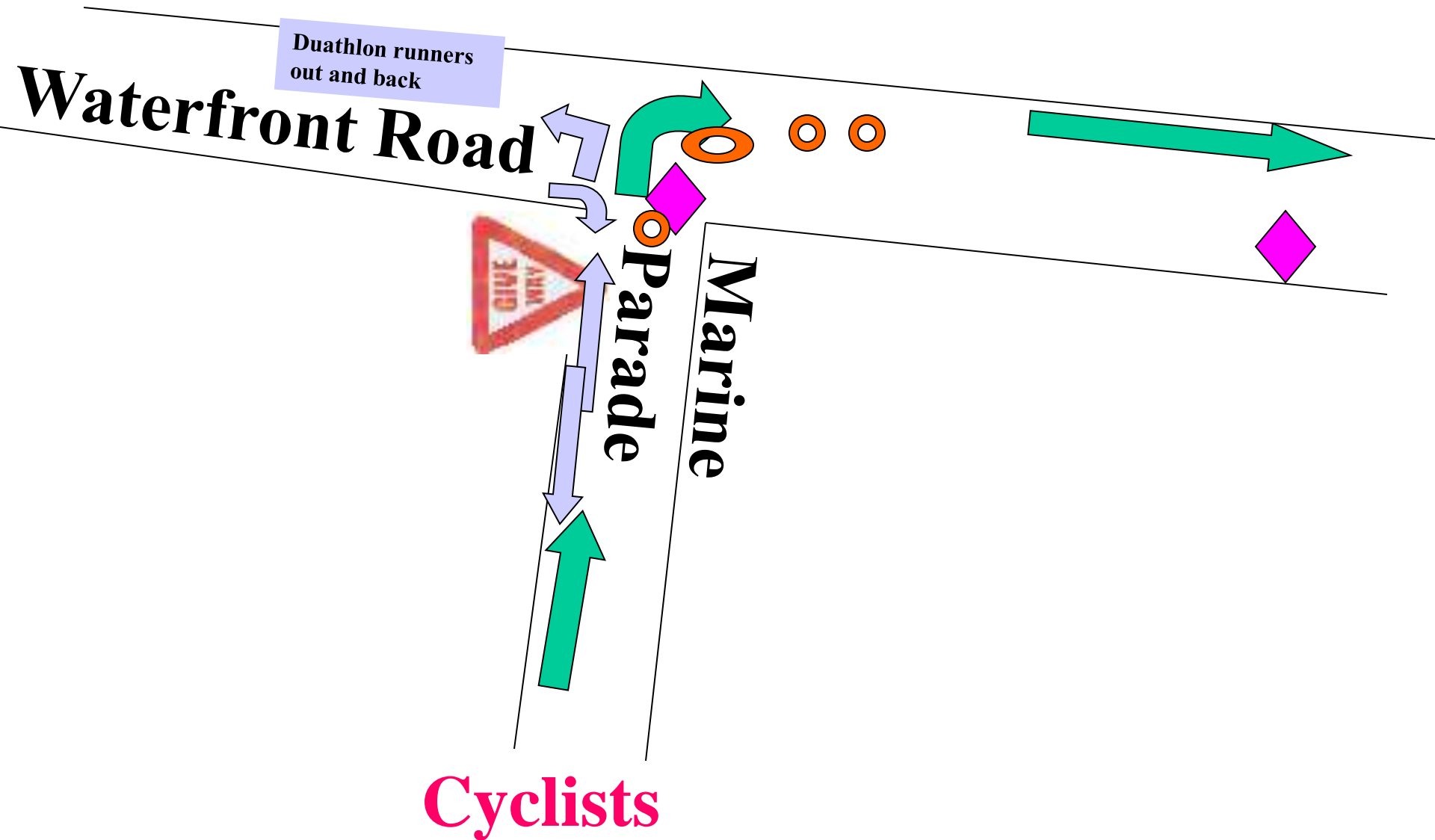
Rowing Club

Spectators not allowed in transition area after briefing and until end of event.
Competitors on an as need basis.

