World Triathlon Cup
TAURANGA
2026

ATHLETE GUIDE

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WELCOME TO TAURANGA

Welcome to the first ever World Triathlon Cup Tauranga

Nau mai, haere mai. Welcome to Tauranga!

Nestled on New Zealand’s stunning Pacific coastline, Tauranga is where world-class racing meets an unbeatable outdoor lifestyle.

New Zealand’s fastest-growing city, Tauranga (population 169,000) is just a few hours’ drive from Auckland, and combines vibrant urban amenities with easy access to nature, creating the perfect base for both athletes and supporters. Beyond race day, visitors can explore pristine beaches, experience Māori culture, enjoy award-winning eateries, and discover adventure activities such as kayaking, hiking, surfing and marine wildlife encounters.

The city's relaxed coastal lifestyle is reflected in its thriving wellness culture, where beachside saunas, outdoor yoga and fresh, healthy food are all part of everyday life.

With a welcoming community, and a spectacular natural setting, Tauranga delivers an unforgettable event experience. We can’t wait to see you!

For more information, please visit: bayofplentynz.com/places/tauranga

Welcome from the World Triathlon President

Greetings and a warm welcome to the 2026 World Triathlon Cup Tauranga,

It is with great pleasure that we make our way to this stunning region of New Zealand for the first of what will be a series of three world-class triathlon events to be held in the city of Tauranga in the coming years.

This country has a rich and successful history in the sport, so it is fitting that we are able to continue hosting World Cup action this year, before the arrival of the Triathlon World Tour in 2027 and the Finals in 2028, where the world champions will be crowned here in Mount Maunganui, on the edge of the Bay of Plenty.

These are precisely the kind of long-term partnerships that keep our sport thriving and that help us to continue elevating its profile around the world. The World Triathlon Cup will bring new fans into triathlon, knowing that they will have the opportunity to race on the same course as the elites in two years' time at that eagerly awaiting Finals.

As the athletes continue their quest for qualification points for LA28 as well as a place on the prestigious World Triathlon Cup podium, the racing this weekend is sure to be fast and furious and non-stop entertainment from the start horn, featuring some of the best triathletes on the planet.

My sincere thanks go to the Local Organising Committee, to Triathlon New Zealand and the city and people of Tauranga for their commitment and hard work in staging this event. To the officials and volunteers, your dedication is invaluable and deeply appreciated by us all. To every athlete, I wish you the very best of luck in achieving your goals over the coming days.

Yours in Sport,

Antonio F. Arimany
World Triathlon President

Welcome from New Zealand Government

Kia ora and a very big welcome to you all.

It is a privilege to welcome athletes, officials and supporters from around the world to Tauranga for the 2026 World Triathlon Cup.

This event marks the beginning of an exciting three-year journey as New Zealand hosts a series of World Triathlon events leading up to the 2028 World Triathlon Championship Finals.

Hosting this event for the first time is a significant milestone for Tauranga and the country, reflecting the strength of our triathlon community and capability to deliver world-class competitions. New Zealand has a proud history of hosting international triathlon events, from World Cup races to major long-distance event competitions and World Championships.

These events play an important role in strengthening our tourism and hospitality sector by bringing athletes, supporters and visitors into our regions, supporting local businesses and showcasing distinctive landscapes, training environments and famous manaakitanga (hospitality) that make our country an exemplary triathlon destination.

We are known for developing world-class triathletes and offering an exceptional environment to train and race. I encourage you to make the most of your time here and experience everything our landscapes, local businesses, and training environment have to offer.

I acknowledge the organisers, iwi, local partners and the many volunteers whose efforts have made this event possible, and who will help ensure a memorable experience both on and off the course.

To all competitors and your support crew, I wish you every success. To our visitors, welcome — enjoy the challenge, the competition, and the unique setting that Tauranga and New Zealand provides.

Hon Louise Upston
Minister for Tourism and Hospitality
New Zealand Government

Welcome from the Mayor of Tauranga

Kia ora,

It is a pleasure to welcome you to Tauranga, your host city for the 2026 World Triathlon Cup.

This year marks the beginning of Tauranga's three-year commitment to being the home of world triathlon in Aotearoa New Zealand. Following this event, we will proudly host the World Triathlon Championship Series in 2027 and the pinnacle World Triathlon Championship Finals in 2028.

We are a city that embraces events. They create opportunities for our community to come together, celebrate sport, and share memorable experiences, contributing to our vision of a vibrant and connected city.

Triathlon holds a special place in Tauranga's story. Each year, we host a range of triathlon events for athletes of all ages and abilities, many of which have been fixtures on our sporting calendar for more than 30 years. Hosting World Triathlon will inspire our community and help continue an enduring legacy for the sport in our region.

We hope you'll make the most of your time in Tauranga. Whether it's a walk along the beach, a swim in the ocean, or enjoying a meal with friends and whanau (family), our city offers plenty of opportunities to unwind and explore between events.

We can't wait to welcome you, your support crew, and everyone who has travelled with you or is backing you from the sidelines.

On behalf of Tauranga City Council and our community we look forward to sharing our manaakitanga (hospitality) and helping make your time in Tauranga memorable both on and off, the course.

