



RUN

Total ascent 289m



Glendhu Bay



Finish

Bike Glendhu Base & Cafe

R2 Aid Station - 5.5km

R1 Aid Station - 1.5km
R3 Aid Station - 9km

R4 Aid Station - 12km

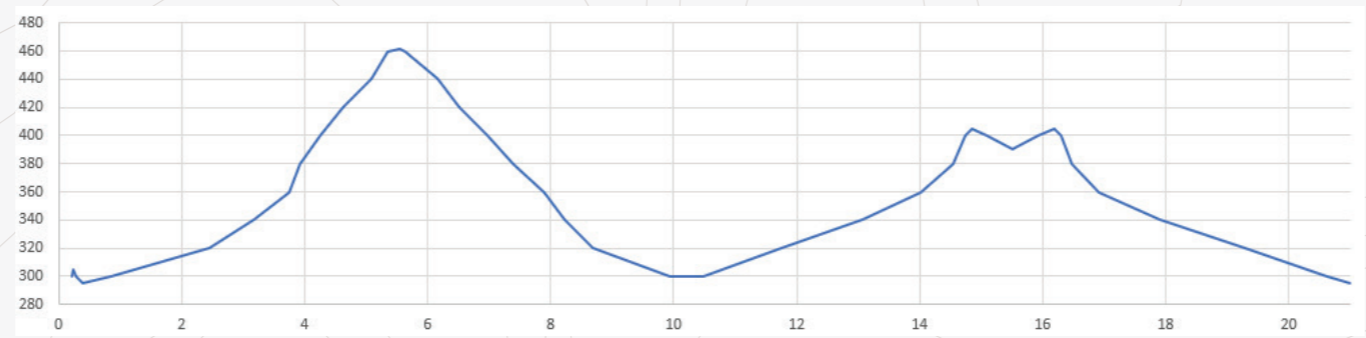
R5 Aid Station - 14km

R6 Aid Station - 18km

Redbull Aid Station - 19km

Turn around point

Elevation



INTEGRITY HOMES

CHALLENGE WANAKA

we are triathlon!