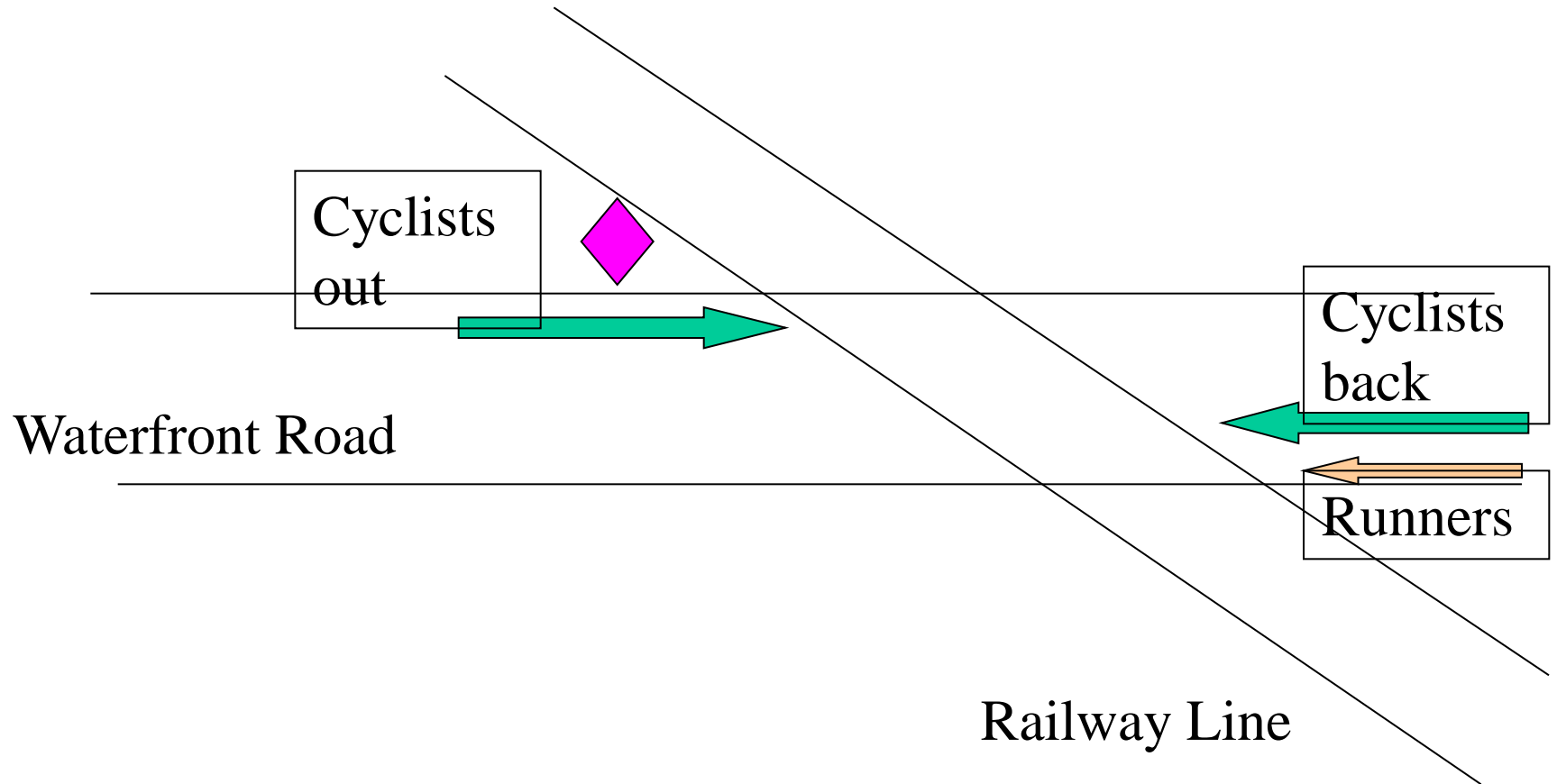
On Cycles

Spectator barrier

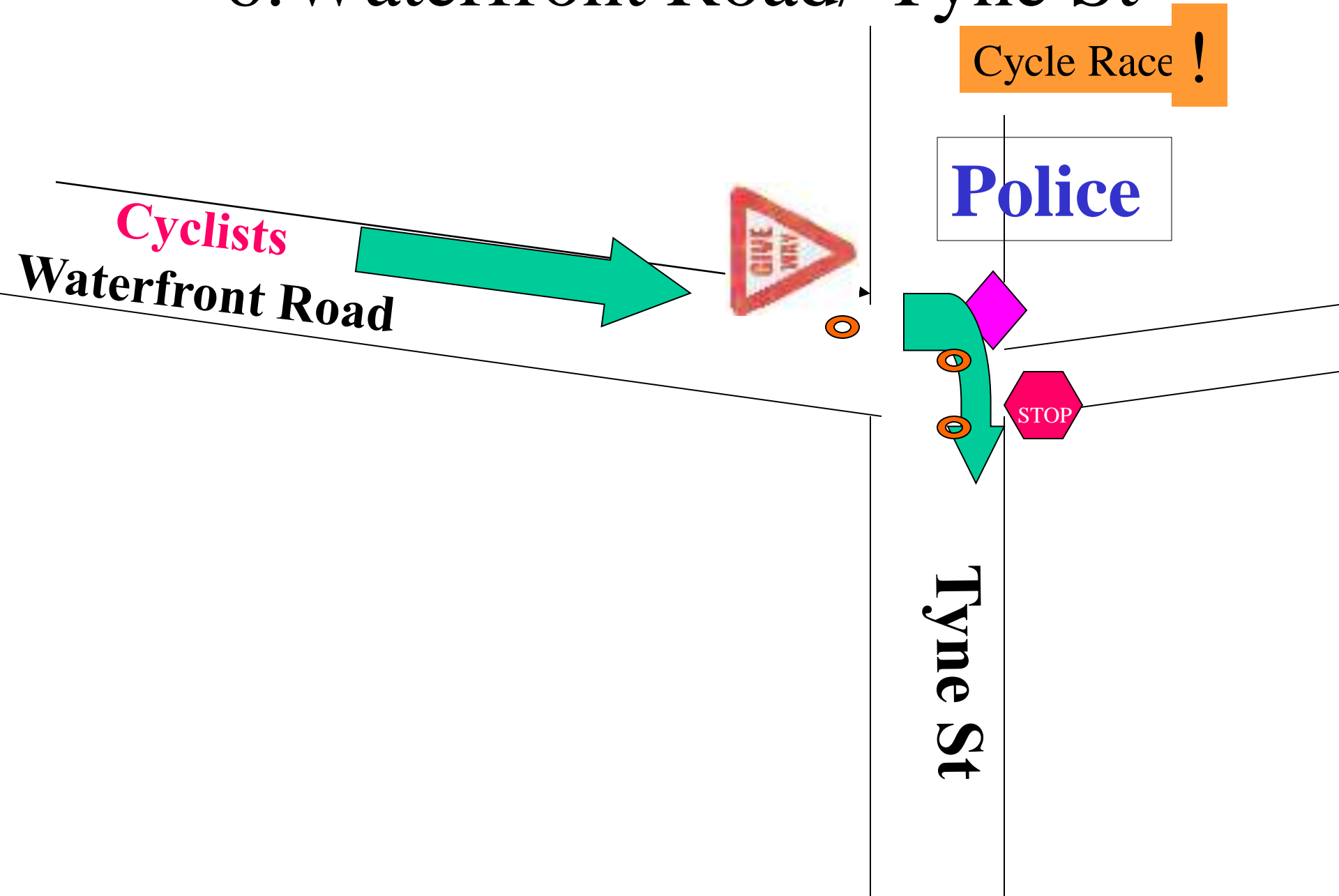
4: Marine Parade/Waterfront Road



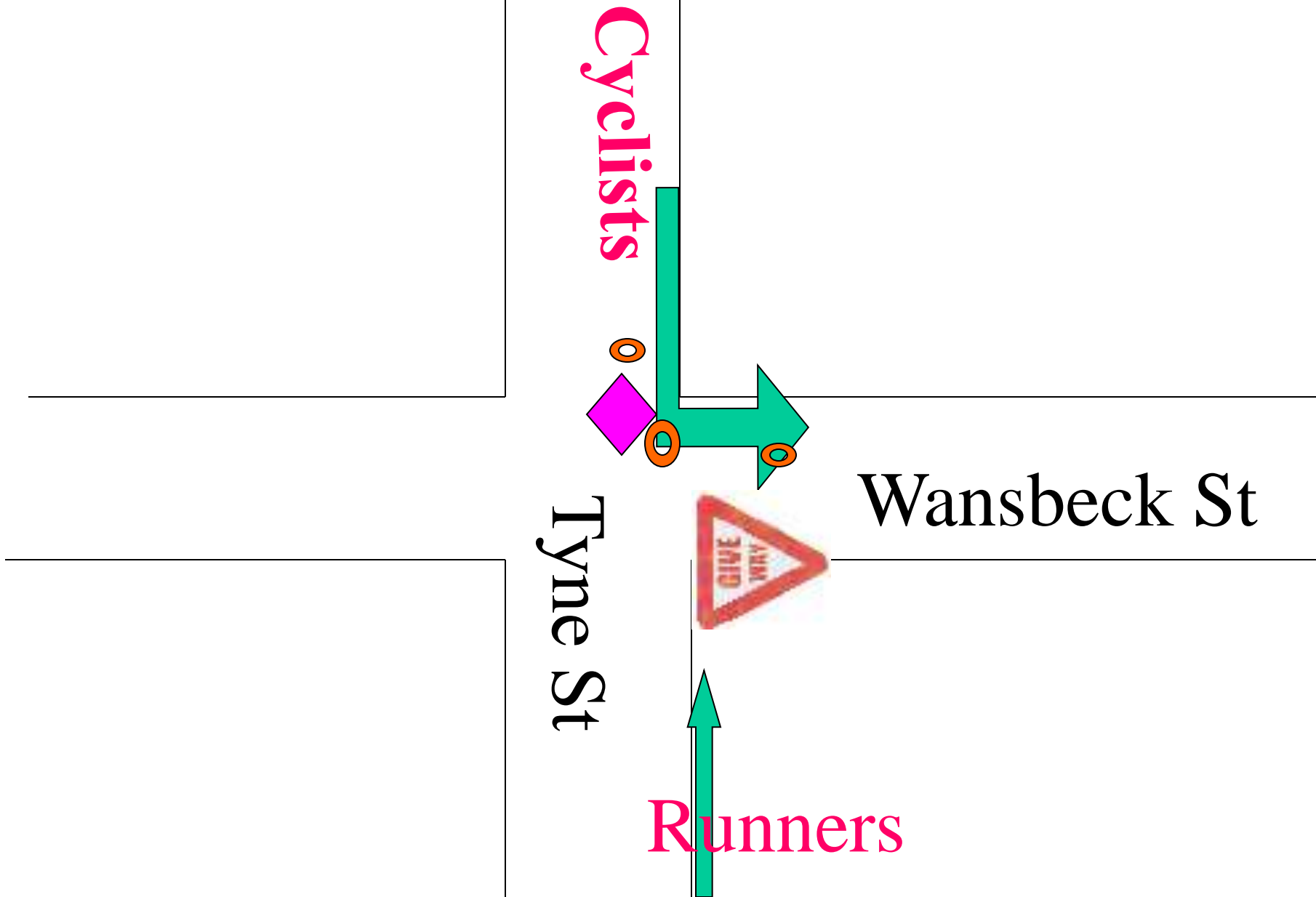
5 Waterfront Road Railway Crossing



6: Waterfront Road/ Tyne St



