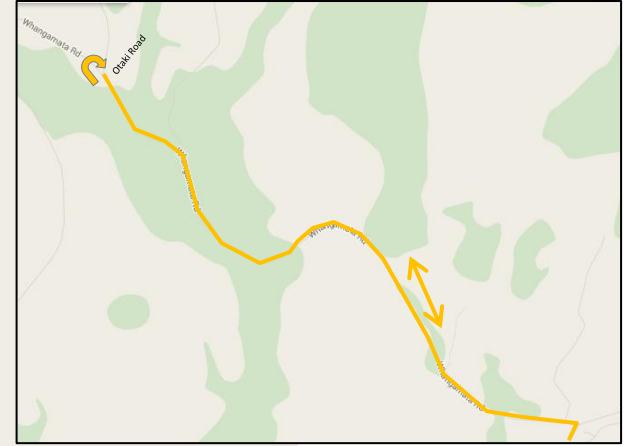
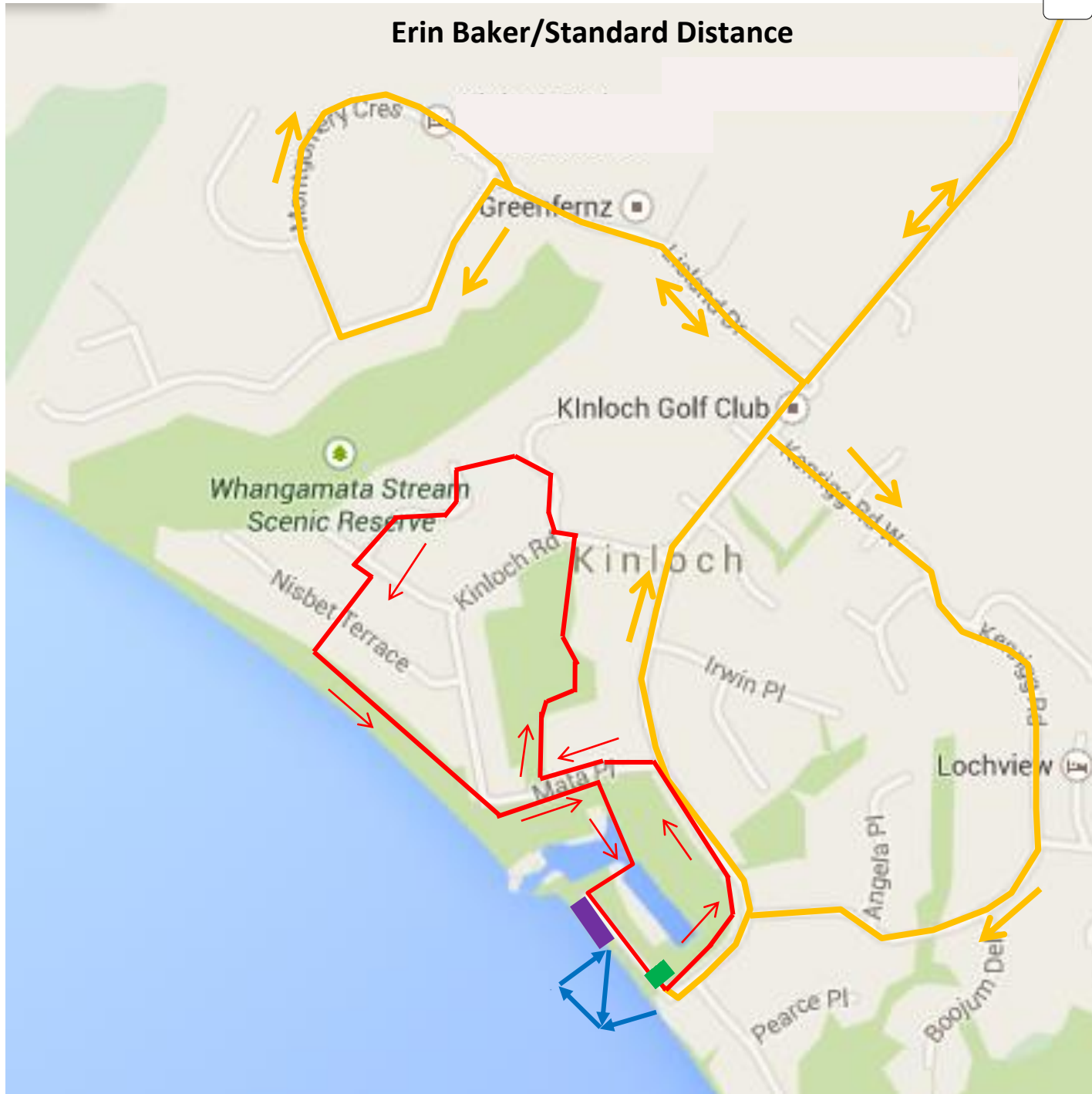


# Erin Baker/Standard Distance



- **Swim** – 1500m – 2 Laps
  - **Bike** – 40km – 2 laps - Marina Tce then veer right into Kinloch Rd, left into Lisland Drive, left at roundabout, right into Montgomery Cres, through roundabout into Lisland Drive, left into Kinloch Rd, left into Whangamata Rd to turnaround at Otake Rd, on return right into Kinloch Rd, left into Kenrigg Rd West, into Kenrigg Rd East, left into Marina Tce, repeat lap then head to transition
  - **Run** – 10km – 4 laps - Exit transition into Marina Tce, left into Mata Place, right into Kinloch Domain (coned path), left into Kinloch Road, right into Lakemere Way, left through reserve, left into Candu Lane, left into Ogilvie Road, right into park leading to Nisbet Terrace, cross Nisbet terrace, continue on grass path to Lake front reserve, continue left onto Mata Place, right onto marina pathway across bridge and left into Kinloch Esplanade towards Finish Line - repeat 3 more times then head to Finish Line.
- Transition      ■ Finish