Mayor Mahé Drysdale, MNZM
Mayor of Tauranga

Welcome from TRI NZ's Chief Executive

Kia ora koutou,

Welcome to New Zealand, and to Tauranga.

We are delighted to host the World Triathlon Cup Tauranga, marking the first year of what promises to be an exciting three-year celebration of triathlon in the Bay of Plenty.

Triathlon is part of the region's DNA, and we are confident you will enjoy not only a world-class racing experience, but also the unique warmth and hospitality that New Zealand is known for.
Our sport has a proud and enduring history here, and we are thrilled that this year's event will incorporate the iconic Tinman Triathlon, a longstanding favorite on the domestic calendar. We extend our sincere thanks to Triathlon Tauranga for the important role they play in delivering this event, both this year and into the future.

We also acknowledge and thank New Zealand Major Events, Tauranga City Council, and our valued partners ASICS, House of Travel, Port of Tauranga, Bay Radiology, and Suzuki New Zealand, whose collective support has made this event possible.

I am fortunate to be supported by a highly capable event team, led by Event Director Shanelle Barrett, so you can be confident you are in good hands throughout your time with us.

As you continue your global racing campaigns, we wish you every success and look forward to welcoming you to Tauranga this November.

Ngā mihi nui,
Pete De Wet
Chief Executive
Tri NZ

Welcome from the Event Director

Nau mai, haere mai ki Tauranga. Welcome to Tauranga.

On behalf of the local organising committee, it is my pleasure to welcome all athletes, technical officials, coaches and supporters from around the world to this exciting new World Triathlon Cup in Mount Maunganui, Tauranga.

Tauranga is an exciting new venue for World Triathlon; I think you will enjoy the stunning scenery it provides as we bring this event to life.

I would like to share a special thank you to Triathlon Tauranga and the Marra Construction Tinman Triathlon event for welcoming us as a part of this iconic event for 2026. Tinman has long withheld a reputation for being one of the best age group races in New Zealand, we are excited to be a part of the action for 2026.

We are looking forward to the journey to the 2028 World Triathlon Championship Finals over the next 3 years. Thank you for joining us to kick it off!

Kind regards

Shanelle Barrett
Event Director

GENERAL INFORMATION

Please keep in mind that this information can change, and the final race information will be provided to athletes and team managers at the athletes' briefing.

Key Contacts

Role	Name	Phone Number	Email
LOC Event Director	Shanelle Barrett	+64 27 457 6736	shanelle@tri2028.nz
LOC Operations Manager	Aidan Barrett	+64 21 452 010	aidan@tri2028.nz
LOC Athlete Services	Maddison Jensen	+64 27 244 1816	maddison@tri2028.nz
LOC Media Manager	Andrew Dewhurst	+64 21 026 92375	andrew@gracieproductions.co.nz
World Triathlon Team Leader	Kris Gemmell		kris.gemmell@triahlon.org
World Triathlon Medical Delegate	Dr Sarah West		Wattage76@icloud.com
World Triathlon Technical Delegate	Michael Thompson		michael@prestigeblinds.com.au

Event Contact Details

Triathlon New Zealand
C/-AUT Millennium
Antares Place
Mairangi Bay
Auckland
Email: info@tri2028.nz

Key Dates and Times

Start	Finish	Item	Location
Saturday 21st November 2026			
7:00		Bike Course Familiarisation	Elite Transition, Pilot Bay
14:15	15:15	Swim Familiarisation	Pilot Bay
16:00	17:00	Athlete Briefing & Registration	Bay Oval Pavilion
Sunday 22nd November 2026			
12:30	13:30	Athlete Lounge Opens for Elite Women	Pilot Bay
14:00		Elite Women Race Start	Pilot Bay
14:30	15:30	Athlete Lounge open for Elite Men	Pilot Bay
16:00		Elite Men Race Start	Pilot Bay
17:00		Medal Ceremony	Pilot Bay