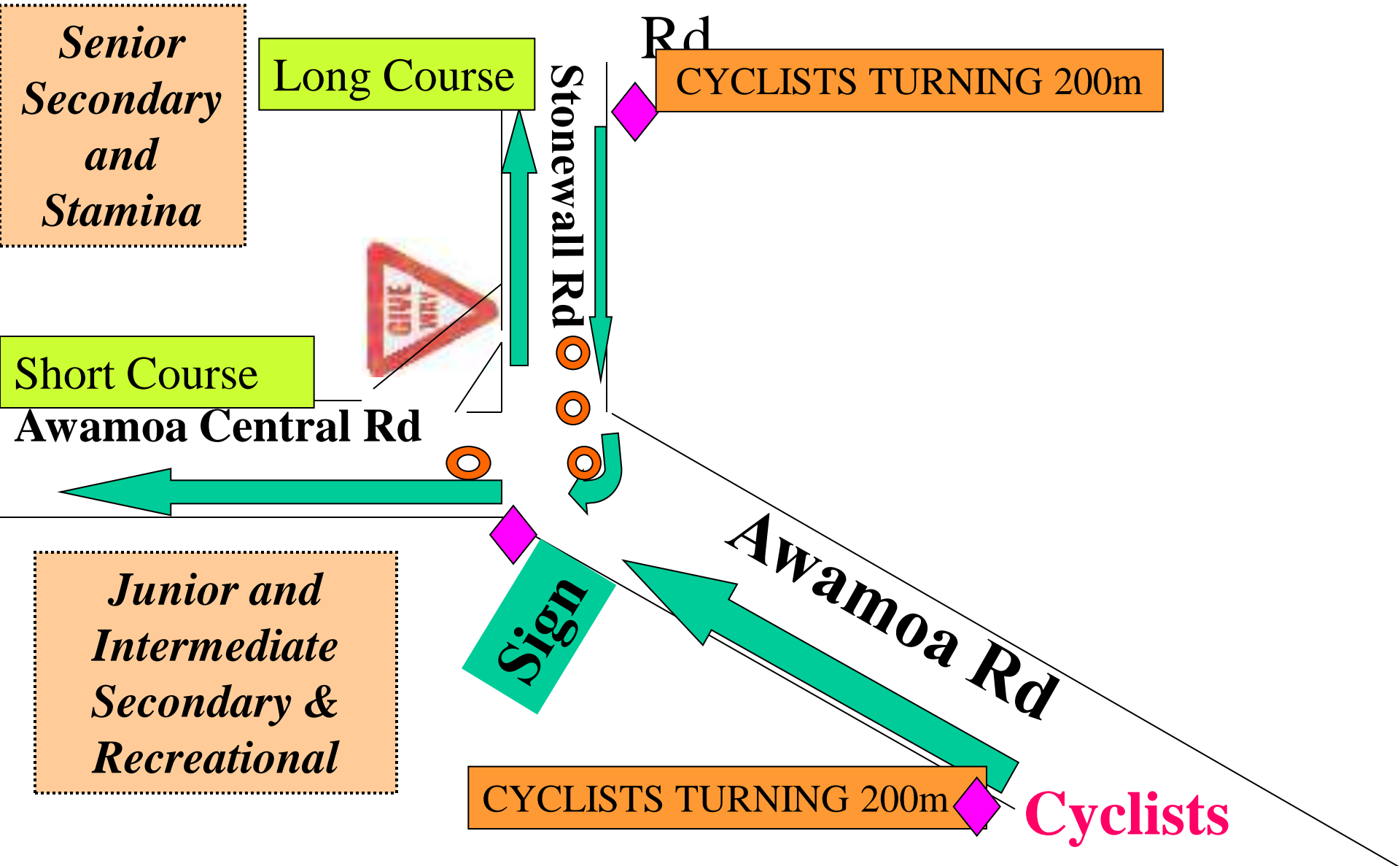
7: Tyne St/Wansbeck St



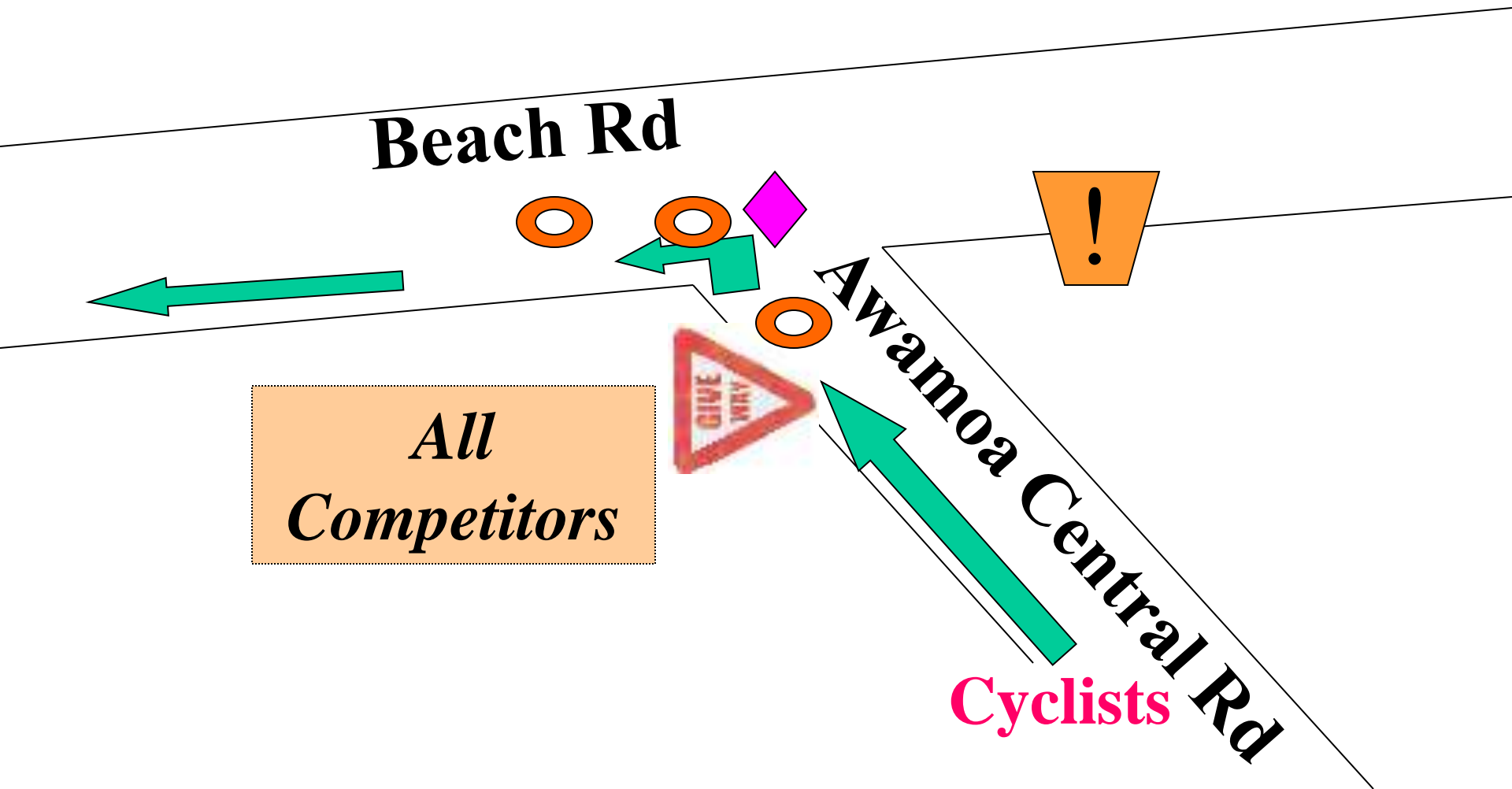
8: Wansbeck St/Awamoa Rd



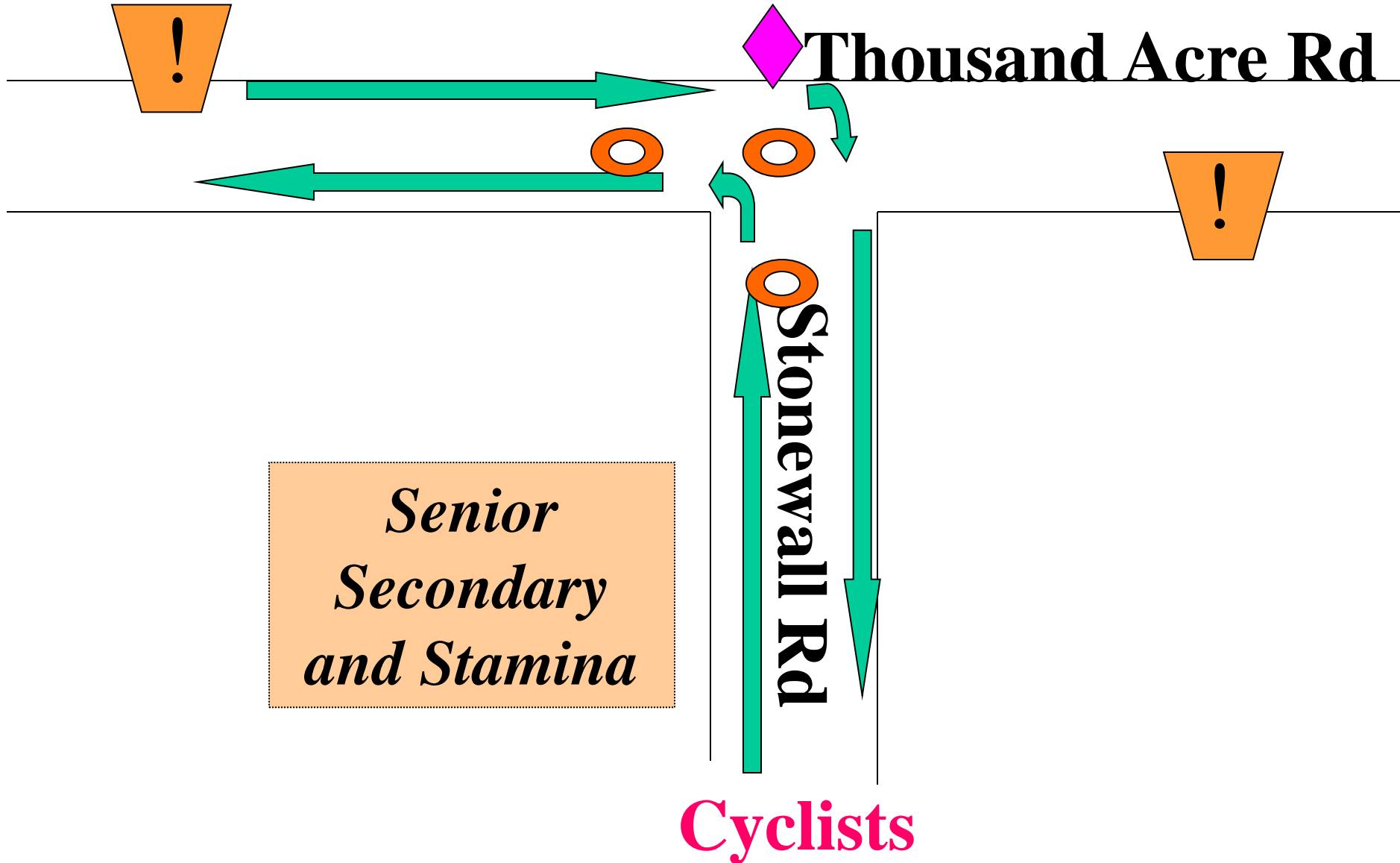
9:Awamoa Rd/Awamoa Central Rd/Stonewall



10:Awamoa Central Rd/Beach Rd Rd



11: Stonewall Rd/Thousand Acre Rd



