

**TriMāori Festival 2018
Triathlon & Run/Walk Course Maps**

**Swim Course
Starts Here**

- Swim – Sprint and Olympic Triathlon**
- 1) Start at boat ramp, swim south for 340m (clockwise).
 - 2) At buoy swim towards second buoy before heading north back to boat ramp.
 - 3) Sprint – Complete 1 lap.
 - 4) Olympic - Complete 2 laps.

- Swim – 3:9:3 Triathlon**
- 1) Start at NZ Rowing Centre and swim to boat ramp by Don Rowlands Centre

Transition

Bike Out Only

Finish Chute

Run Out Only

Parking

Gate 2

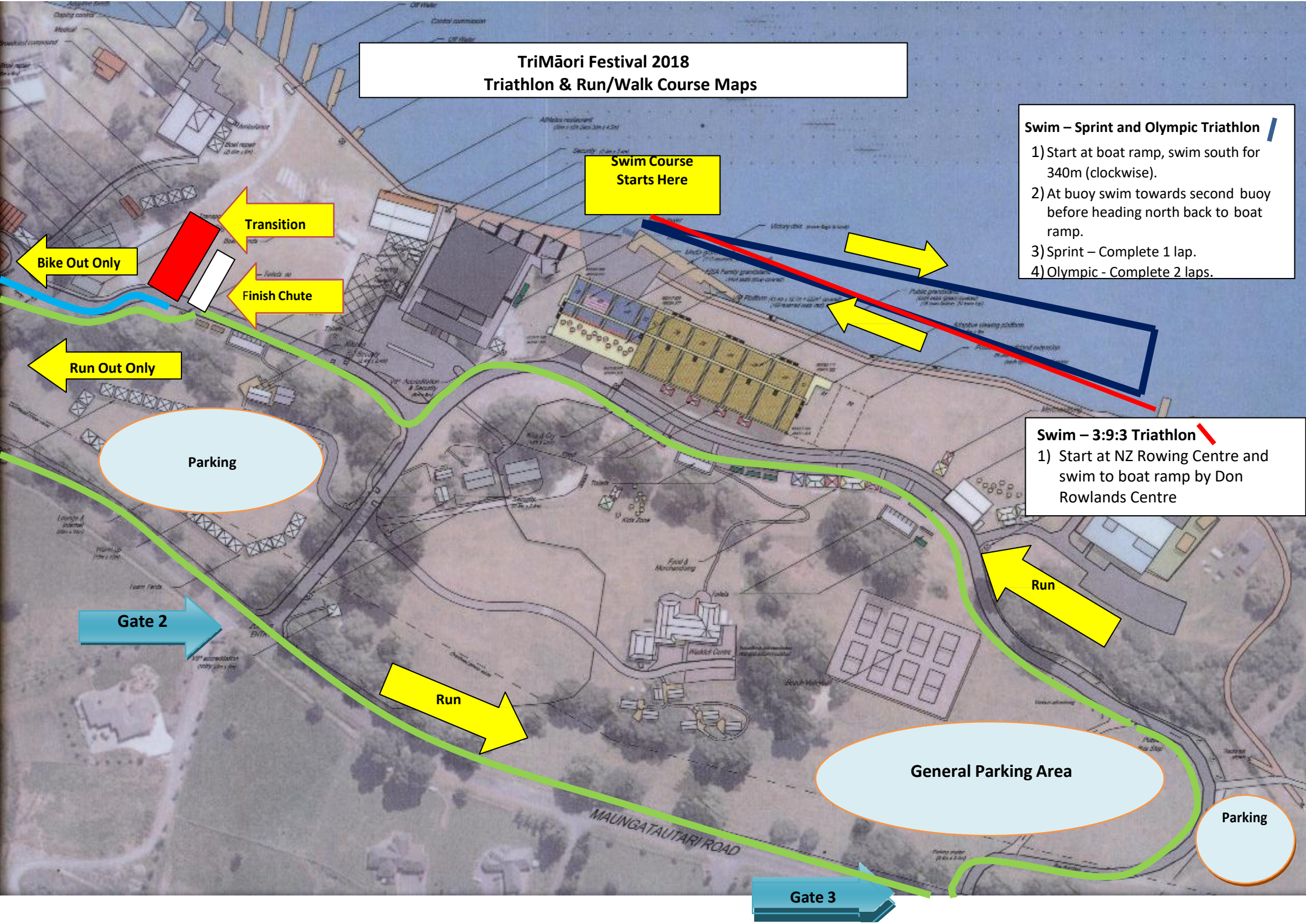
Run

Run

General Parking Area

Parking

Gate 3





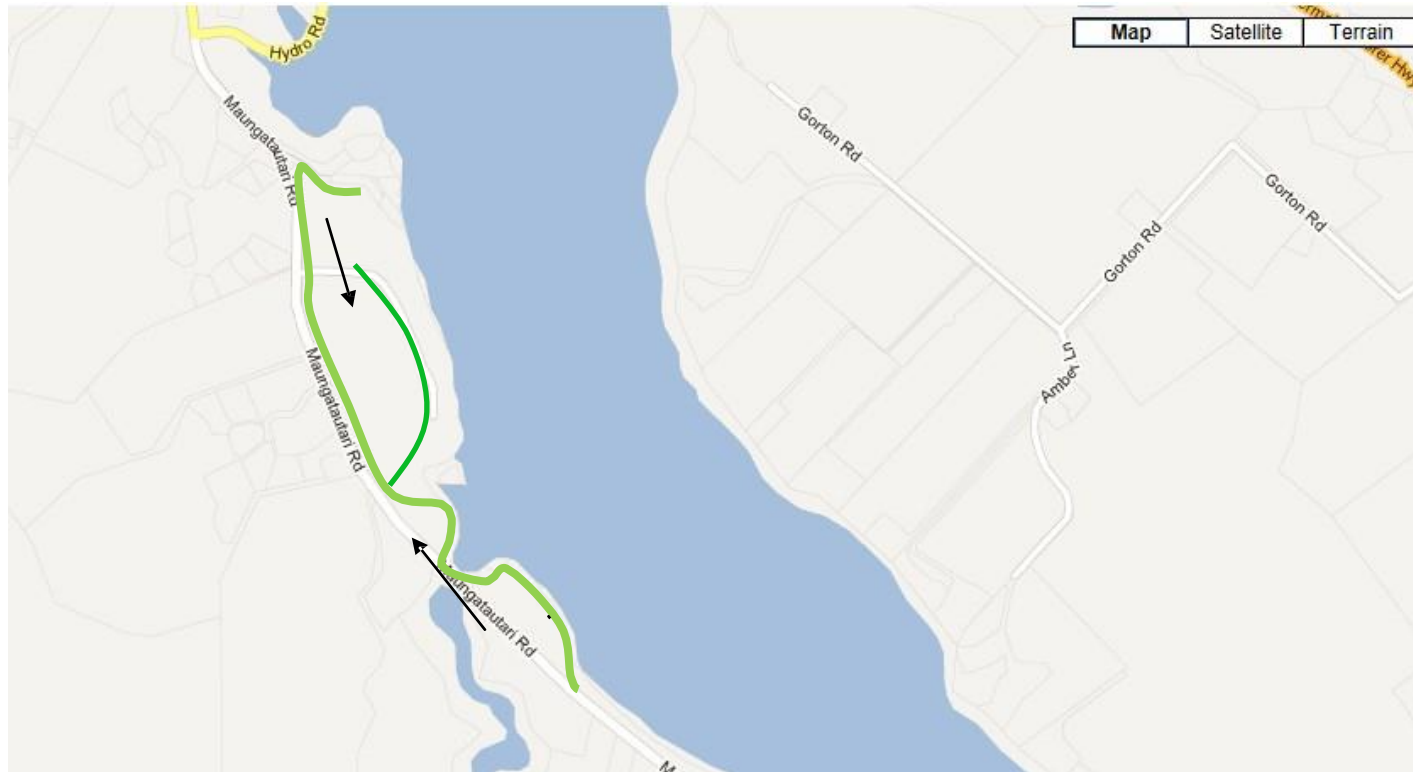
Olympic Bike – 2 laps of 20km course, out of Karāpiro and a short ride south then back via Maungatautari Road, Redoubt Road, Benn Road (way out not way back) and Nickle Road. **Sprint Bike** – 1 lap only.

Once you come out of Transition you will have a maximum of 20 metres to run then will need to mount your bike immediately. You will ride up Judd Lane, turn left on Maungatautari Road, ride south approximately 500 metres to **TURN 1**, and turn 180 degrees to head back north on Maungatautari Road. You will ride approximately 3km and turn left on Redoubt Road before Leamington. You will then ride and turn left onto Benn Road and ride up/down Benn Road, turn left back onto Redoubt Road and through to turn right onto Nickle Road to the relevant cones (**TURN 2**) just before Roto-o-Rangi Road where you will turn 180 degrees and head back via Nickle Road and Redoubt Road (except **no going back down Benn Road**). As you come back to Karāpiro, you will go around **TURN 1** again and back to **TURN 2** following the course set out above. Coming back to Karāpiro second time around, you will not go to **TURN 1**, but instead turn into Judd Lane and return to transition, dismounting approximately 20 metres prior to the Transition. All Olympic course cyclists must finish within 3 hours of triathlon start time.