Key Event Links

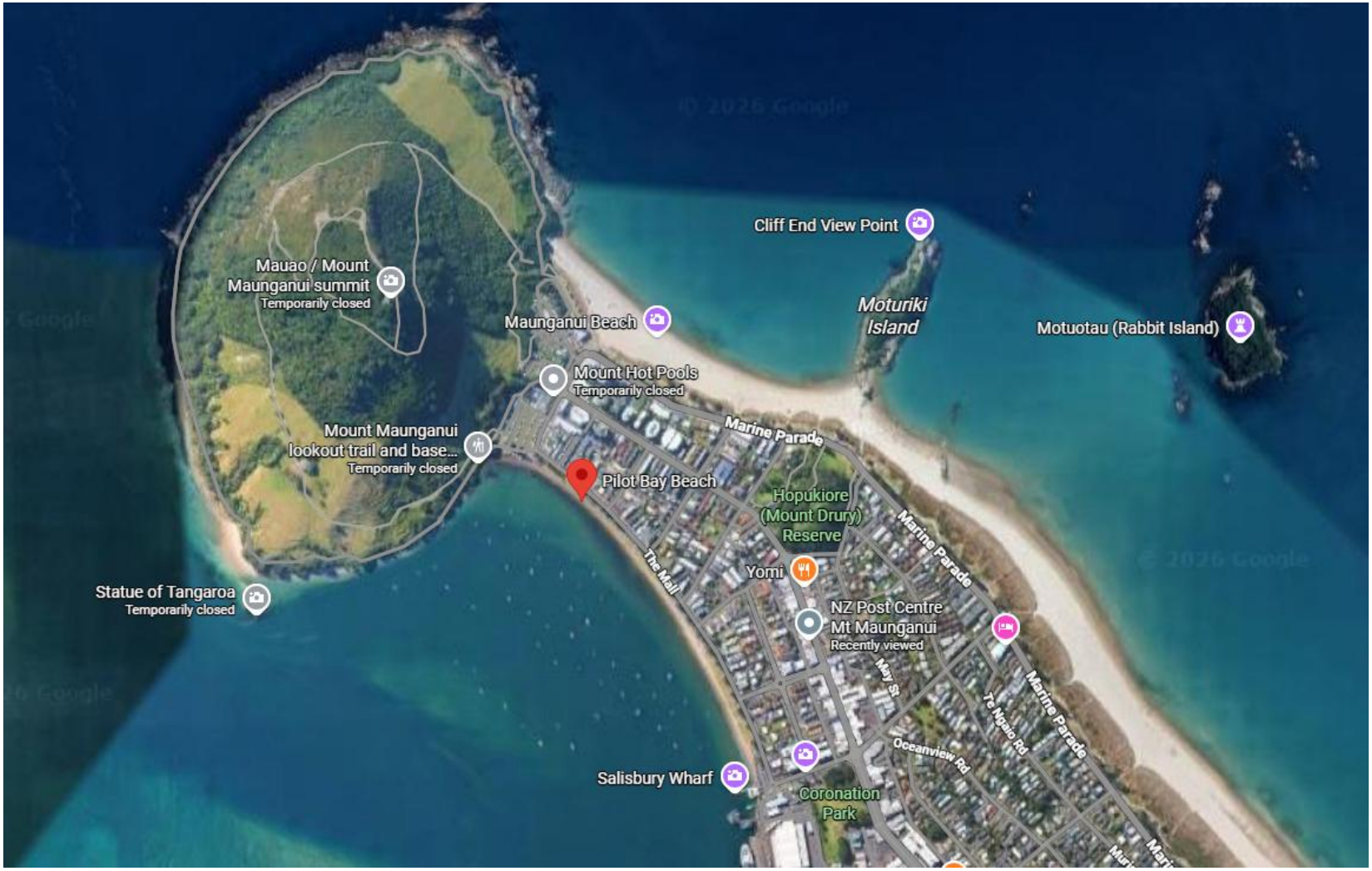
Keep up to date with event information and access live updates by following us on social media.

Website: www.tri2028.nz
World Triathlon Website Page: https://events.triathlon.org/2026-world-triathlon-cup-tauranga
Instagram: tri2028.nz

VENUE

Location

The event venue is located at Pilot Bay, Mount Maunganui, 3116.



World Triathlon Cup TAURANGA 2026

Venue Plan

World Triathlon Cup
TAURANGA
2026

AS AID STATION · AL ATHLETE LOUNGE · AR ATHLETE RECOVERY · BIG SCREEN · F FINISH LINE · GRANDSTAND · LZ LITTER ZONE · MEDICAL · PB PENALTY BOX · S START LINE · U TURN
VIP VIP LOUNGE · WHEEL STATION · PODIUM · EXPO

Medical & Emergency Services

First Aid and Emergency Medical Services will be available at the venue on Sunday 22nd November 30 minutes before race start and during competition hours.

Ambulances will be available to provide emergency transfer to hospital, with medical facilities provided at the finish area.

Medical services at the venue are provided free of charge. Treatment in clinics, practices and hospitals is to be paid for by the athlete.

Athletes / teams must ensure that they have appropriate medical insurance as required by World Triathlon competition rules.

For pre and post event, non-emergency care you can go to:

- Mount Medical Centre, 257 Maunganui Road, Mount Maunganui 3116.

For urgent medical care (non-life threatening conditions):

- Accident & Healthcare Tauranga is open from 8am-8pm 7 days a week. Located at 19 Second Avenue, Tauranga, 3110.

Alternatively, if emergency care is required the

- Tauranga Hospital Emergency Department is open 24/7 and is located at 829 Cameron Road, Tauranga South, Tauranga 3112. Treatment will need to be covered by the participants.

For any other emergencies, police, fire, ambulance etc, please dial 111.
For non-emergencies that require the NZ Police, please call 105.

Accreditation

The LOC will provide all participants with accreditation according to the World Triathlon event operational requirements.

Accreditation for athletes, coaches, and team medical will be handed out during the athlete briefing Saturday 21st November prior to and immediately following the Race Briefing at the Bay Oval.

Photo ID must be shown to be issued with accreditation.