12: Bike Turnaround

CYCLISTS TURNING 200m

Sign and marshal 200m from turning point

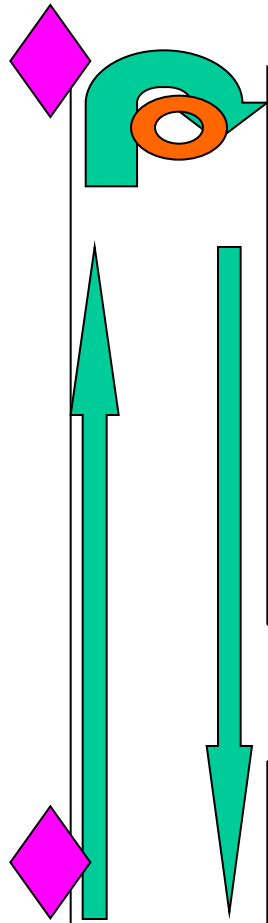
Senior Secondary and Stamina

Springfield Road

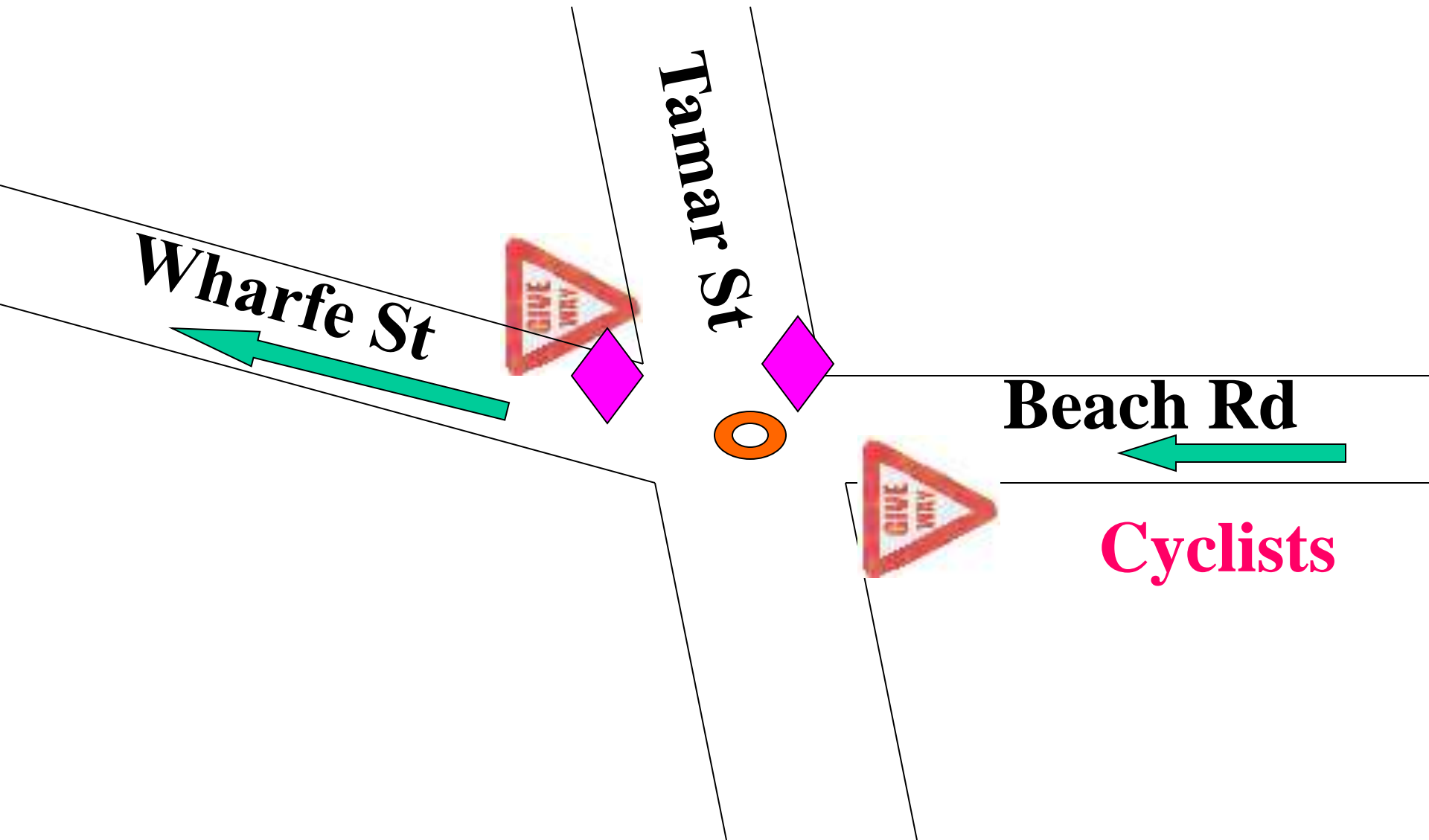
Sign and marshal 200m from turning point

