



**New Plymouth**  
Course Map

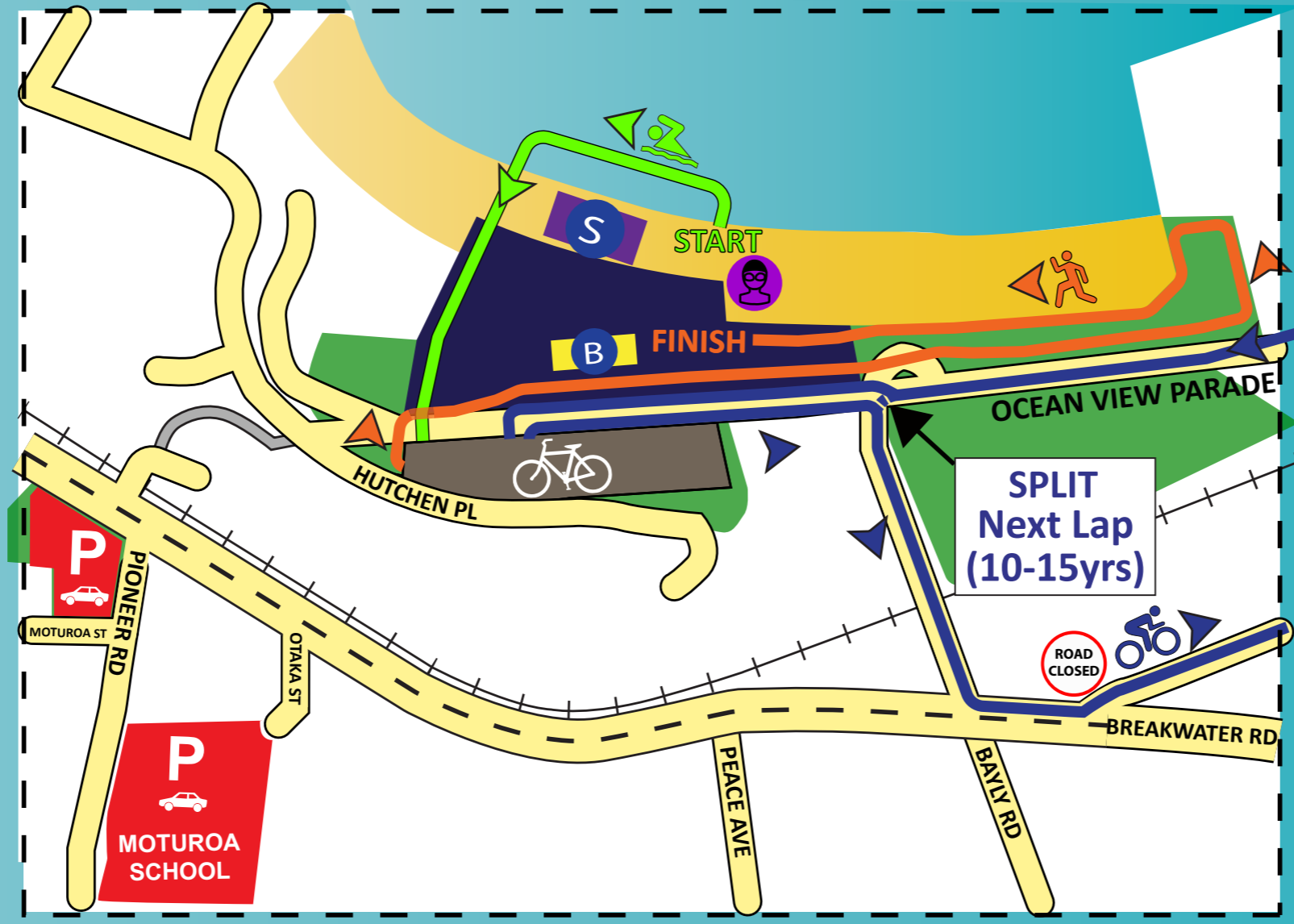
Ngamotu Reserve  
Moturoa

Wednesday  
25th March  
2026

**SPECTATOR VIEWING AREAS**

- B = Bike
- S = Swim

**P** **PUBLIC PARKING AVAILABLE AT MOTUROA SCHOOL**



	Splash & Dash	7yrs	8-9yrs	10-15yrs
Swim	50m	50m	100m	200m
Cycle	NO CYCLE	1 Lap (approx 4km)	1 Lap (approx 4km)	2 Laps (approx 8km)
Run	1 Lap (approx 1.5km)	1 Lap (approx 1.5km)	1 Lap (approx 1.5km)	1 Lap (approx 1.5km)
Event Village				
Transition				
Pre-Swim Tent				