Accreditation for coaches and team medical will be in the form of a wrist band which must be fastened on the wrist at the time it is issued. Accreditation will only be provided to personnel registered in the World Triathlon online system. Removing this wrist band to share it with other team personnel will invalidate your access rights to the venue.

Only accredited persons will be allowed to access certain venue areas. Accreditation cards/wrist bands are number coded and provide access to specific areas of the

competition areas. All accredited persons are requested to carry their accreditation cards with them always and to show them upon request.

Athletes Area at Venue

Facilities including Athletes' Lounge and toilets are provided to the athletes within the athlete's area. Seating, bag storage and sealed bottles of water will be available to the athletes before the race in the Athletes' Lounge and afterwards in the recovery lounge. Athletes gear will be moved from the Athlete Lounge to Athlete Recovery, so please ensure gear is tidy and labelled in a bag.

Water Quality

Water Quality Analysis – Enterococci

Date of Sample	Location A	Location B	Location C	Enterococci Limit MPN/100ml
23/03/26	43	<1	<1	<100
2/10/26	0	1	0	<100

Water Quality Analysis – E. Coli

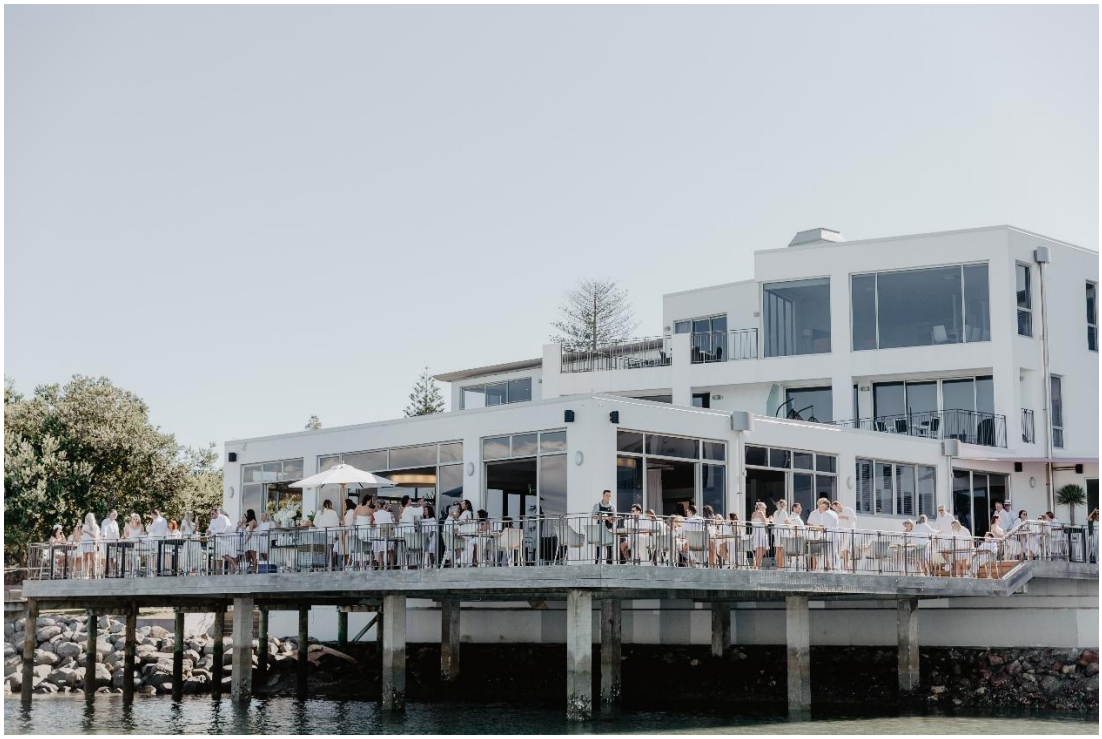
Date of Sample	Location A	Location B	Location C	E.Coli Limit NMP/100ml
2/10/26	0	0	0	<250

Summary
Additional tests will be taken 7 days out from the event.

This beach is also monitored by the regional district council with regular readings – of which details can be found at the following link:
https://www.lawa.org.nz/explore-data/bay-of-plenty-region/swimming/pilot-bay-opposite-pacific-ave/swimsite

TRAVEL & ACCOMMODATION

Host Hotel



The official host hotel is Trinity Wharf. Trinity Wharf Tauranga is a stunning over-water hotel in the heart of Tauranga City Centre, offering Urban, Pool, Harbour and Apartment room categories. All feature king beds, four-point bathrooms, heated floor tiles and complimentary Wi-Fi. The Trinity Wharf is 6.7km from the event venue at Pilot Bay. All bookings are to be paid by the athlete.

Athlete Discount
Trinity Wharf is pleased to provide you with an exclusive **12% off Promotional Code** on their flexible rate (BAR).

