



CYCLE COURSE DESCRIPTION: Leaving the transition area turn left into Humber St, then left into Pandora Road, follow this all the way to the end and you will then turn left into the Napier-Hastings Expressway, This road narrows over the bridge so avoid passing others on the bridge, turn left into Prebensen Drive, left into Severn St, right into Thames St, left into Pandora Rd. Short Course will do 2 laps, Sprint Course 3 laps and on the days where there is a Standard course Option it is 6 laps. Please ensure you stay left at all times and no draughting will be tolerated.