

10KM RUN COURSE 2 LAPS

- S** RUN START
- F** RUN FINISH
- ↪** TURN
- 5** KILOMETRE MARKER
- ...** COURSE (2 LAPS)
- T** TRANSITION AREA
- ♂♀** TOILETS
- A** AID STATION
- 💧** WATER
- GU** ELECTROLYTE DRINK



**BARFOOT
THOMPSON &**
MOUNT MAUNGANUI
TRIATHLON

