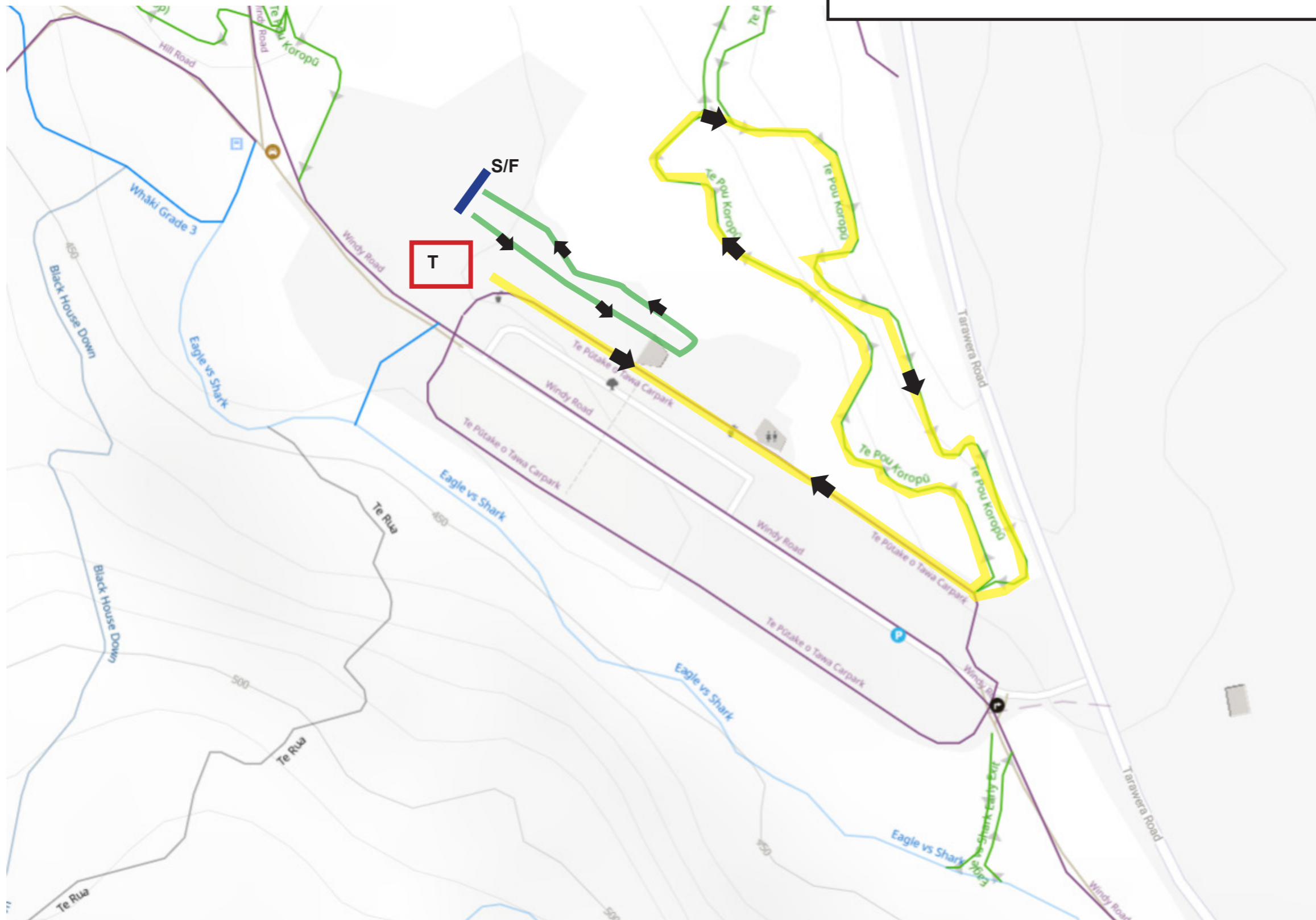






Piwakawaka Course (4-6yr)