CYCLISTS TURNING 200m

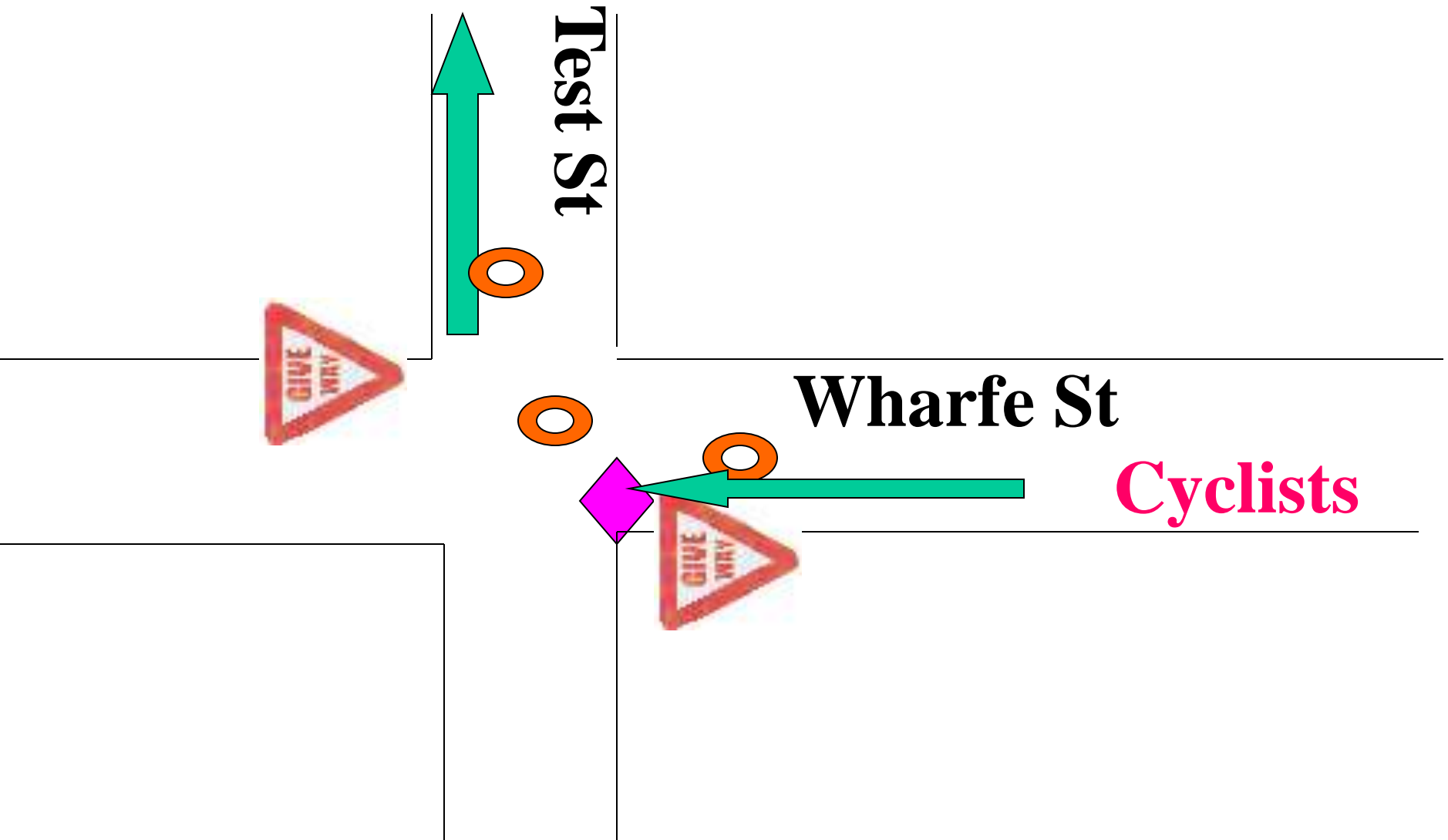
Thousand Acre Road



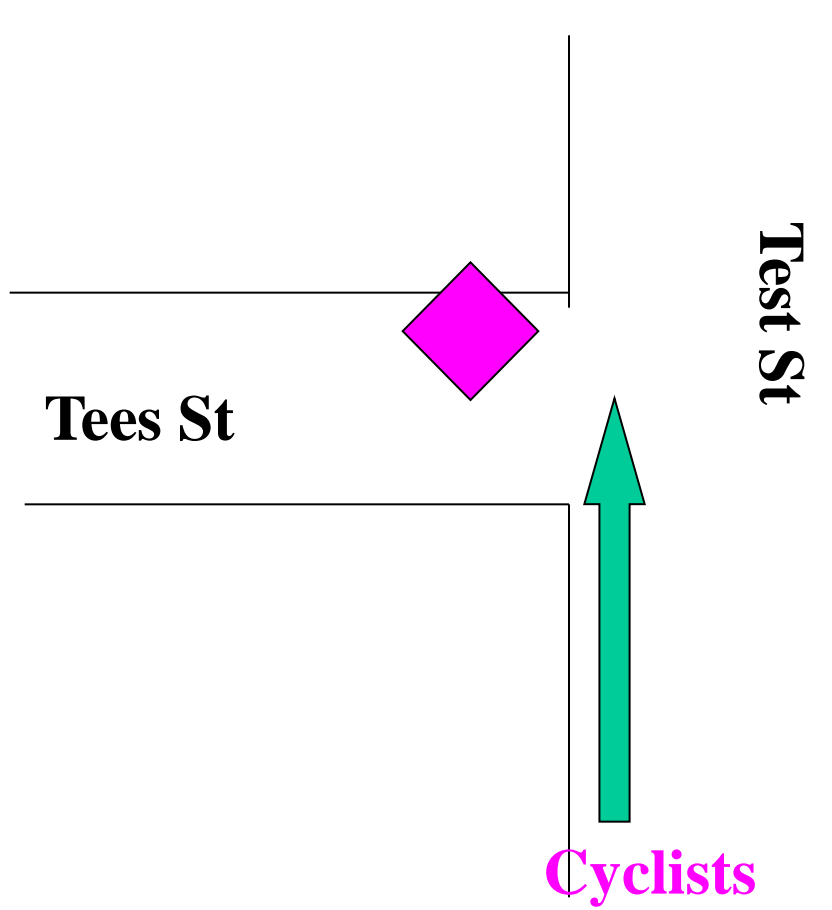
13:Beach Rd/Tamar St/Wharfe St



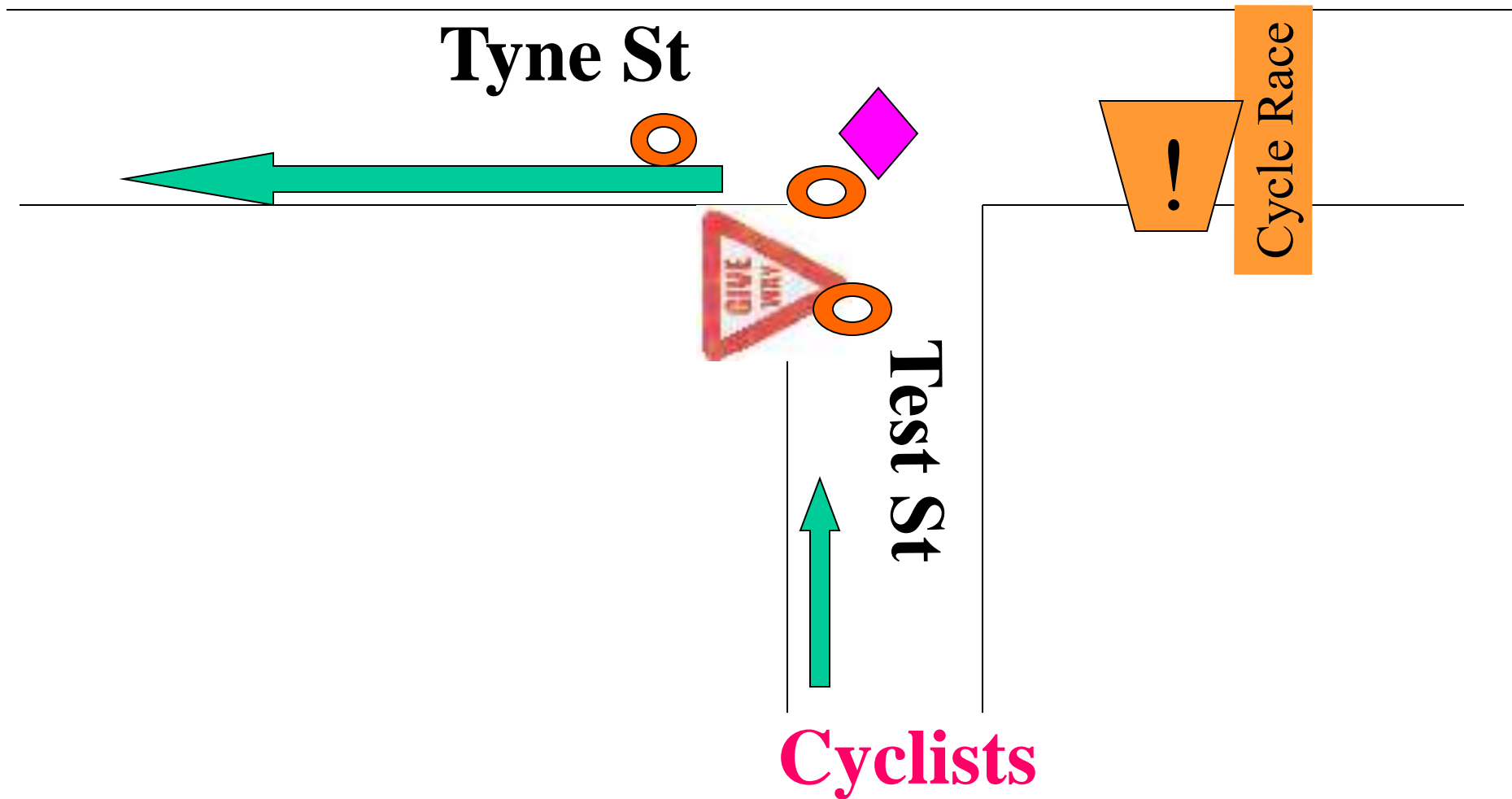
14: Wharfe St/Test St



15 Tees St/Test St

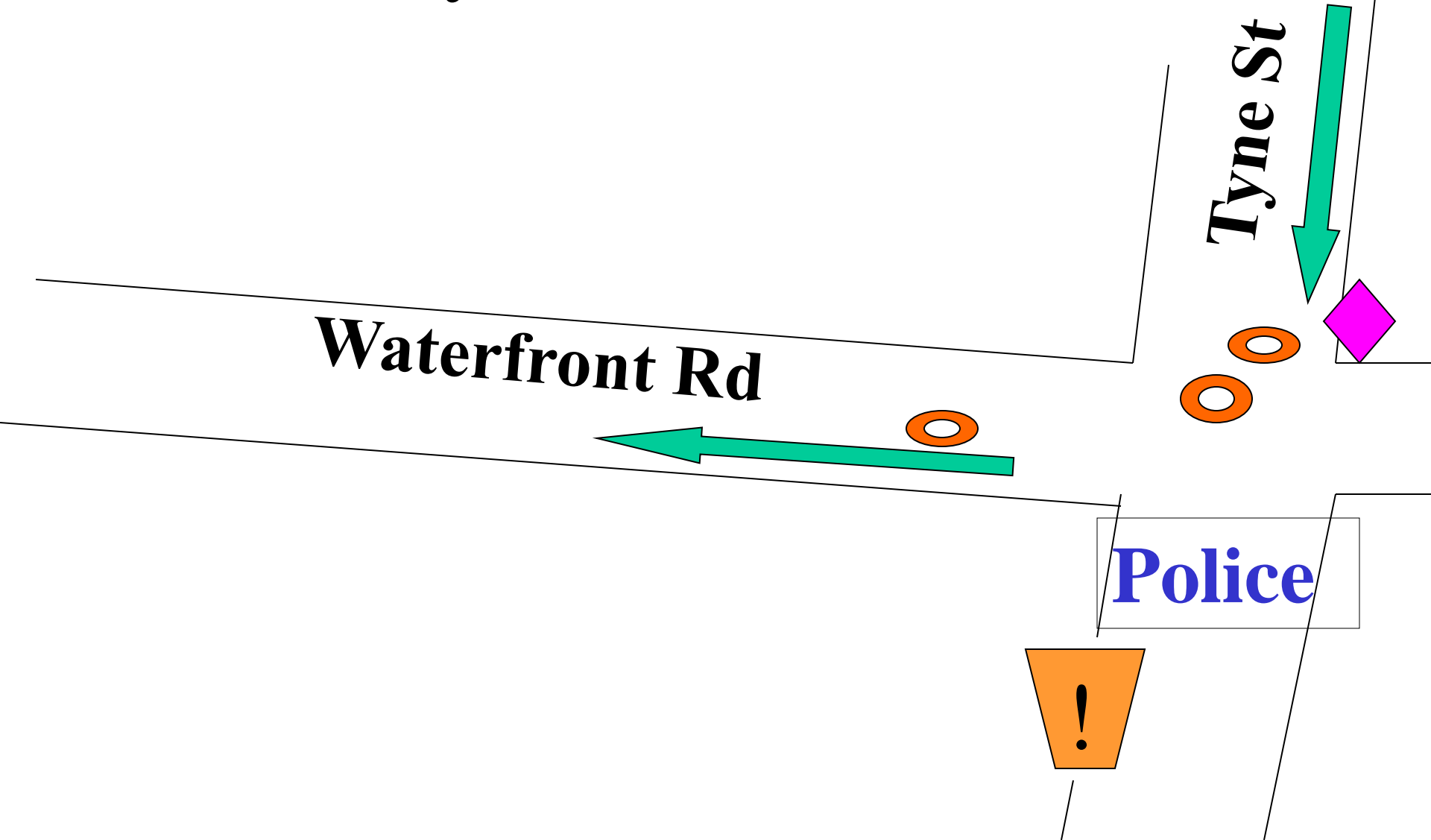


16: Test St/Tyne St



Cycle Race !

17: TyneSt/Waterfront Rd



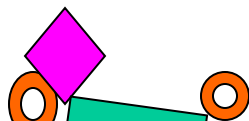
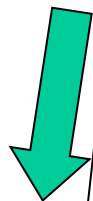
18 Waterfront Rd / Marine Parade

