



# 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**



[Link to Google Map](#)

# Cycle Course (~19km)

**Start** Start at The Crescent

**Then repeat 4 laps of**

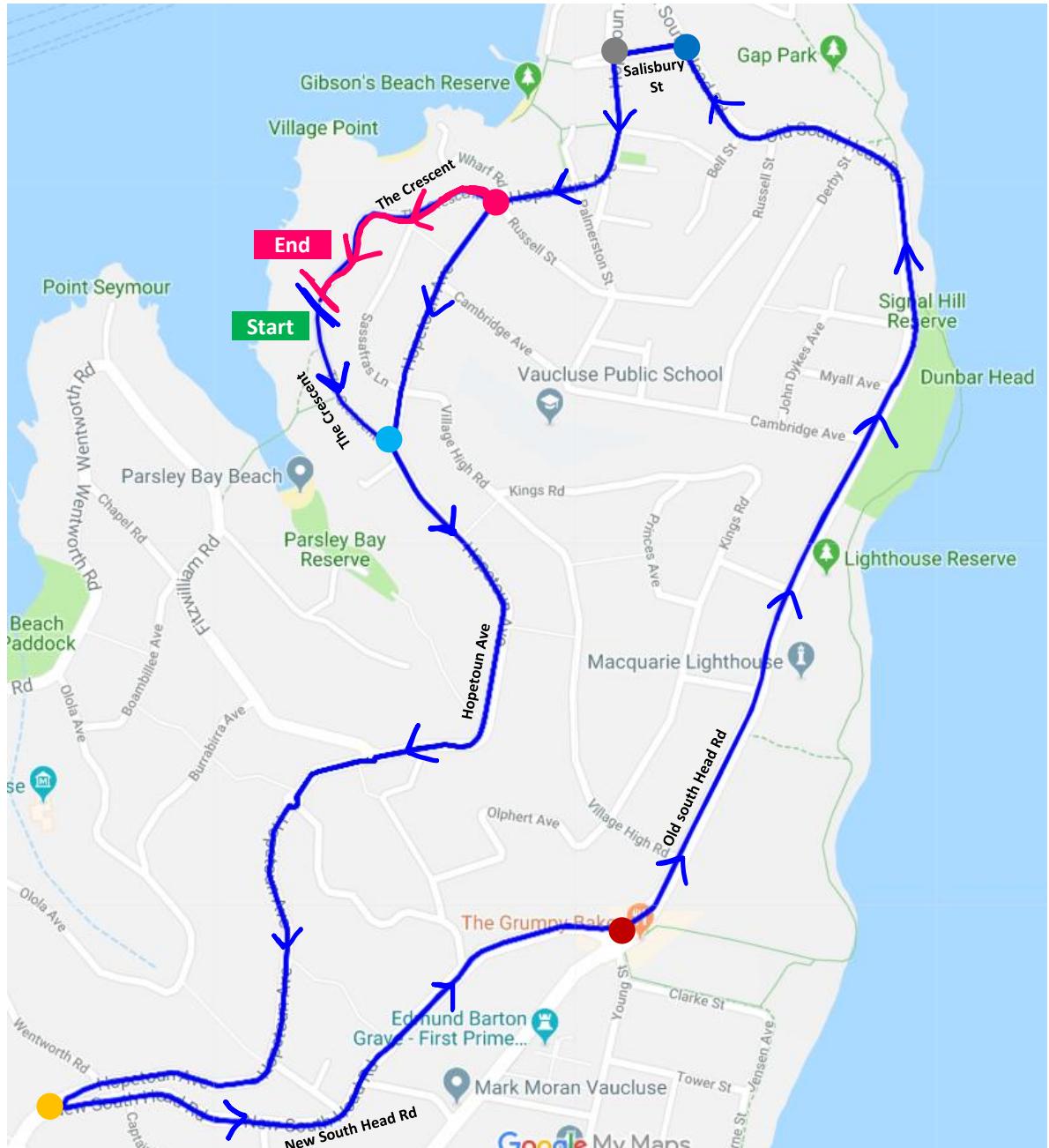
- Right at Hopetoun Ave
- Left at New South Head Rd
- Left at Old South Head Rd
- Left at Salisbury St
- Left at Hopetoun Ave

- 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 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
- **Then head back to Hopetoun Ave all the way to the roundabout**
- U-Turn at Roundabout at Fitzwilliam
- Enter The Crescent
- End** End