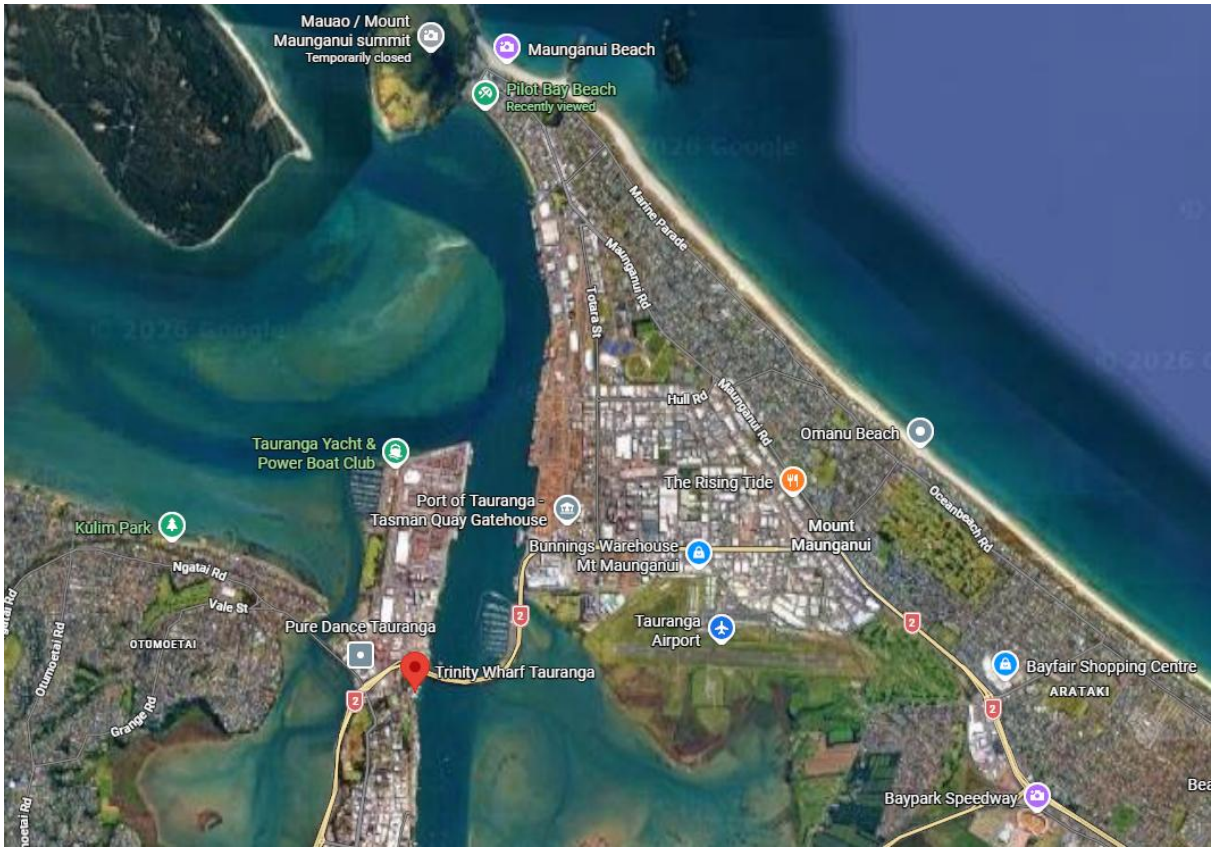
To redeem this discount, please visit www.trinitywharf.co.nz

- Input the code: **WorldCup2026**
  Your discounted rate will automatically be applied to all of the available room categories.

Booking by phone or email
The reservations team can be contacted by phone or email
Phone: 07 577 8702
Email: reservations@trinitywharf.co.nz
Please quote **WorldCup2026** and the team will apply your discounted accommodation rate to any of the available room categories.

Important to note - to take advantage of the promotional code, you will need to enter the code at the time of booking. Unfortunately, they are unable to apply the code retrospectively once the booking has been made.

Trinity Wharf Details:



Address: 51 Dive Crescent, Tauranga 3110
Website: https://www.trinitywharf.co.nz/
Contact email: reservations@trinitywharf.co.nz
Contact Phone number: +64 7 577 8702 | 0800 577 8702

International Airport

The closest International Airport is the Auckland Airport (40-minute flight), or the Wellington Airport (1hour 20min flight), from these airports you will need to take a domestic flight to Tauranga.

Transfers to your accommodation are from Tauranga domestic airport ONLY.

Airport Transfers and Transport Elite Athletes and Coaches

Free local transfer to your Hotel from Tauranga Airport will be managed by Luxury Airport Shuttles.
If you are traveling in a group, please allocate 1 person to place a group booking and include how many passengers and bikes will be in your group.

Please complete the online booking form through www.luxuryairportshuttles.co.nz and enter the code 'TRI2026' in the additional notes section to confirm your booking.
All bookings must be placed at least 4 days prior to the event so this can be managed – any requests after this date will not be accommodated.

luxury airport shuttles

Tauranga is a fairly compact city, so we encourage you to commute via bike across the city. The city is set up with cycle lanes, so it is safe to commute via bike. Please ensure that you obey the New Zealand road rules and always ride in a single file on the left-hand side of the road. DO NOT RIDE ON THE EXPRESSWAY, bikes are not permitted on SH2 (the highway connecting Tauranga & Mount Maunganui), please use the dedicated cycle lane to safely cross the Tauranga Harbour.

