



Taranaki Triathlon Club

TRIATHLON - SHORT

SWIM 250m - mainly parallel to shore

CYCLE 10km - 1 lap

RUN/WALK 2.5km - 1 lap

TRIATHLON - SPRINT

SWIM 750m - 2 laps

CYCLE 20km - 2 laps

RUN 5km - 2 laps

TRIATHLON - LONG

SWIM 1100m - 3 laps

CYCLE 30km - 3 laps

RUN 7.5km - 3 laps

DUATHLON - SHORT

RUN/WALK 1km - 1 lap to turnaround
on Ocean View Parade

CYCLE 10km - 1 lap

RUN/WALK 2.5km - 1 lap

DUATHLON - SPRINT

RUN 2.5km - 1 lap

CYCLE 20km - 2 laps

RUN 5km - 2 laps

DUATHLON - LONG

RUN 3.5km - 1 long lap and 1 short lap

CYCLE 30km - 3 laps

RUN 7.5km - 3 laps

www.tritaranaki.nz