

# RUN COURSE

MOUNT  
MAUNGANUI  
**TRIATHLON**  
*TRI AT  
THE MOUNT*

**BARFOOT  
THOMPSON &**



- F** FINISH LINE
- S** START LINE
- TURN-AROUND
- TOILETS
- 3** KILOMETRE MARKER
- A** AID STATION LOCATION
- WATER
- GU** ELECTROLYTE DRINK