250m run | 1.5km bike | 250m
1 run lap | 1 bike lap | 1 run lap



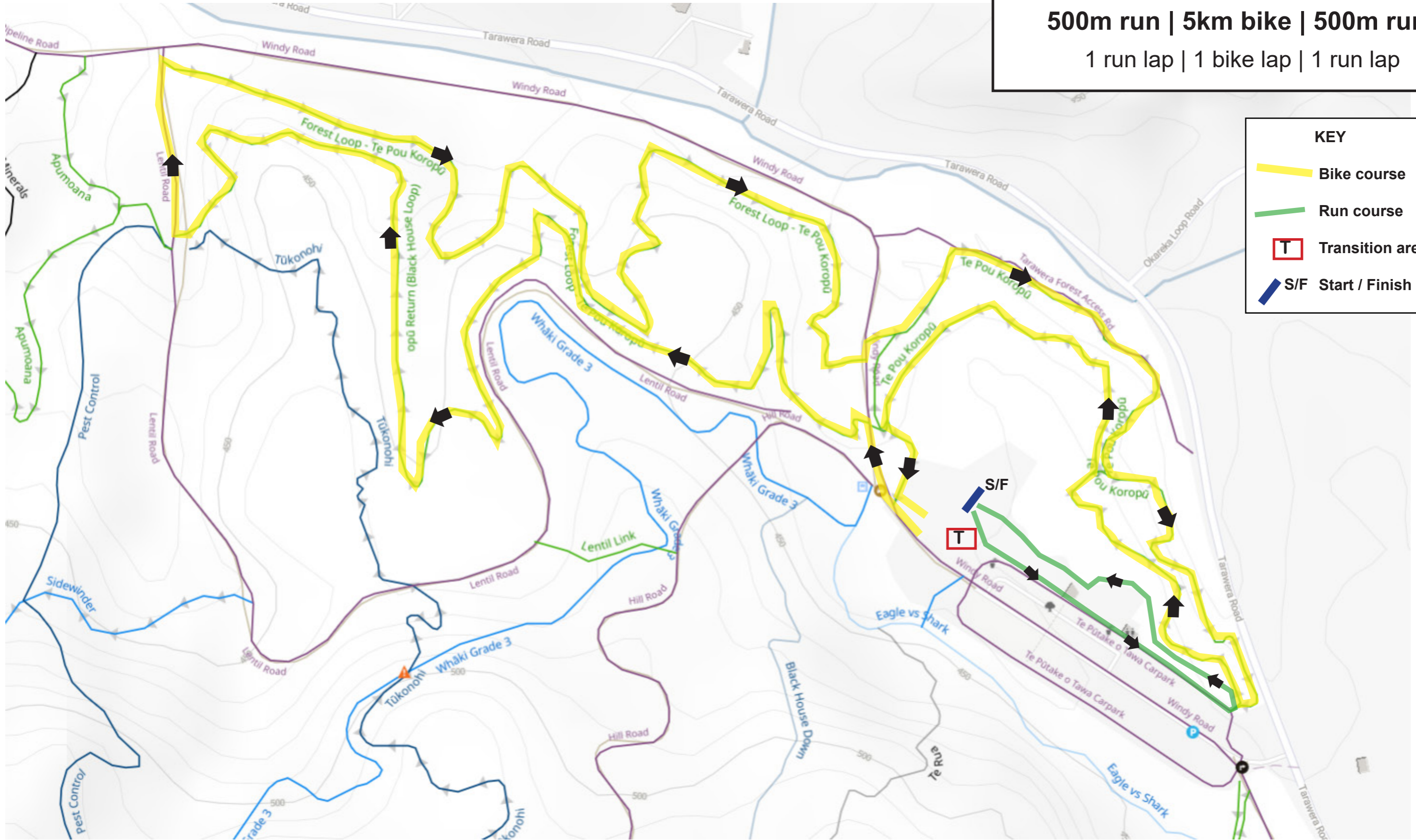
KEY

-  Bike course
-  Run course
-  Transition area
-  S/F Start / Finish line

Ruru Course (7-9yr)