For public transportation, there is the Baybus public bus service in Tauranga and the wider Bay of Plenty region. For more information visit the following website: https://www.baybus.co.nz/

baybus

Visa Requirements

For teams (athletes) traveling to NZ to compete in the World Triathlon Cup please go to https://www.immigration.govt.nz/visit/what-you-need-to-visit-new-zealand/ for details on whether your athletes need to apply for a visa to enter New Zealand.

If you require a visa and plan to stay in New Zealand for less than 3 months, you should be able to apply for a "Sports Events Visitor Visa". Please be aware that it may take over 3 weeks to process this visa application so you should apply at least 1 month before the event. https://www.immigration.govt.nz/new-zealand-visas/visas/visa/sports-events-sports-people-support-staff-and-media-coming-for-events-or-tours-visitor-visa

If you require a letter of invitation to apply for your visa this can be supplied on request by completing the following form:
https://sbeventsltd.formstack.com/forms/visa_applications
Please provide all team member's details and passport numbers.

ATHLETE SERVICES

Training

Swimming
Free swim training is available at *Baywave TECT Aquatic & Leisure Centre* in Mount Maunganui.

To secure a session, athletes can book a 1 hour session in one of our reserved lanes:
Thursday 19th
- 7:30am - 9:30am x 4 lanes
- 2:00pm – 3:00pm x 4 lanes

Friday 20th
- 7:30am – 8:30am x 4 lanes
- 10:30am – 12:30pm x 4 lanes
- 2:00pm – 3:00pm x 4 lanes

Saturday 21st
- 9:30am - 11:30am x 4 lanes

Please book your free session here: https://bayvenues.jonasleisure.co.nz/Ticket/Buy

If you would like to swim outside of these times, please let the front desk know that you are an elite athlete competing in the World Triathlon Cup and show them your ID for free entry. All athletes can receive 1 free hour of pool use per day from Thursday 19th – Saturday 21st.

Address: Corner Girven Road & Gloucester Rd, Bayfair, Mount Maunganui 3116.

Athletes train in the swimming pools at their own risk.

Bike and Run Training
As with any training on open roads please ensure you obey NZ Road Rules. If you are riding the course ensure that you ride single file and keep to the left (do NOT ride in the middle of the road or in packs), obey all signs, do NOT ride through stop signs and give way signs at pace, stop at pedestrian (zebra) crossings, do not exceed speed limits. The course is in a busy residential/commercial area, please look out for reversing cars when training.

Gym & Recovery Facilities

Beyond Physio and Fitness
- Sports Physiotherapy & Sports Massage
Triathlon physiotherapy clinic, injury assessment and management available
Pre-book to ensure you get an appointment open 6am - 7.30pm Mon - Thur (Friday 6am - 3pm)
10% discount on all appointment use code **TRI28**
Book via website:
www.beyondphysiofitness.co.nz/book

Clubfit (located at Baywave)
The gyms quietest times tend to be between 7–8am, 1–3pm, and 7-8:45pm.
For casual access to the gym, Clubfit is offering all athletes & support staff the following special prices:

- $17 for gym only, or
- $70 for a gym 7 Day Week pass

Please use the code CLUBFIT26 at reception to receive your discounted rate.

Adams Centre for high Performance

Location: 52 Miro Street, Mount Maunganui 3116
Opening hours: 9am-4pm

- $29 per athlete

Course Familiarisations

Bike Course
You will be able to familiarise yourself with the bike course on Saturday 21st November at 7am. Athletes will gather at Pilot Bay in the Elite transition area (at 6:45am) and will be escorted on TWO laps around the bike course.

Please note, that this will not be at race pace and there could be times where you will be required to stop.

Swim Course
You will be able to familiarize yourself with the swimming course on Saturday 21st November at 2:15pm – 3:15pm. This will take place at the event venue at Pilot Bay. Lifeguards will be present for the familiarisation.

Bike Mechanic Services

For any pre-event repairs please visit:
My Ride Mount Maunganui
Address: 37 Totara Street, Mount Maunganui 3116
Phone number: 07 574 6032
Email: mtmaunganui@myride.co.nz

All costs will need to be covered by the athlete.

MyRide are the Official race day Bike Mechanics, but it is recommended that you head to the bike shop for any major repairs prior to race day to ensure that they can fix it and have the necessary parts to do so.

Note that MyRide cannot check your bike or wheels for World Triathlon compliance. World Triathlon Technical Officials will check bikes and spare wheels on race day. If you have any queries prior to race day talk to the Technical Officials at the Athlete Briefing or Cycle Course Familiarisation.

Sport Integrity Commission

Doping Control will be performed according to the World Triathlon/WADA rules. Testing may be carried out by the Sports Integrity Commission, if it does, this will take place at the Port of Tauranga offices on the corner of Sailsbury Avenue and The Mall, less than 200m from the finish line.

Update your anti-doping education

With the 2026 Tauranga Triathlon World Cup coming up, it's vital that every participant understands the role they play in keeping our sport clean.

The Level 1 e-learning course from the Sport Integrity Commission Te Kahu Raunui teaches you valuable information about their clean sports rights, responsibilities, and the doping control process.