Waterfront Road



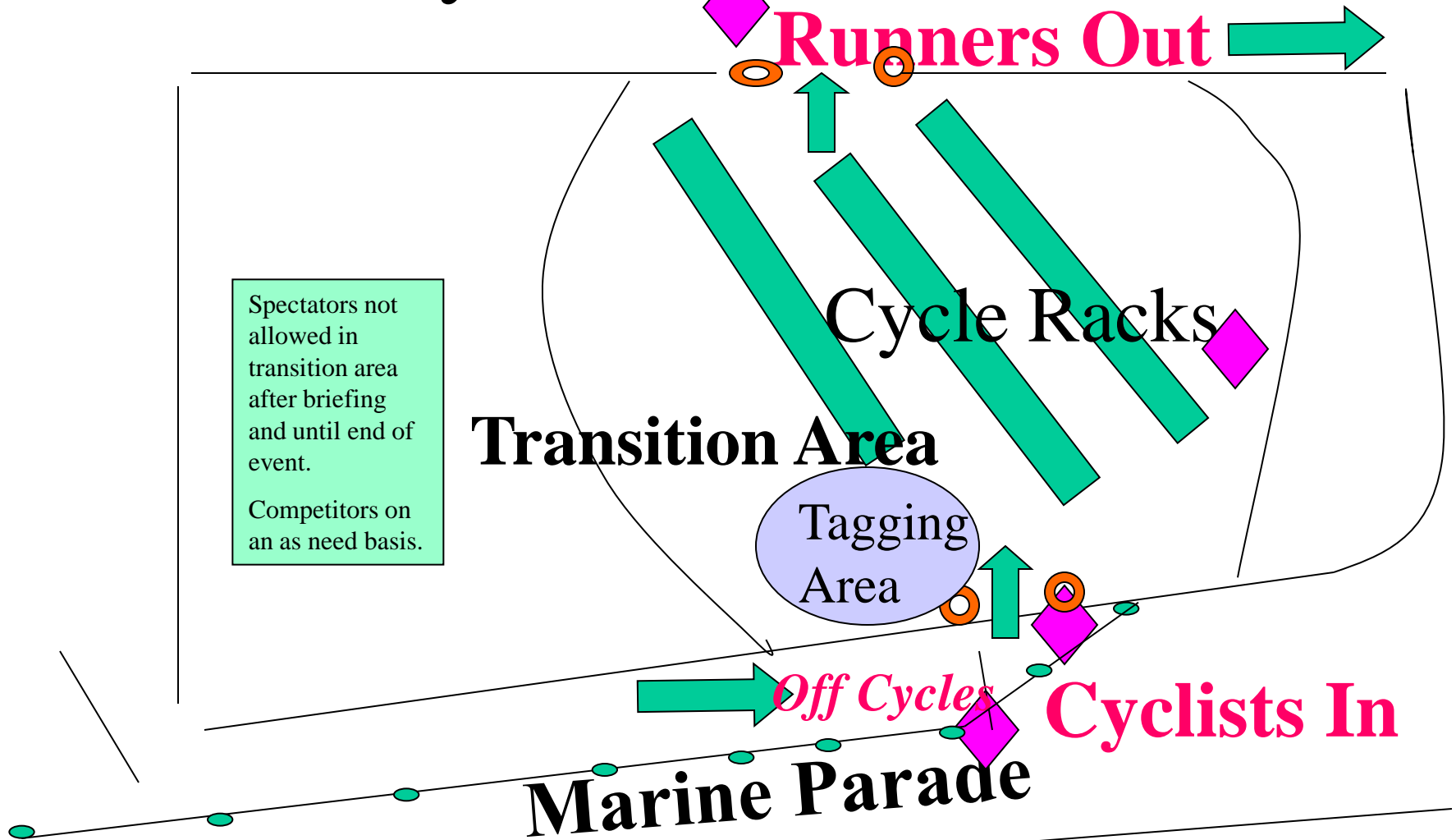
Parade

Marine

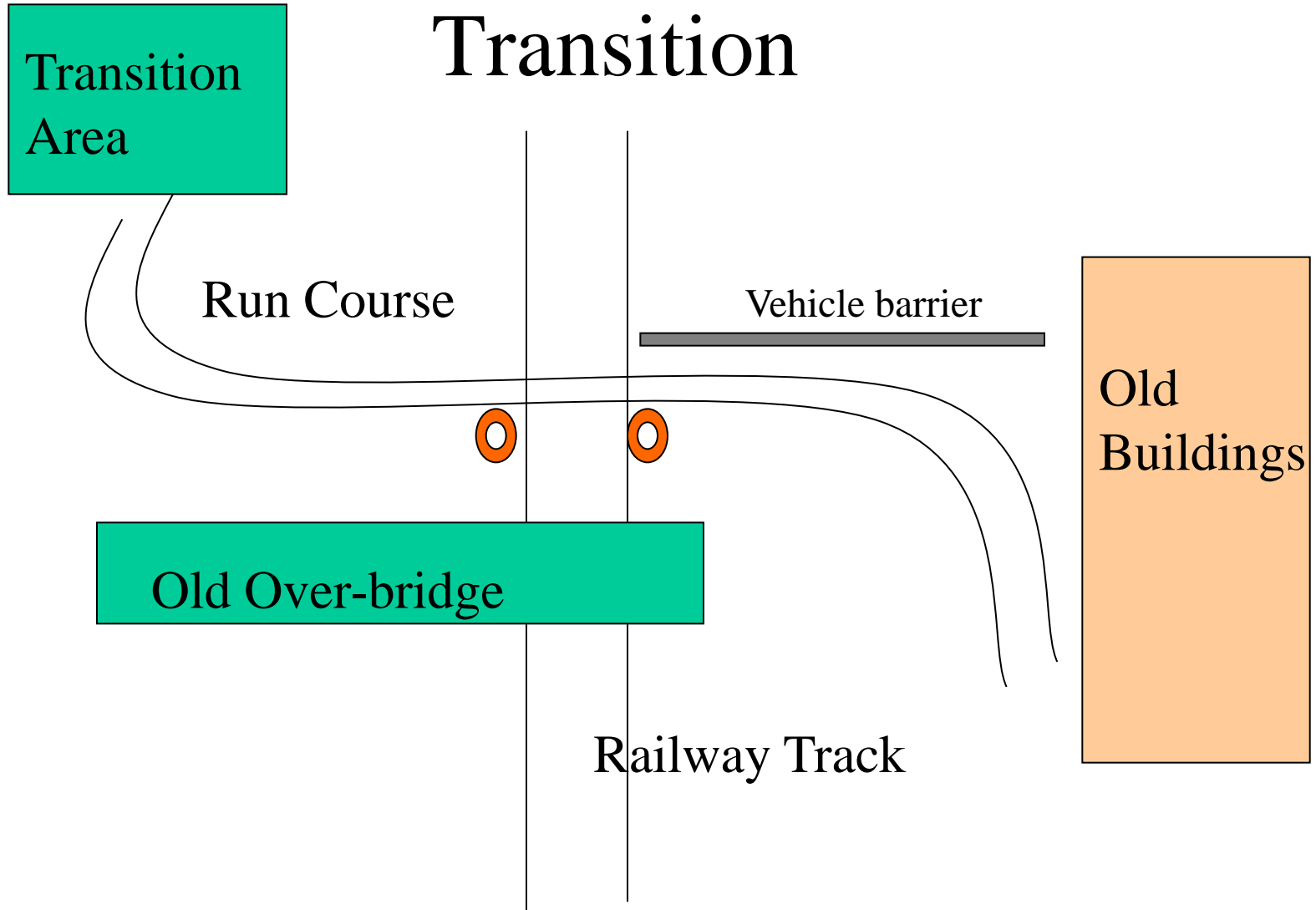


Cyclists

19: Cycle/Run Transition



20 Railway Crossing After Transition



21:Run/ Humber St

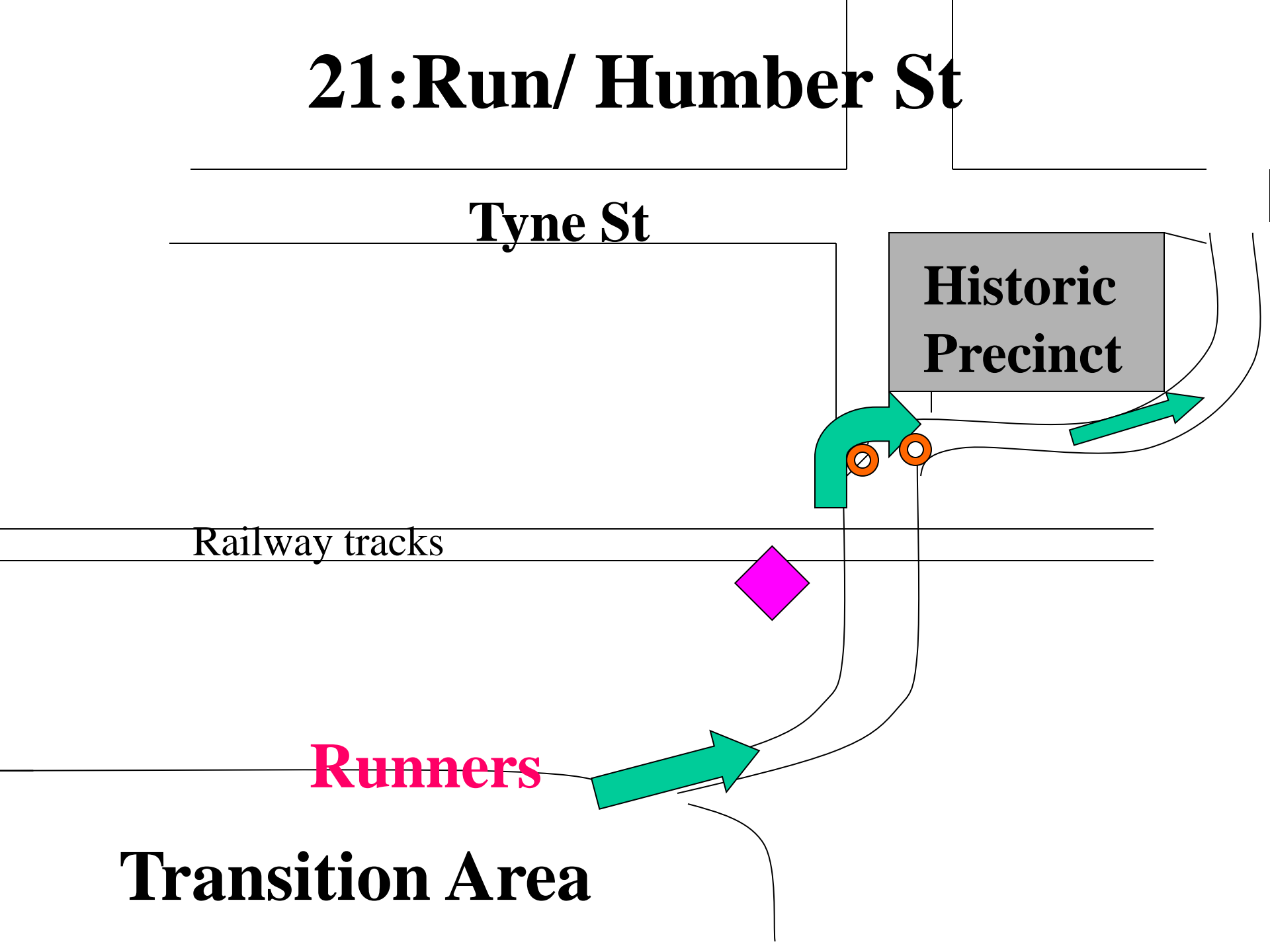
Tyne St

Historic
Precinct

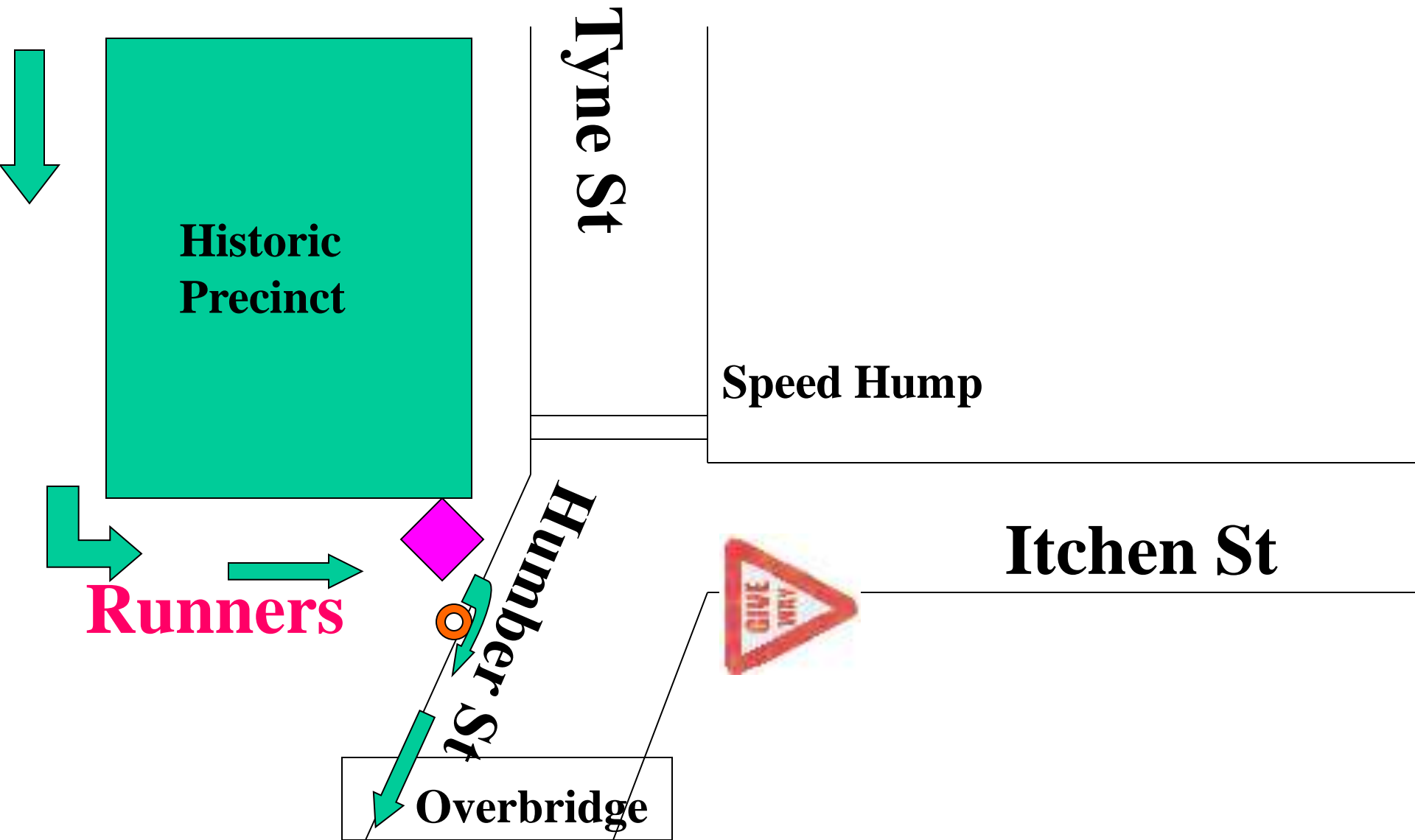
Railway tracks

Runners

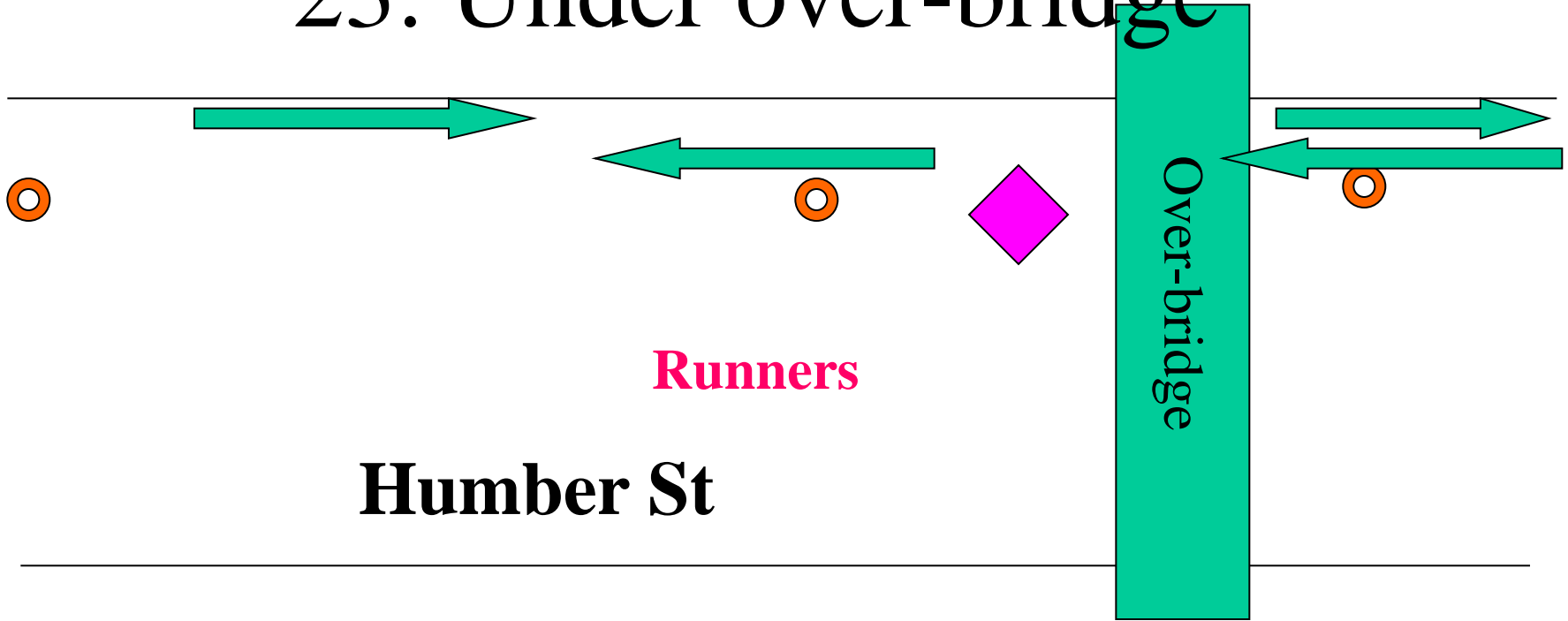
Transition Area



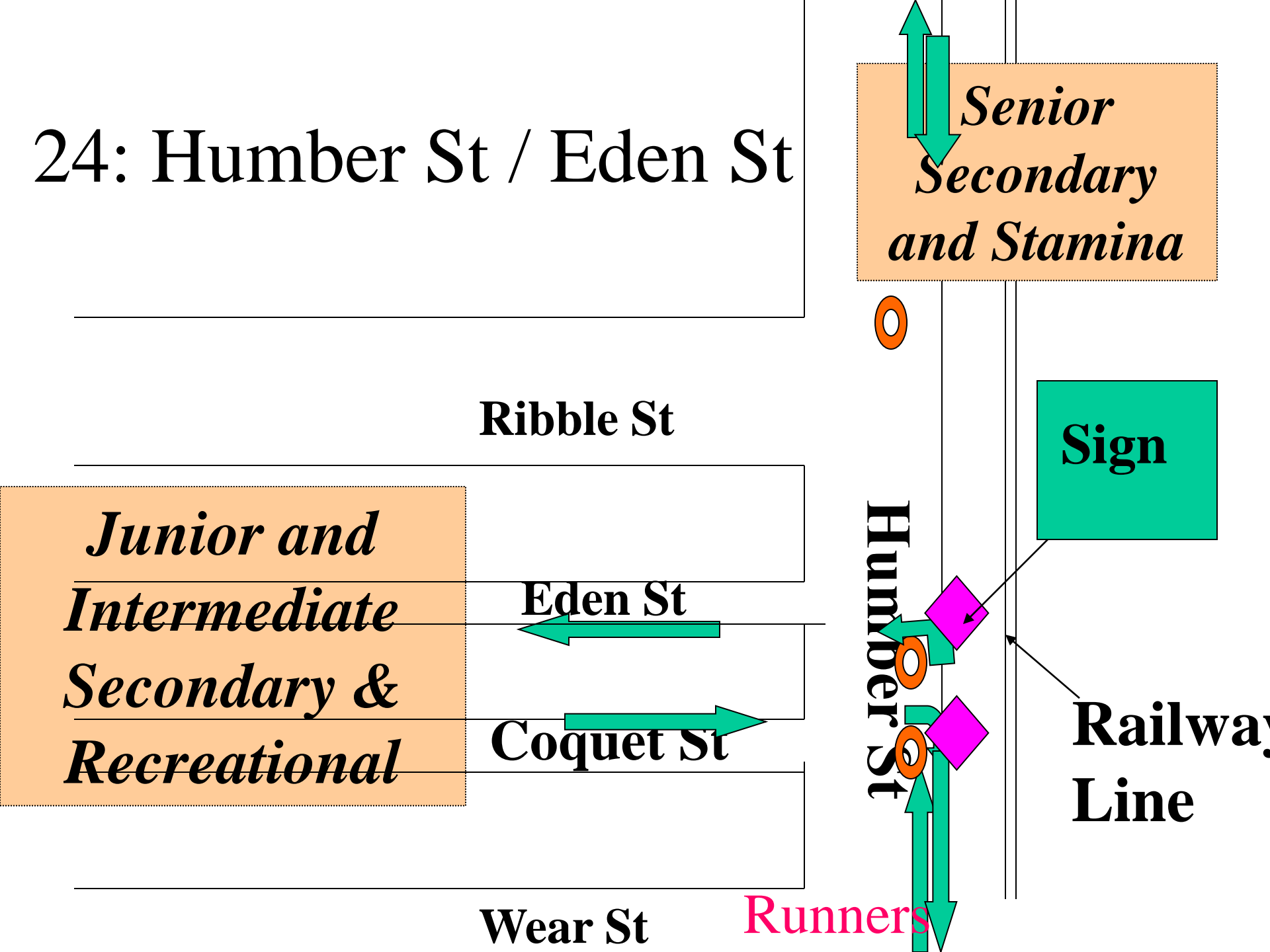
22: Precinct/Humber St



23: Under over-bridge



24: Humber St / Eden St



*Senior
Secondary