500m run | 5km bike | 500m run

1 run lap | 1 bike lap | 1 run lap



KEY





- Bike course
- Run course
- Transition area
- S/F Start / Finish line

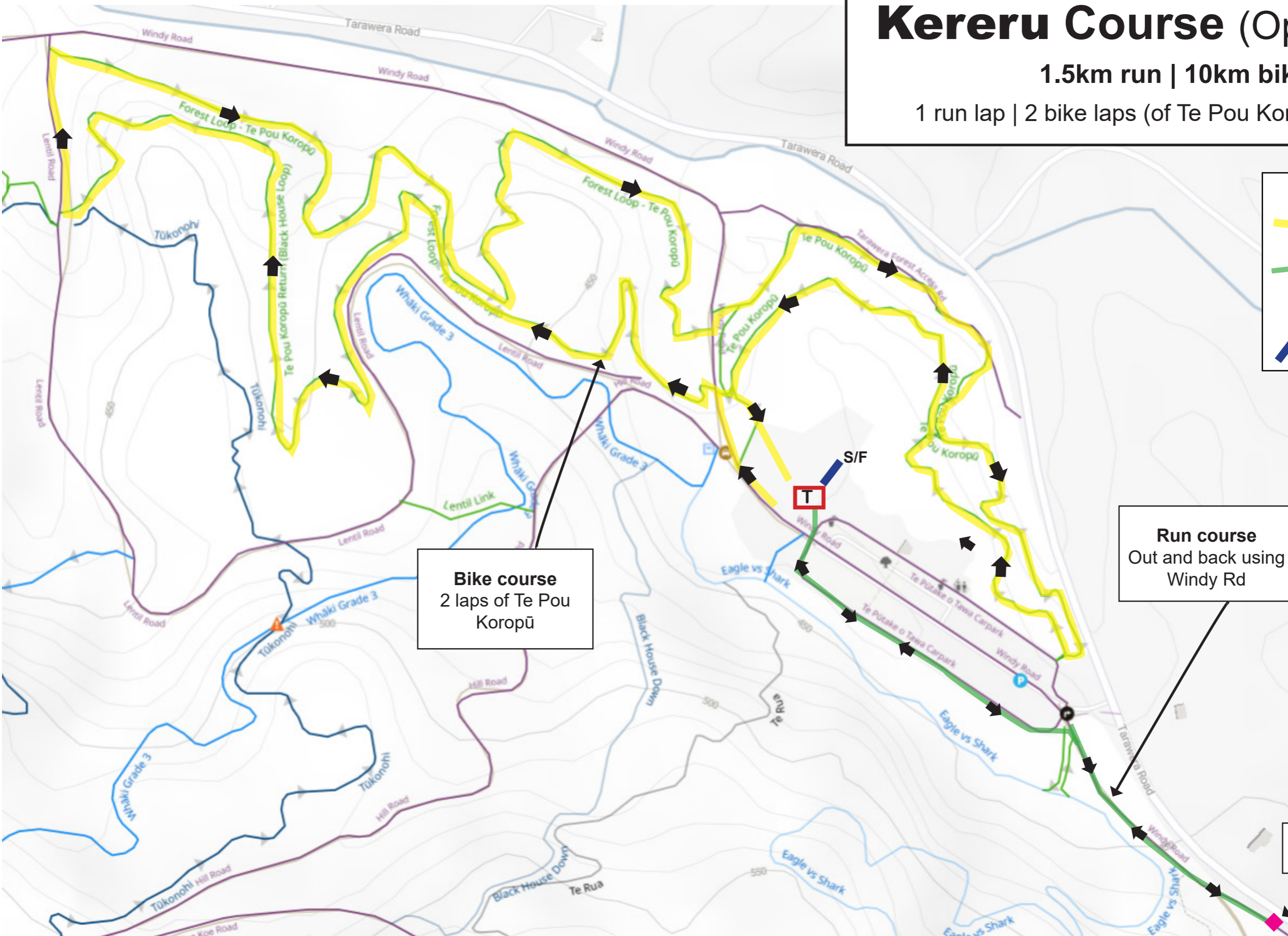
Kereru Course (Open/ 9yr+)

1.5km run | 10km bike | 1.5km run

1 run lap | 2 bike laps (of Te Pou Koropū) | 1 run lap

KEY

-  Bike course
-  Run course
-  Transition area
-  S/F Start / Finish line



Bike course
2 laps of Te Pou Koropū

Run course
Out and back using Windy Rd

run turnaround