



Elite Swim Course

750m – 1 lap Clockwise





Elite Cycle Course - 20km – 4x 5km Laps



Mount bike after the mount line and head along Hardinge Road turning left into Marine Parade continuing past the Napier Port to a U-turn.
Return along Marine Parade/SH50 turning right into Bridge Street and then immediately left into Nelson Quay and then continue back into Hardinge Road to complete one lap.
Athletes complete 4 x 5km laps before returning to transition. Athletes who are lapped are taken out of the race.

Graph: Min, Avg, Max Elevation: 0, 8, 29 m
Range Totals: Distance: 5 km Elev Gain/Loss: 112 m, -112 m Max Slope: 33.6%, -24.7% Avg Slope: 2.9%, -5.0%





Elite Run Course – 5km – 2 laps of 2.5km

The Run course is a flat course and is two laps of 2.5km. Athletes will leave transition and run along Hardinge Road to a U-Turn just after entering onto SH50, returning same route and through transition, in a lane on the left side of transition, into Nelson Quay and then turning right into the Perfume Point Recreation Reserve to a second U-Turn returning back along the lane way, left onto Nelson Quay and into Hardinge Road to complete the first lap of 2.5km. At the end of the second lap veer left into the finish chute

