



Martin Chimes Maccabi Tri Course

25 DECEMBER

Swim Course (~750m)

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 (~19km)

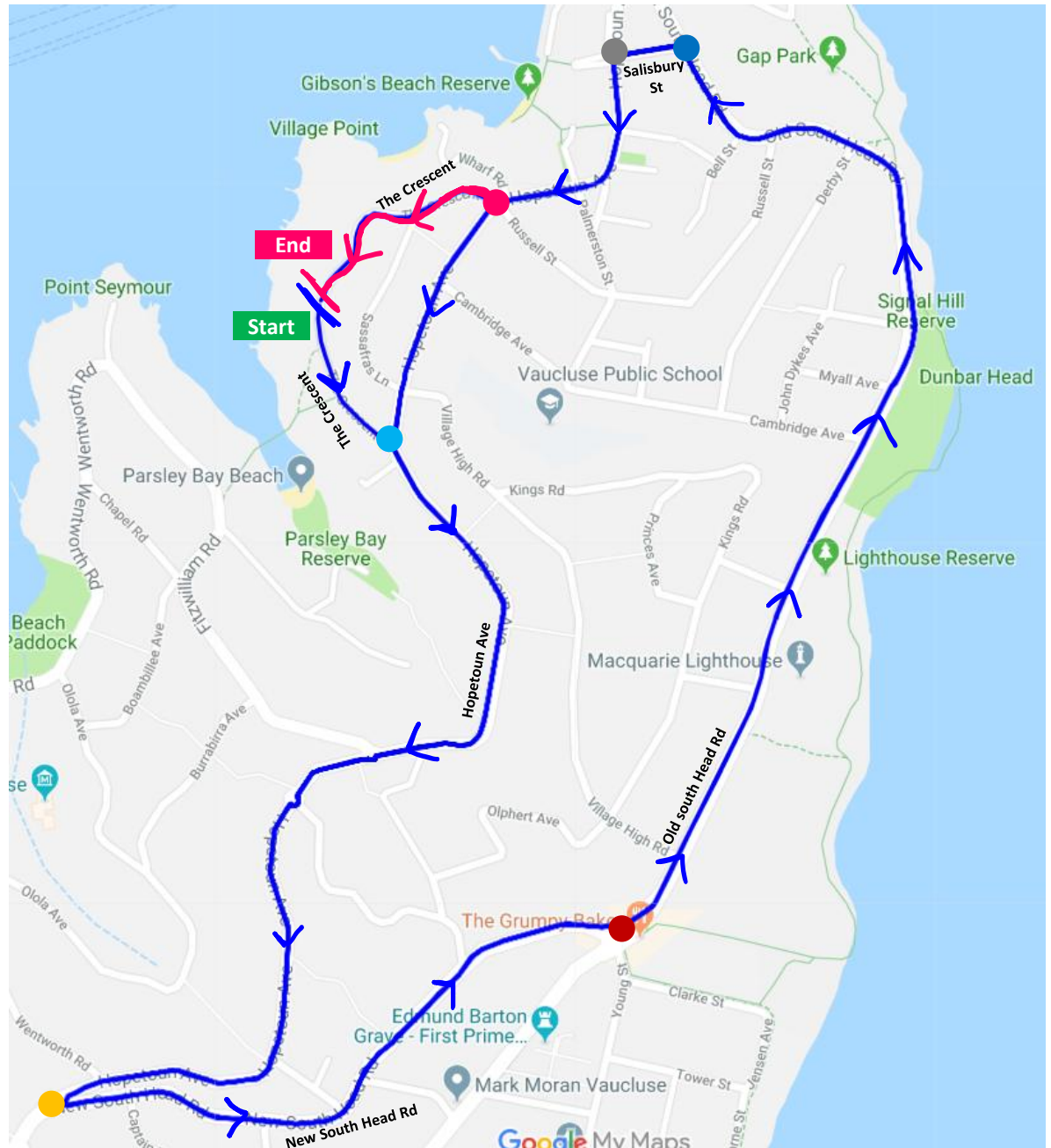
Start Start at The Crescent

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 (~5km)

Start Start at The Crescent

Exit Transition Area by turning left

- Left at Hopetoun Ave
- Right at Robertson PI (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
- **Then head back to Hopetoun Ave all the way to the roundabout**
- U-Turn at Roundabout at Fitzwilliam
- Enter The Crescent

End End