Make sure education is completed by Friday 20th November for anyone taking part.
Get started today at E-Learning | Sport Integrity Commission Te Kahu Raunui

FULL SCHEDULE

Start	Finish	Category	Item	Location
Saturday 21st November 2026				
7:00		Elite	Bike Course Familiarisation	Pilot Bay
14:15	15:15	Elite	Swim Course Familiarisation	Pilot Bay
16:00	17:00	Elite	Athlete Briefing	Bay Oval Pavilion
Sunday 22nd November 2026				
12:30	13:30	Elite Women	Athlete Lounge Open for Elite Women	Pilot Bay
13:15	13:45	Elite Women	Transition Open for Elite Women	Pilot Bay
13:15	13:45	Elite Women	Swim Course Open	Pilot Bay
13:50		Elite Women	Athlete Introductions	Pilot Bay
14:00		Elite Women	Race Start	Pilot Bay
14:30	15:30	Elite Men	Athlete Lounge Open for Elite Men	Pilot Bay
15:00		Elite	Run Course Measurements for Coaches	Pilot Bay
15:15	15:45	Elite Men	Transition Open for Elite Men	Pilot Bay
15:15	15:45	Elite Men	Swim Course Open	Pilot Bay
15:50		Elite Men	Athlete Introductions	Pilot Bay
16:00		Elite Men	Race Start	Pilot Bay
17:00		All	Medal Ceremony for all athletes	Pilot Bay

Athlete Lounge Check-In

You will require your event accreditation (issued at your race briefing) to gain access to the Athlete Lounge. Please note that only coaches who have registered and been issued with the appropriate wrist band will be allowed to enter the Athlete Lounge.

If you have spare wheels these will need to be checked at the Athletes Lounge and you will then take them to the wheel station. You can collect them from the wheel station after the event.

Note that you can only access the Athlete Lounge during the times that are published in the schedule. This is because we have multiple races taking place in succession. As soon as your check-in period is complete your bags will be moved across to the recovery lounge.

Transition

The Elite Transition Area is located in The Mall and will use individual bike racks.

Bags and any other equipment that you do not require during the race is to be removed from the Transition Area and taken back to the athlete lounge.

The transition area will need to be reset after the Elite Women's race ready for Elite Men to rack their bikes. Technical Officials and LOC Volunteers will complete this reset as quickly as possible, but we ask for your cooperation and patience while this is done. We will advise you as soon as the Transition Area is available to you.

Bikes and other equipment will be removed by the Technical Officials to a secure area adjacent to the transition area from where you can collect them after you have completed your race.

Athlete Assembly and Introductions

After completing your swim warm up, all Elite athletes are required to return to the transition area on The Mall. In this area you will be lined up in ranking order ready for introductions.

The start area is at Pilot Bay. Athletes will be introduced in the transition area and will run down to the start carpet on the beach and stand in a starting position

Athletes are required to leave their last-minute gear within the Athletes' Lounge.

