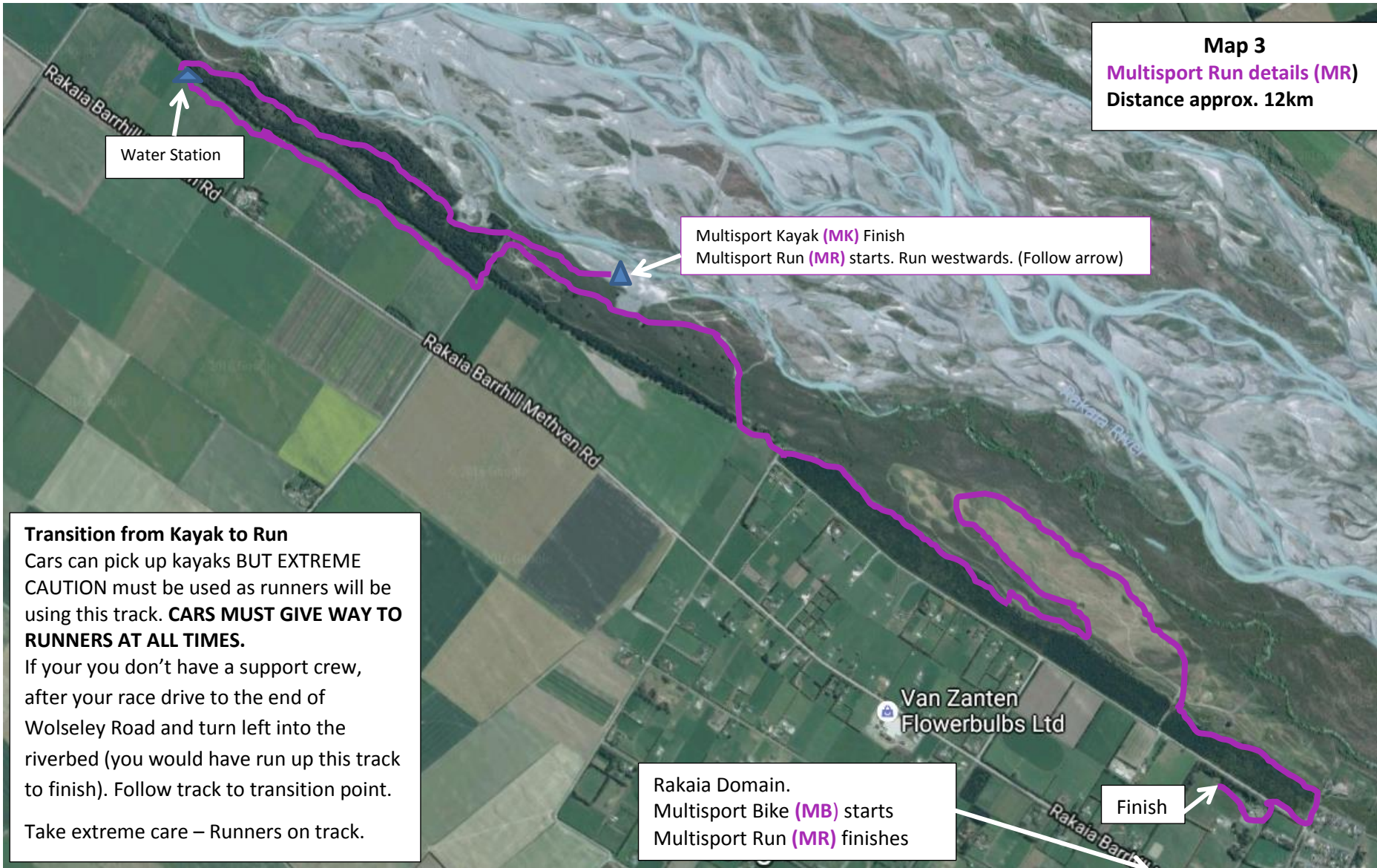


**Map 3**  
**Multisport Run details (MR)**  
Distance approx. 12km



Water Station

Multisport Kayak (MK) Finish  
Multisport Run (MR) starts. Run westwards. (Follow arrow)

**Transition from Kayak to Run**  
Cars can pick up kayaks BUT EXTREME CAUTION must be used as runners will be using this track. **CARS MUST GIVE WAY TO RUNNERS AT ALL TIMES.**  
If you don't have a support crew, after your race drive to the end of Wolseley Road and turn left into the riverbed (you would have run up this track to finish). Follow track to transition point. Take extreme care – Runners on track.

Rakaia Domain.  
Multisport Bike (MB) starts  
Multisport Run (MR) finishes

Finish