



EAST PIER HOTEL

**TRIATHLON AND DUATHLON SUMMER SERIES**

**Run Course**

Transition and Finish  
(Please see insert)

Run Turn at Cone Direction of Run Transition/Finish

**SPRINT 4.5km COURSE DESCRIPTION: (Red Line)** Leaving the transition area continue straight and follow the cones until you get to the gravel walkway. Follow this until you reach you the sealed road. **TURN RIGHT** (there is no longer a dog leg here). Follow the marked course over the old embankment bridge and **TURN RIGHT** down onto the Estuary path. At the end of the path **TURN LEFT** onto the limestone path to the run turnaround (small dog leg). Follow the limestone path back towards the Pandora Rd Bridge eventually joining the footpath beside Pandora Rd. Follow this path **TURNING RIGHT IN FRONT** of the Bakery carpark then **TURNING LEFT** to the finish line beside transition.

**SHORT 2.3km COURSE DESCRIPTION: (Blue Line)** Leaving the Pandora Rd side of transition follow the cones out onto Pandora Rd and keep running on the footpath leading onto the limestone path until you see the run turnaround. Come back the same way. Follow the limestone path towards the Pandora Rd Bridge eventually joining the footpath beside Pandora Rd. Follow this path **TURNING RIGHT IN FRONT** of the Bakery carpark then **TURNING LEFT** to the finish line beside Transition

**Always stay on the track when you are in the DOC reserve. No dogs. No rubbish is to be left behind.**

**STANDARD COURSE 9km OPTION (Red Line)** This is the same route as the sprint course but 2 laps.