and Stamina*

Ribble St

*Junior and
Intermediate
Secondary &
Recreational*

Eden St

Coquet St

Wear St

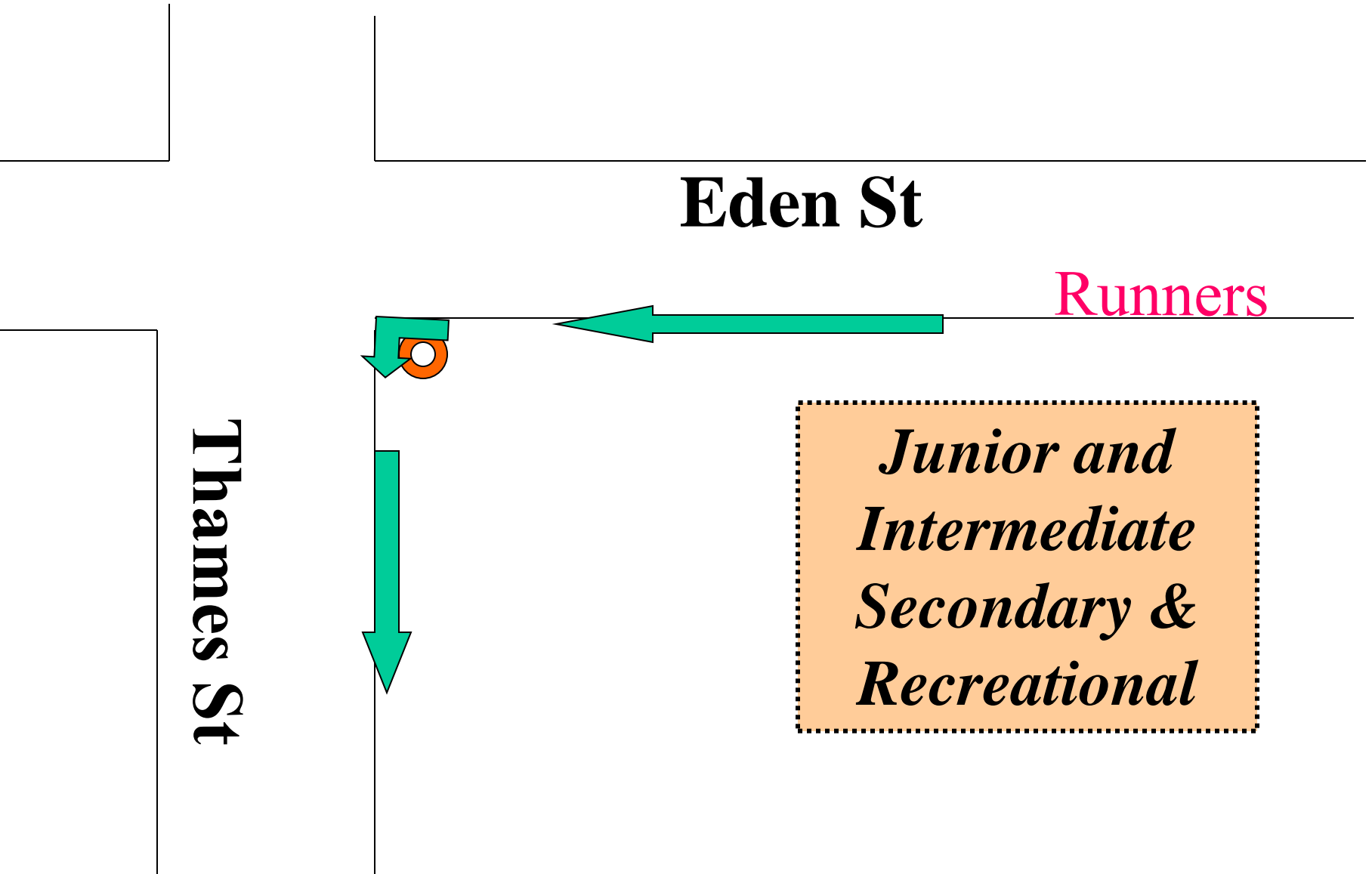
Runners

Sign

Humber St

**Railway
Line**

25:Eden St/Thames St (Cone only)



Eden St

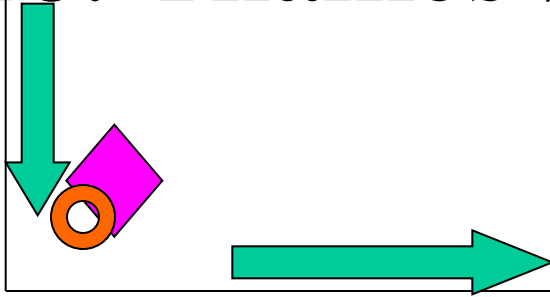
Runners

Thames St

*Junior and
Intermediate
Secondary &
Recreational*

26: Thames St/Coquet St

Thames St



Coquet St

27:Humber St/Orwell St

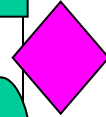
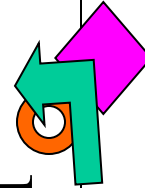
Orwell St

*Senior
Secondary
and
Stamina*

