

5KM RUN COURSE 1 LAP

- S** RUN START
- F** RUN FINISH
- ↪** TURN
- 3** KILOMETRE MARKER
- ...** COURSE (1 LAP)
- T** TRANSITION AREA
- ♂♀** TOILETS
- A** AID STATION
- 💧** WATER
- GU** ELECTROLYTE DRINK



**BARFOOT
THOMPSON &**
MOUNT MAUNGANUI
TRIATHLON