1. Start from transition and turn right towards Gate 1 - Judd Lane.
2. Turn left at the top of Judd Lane onto Maungatautari Rd and do U turn at controlled area (approx. 300m).
3. Head north on Maungatautari Rd and turn left onto Redoubt Rd.
4. Do a U turn at controlled area on Redoubt Rd and head back towards Maungatautari Rd.
5. Turn right onto Maungatautari Rd and head back towards Lake Karapiro.
6. On your return back to Lake Karapiro (Maungatautari Rd), left onto Judd Lane – you've finished!!

Olympic, Sprint and 3:9:3 Triathlons and 5km/10km Run Course



1. All run courses start at Transition (i.e. 3:9:3, Sprint, Olympic, 5km and 10km).
2. Run towards Te Awa Cycle Way on Gate 1 – Judd Lane.
3. At the top of Gate 1 - turn left and follow Te Awa Cycle Way south.
4. Cross Gates 2 and 3 and continue south.
5. Take extreme care across all roads and at the decline/incline section 500m south of Gate 3.
6. 3:9:3 Triathlon – there will be a sign telling you to turn around at the 1.5km mark and head back towards Lake Karapiro and Finish Line.
7. Everyone else, keep running! After you cross the wooden bridge turn, head down the hill towards the Ski Club and continue along the Te Awa Cycle Way on the lakefront.
8. Turn around at the 2.5km turning point and head back towards Lake Karapiro.
9. If you are doing the Sprint or 5km run/walk – you only complete 1 lap of the run – head towards the Finish Line.
10. If you are doing the Olympic Triathlon or 10km run/walk - instead of going to the Finish Line you will continue back up to Gate 1 – Judd Lane and run the course a second time. On your second lap you as you head back towards the transition area make sure to turn into the Finish Line!!!