Ouse St

Humber St

Rummers



28:Orwell St/Thames St (Cone only)

Thames Highway

Orwell St

Runners

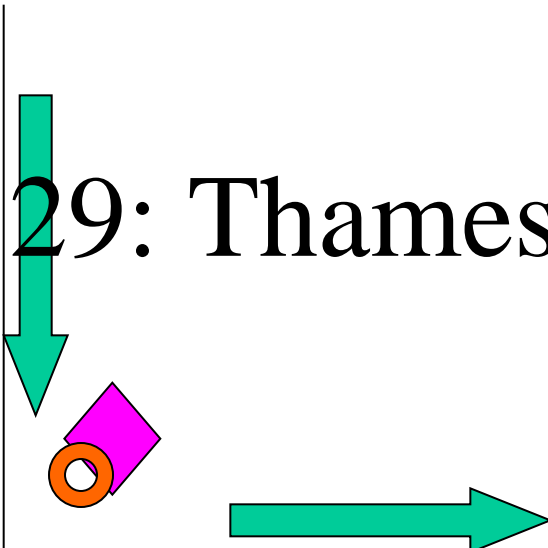


Thames St

*Senior
Secondary and
Stamina*

Thames St

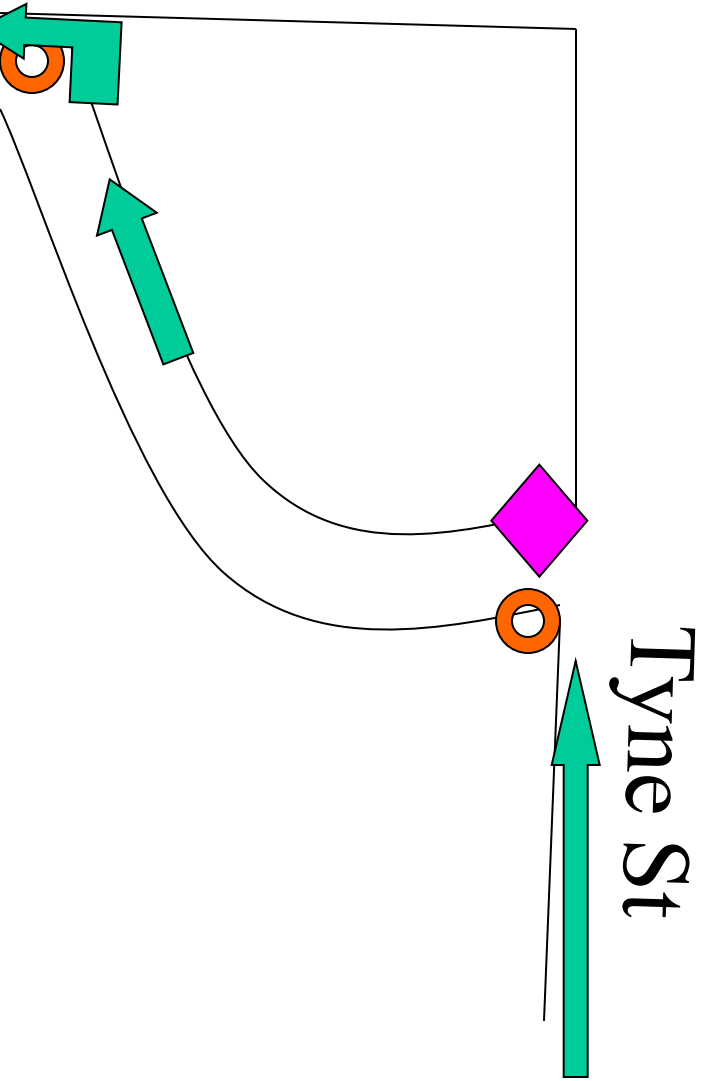
29: Thames St/Ouse St



Ouse St

30:Tyne St/Waterfront Rd

Waterfront Rd



Runners

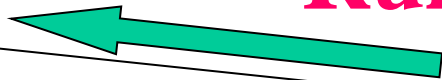
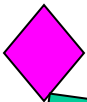
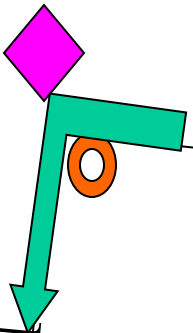
31: Waterfront Rd/Marine Parade

Waterfront Road



Parade

Marine



Runners

32: Finish

