



Martin Chimes Maccabi Tri Course

25 DECEMBER



Swim Course

Start Start at Parsley Bay beach

- 2 rectangular laps around 2 buoys ■
- After **first lap** exit water and run around cones ▲ on sand
- Re-enter water and complete **second lap**
- Head to **transition area**





Cycle Course

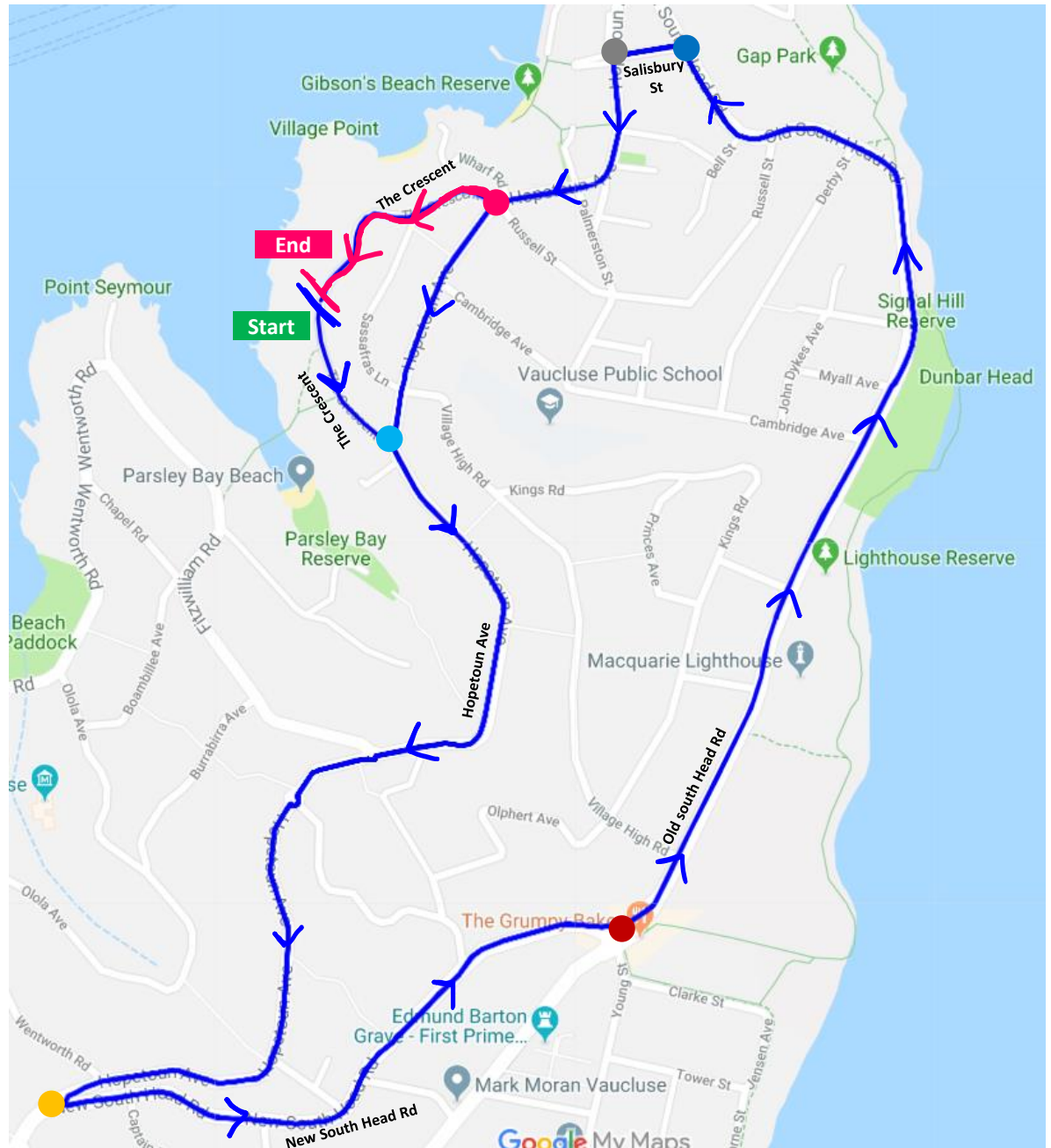
Start Start at The Crescent

Then repeat 4 laps of

- Right at Hopetoun Ave
- Left at New South Head Rd
- Left at Old South Head Rd
- Left at Salisbury St
- Left at Hopetoun Ave
- On fourth and final lap turn right into The Crescent

End End at The Crescent

[Link to Google Map](#)





Run Course

Start Start at The Crescent

- Right at Hopetoun Ave
- U-Turn at Roundabout at Fitzwilliam
- Right at Robertson Pl (Roundabout)
- Merge onto Military Rd
- Merge onto Cliff St
- Left at Short St
- Right at Cove St
- Left at Pacific St
- Right at Victoria St
- Right at Cliff St

End Reverse route back to The Crescent

[Link to Google Map](#)

