

# CROSS TRI/DUATHLON RUN



**10.5KM**

Total ascent 289m

R2 Aid Station - 5.5km

R1 Aid Station - 1.5km

R3 Aid Station - 9km



**Bike  
Glendhu**



Bike Glendhu Base & Cafe

Transition

**Finish**

Glendhu Bay



INTEGRITY HOMES

**CHALLENGE  
WANAKA**  
*wearetriathlon!*