

Course Description

From Transition, turn right into Parkhill Rd, then right into Parkhill Farm, stay on this road and this will bring you to a turn around point, keep left at all times.

Laps

Medium Course: 1 Lap only first run leg.

Long Course: 1 Lap, both run legs.



Scott+ clinic

TRIO HB

Haumoana Duathlon 4km Run Course