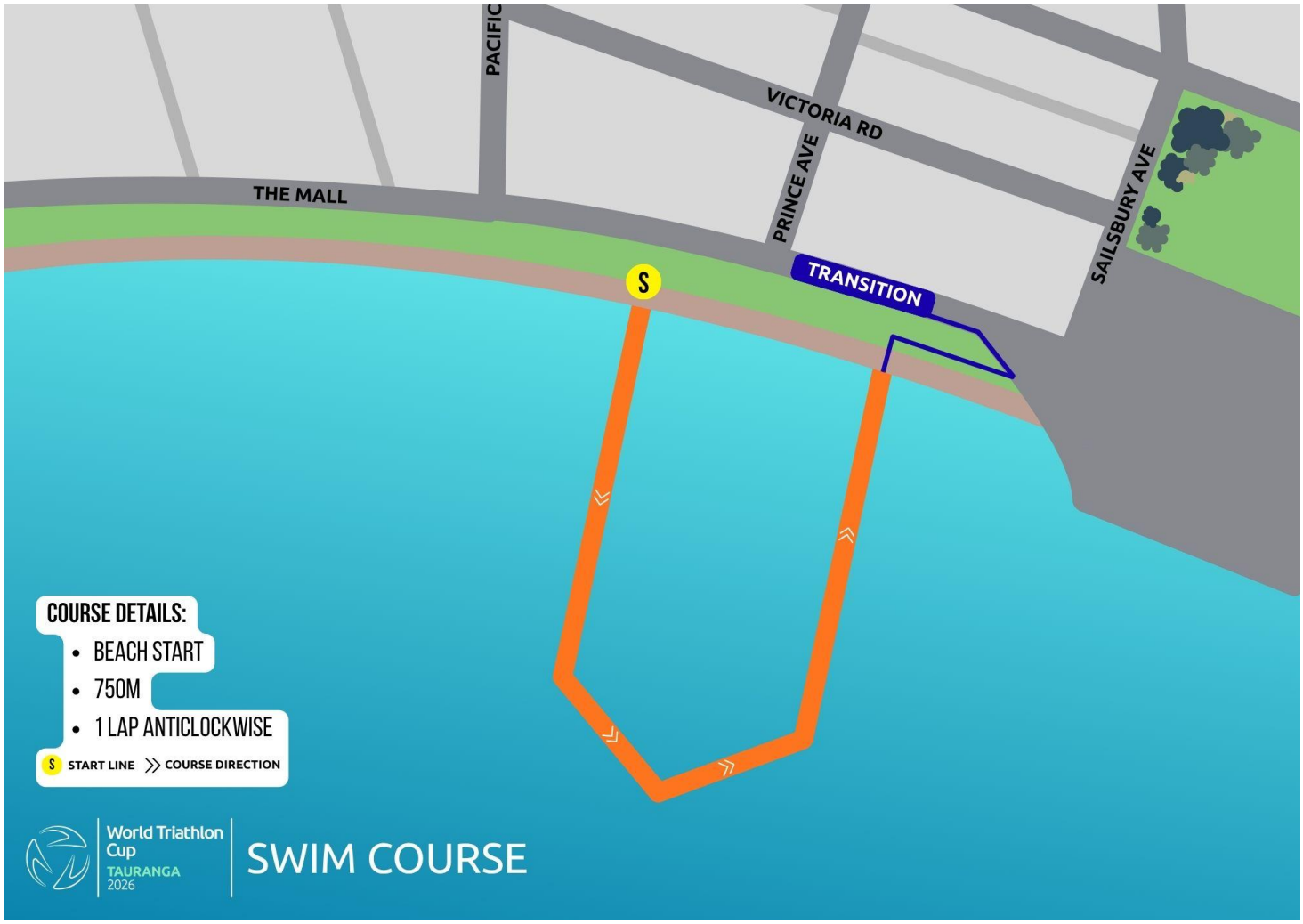
COURSE MAPS & INFORMATION

Swim

The Swim Course is a beach start with a small run from the start carpet to the water. The swim course will be patrolled by Surf Lifesaving NZ lifeguards.

The swim is one lap anticlockwise. The first turn is after 300m, you will then turn slightly left, 75m to the second left turn, 75m to the last left turn then 300m back to the beach where you will exit via the beach, turn right to head up the wooden ramp and follow the fenced path to enter the Elite Transition.

The water temperature in Tauranga in November is usually in the range of 15 – 18.8°C.



Bike Course – 20km – 4 Laps – flat and technical

Head north along The Mall, turn right onto Adams Avenue veering right into Marine Parade. Continue along Marine Parade until the u-turn prior to Banks Avenue. Return along Marine Parade, left turn onto Pacific Avenue, right onto Maunganui Road (using the right-hand lane of the road at the round-about) right onto Grace Avenue and left back onto Marine Parade, left onto Adams Avenue and left back onto The Mall. Turn left onto Pacific Avenue, right onto Victoria Road, continue straight through the roundabout and then turn right onto Sailsbury Avenue and a final right onto The Mall to head back through transition to complete lap one.

Wheel Stations

Two wheel stations will be located on the bike course.

- Team Wheel Station will be located on The Mall (seaside)
- Neutral Wheel Station will be located on Marine Parade (seaside). The following wheels will be available:
    - 2x 700c Front wheels, rim brake
    - 2x 700c Front wheels, 160mm roter disc brake
    - 2x 700c Front wheels, 140mm roter disc brake
    - 2x 700c Rear wheels with 12speed cassette, 160mm roter disc brake
    - 2x 700c Rear wheels with 12speed cassette, 140mm roter disc brake

Littering Zone

The Litter Zone is located either side of the Run Aid Station / Team Wheel station on The Mall. This is the only place on the course where you may discard litter. It will be clearly marked with signs and lines on the road. The bike course littering zone is the same as the run course littering zone.

Run Course – 5km – 2 Laps – Flat

Athletes will leave transition and run along The Mall in the right-hand side of the run course in an anticlockwise direction. Turn right onto Adams Avenue, and right again onto Marine Parade and run approx 150m to the U-Turn. Return via Adams Avenue and The Mall, running through transition to the u-turn adjacent to the finish line – which completes one lap.

At the end of the second lap, prior to entering transition, veer right into the finish chute.

Aid Station and Littering Zone
The Aid Station is located on the run course at approximately 500m from transition on The Mall as shown in the map below and is accessible in both directions. Bottles of sealed water will be provided.

There will be a clearly marked Littering Zone that extends on either side of the Aid Station, this zone is the same as the cycle course littering zone.

Penalty Box
The Penalty Box is located on The Mall, at Prince Avenue, just before transition.

Contingency Course

In the event of a major weather event or water quality issue and the water is deemed unsafe, the course will be altered to a duathlon.
All athletes, coaches and spectators will be notified of this event as soon as possible, but no later than an hour prior to race start.

Bike & Swim course will remain unchanged

CONTINGENCY – First Run will be 2.5km, 1 lap and will include Pacific and Victoria Ave

CONTINGECNY Run Course – 5km – 2 Laps – Flat

Event Partners

Thank you to our event partners for supporting the World Triathlon Cup Tauranga 2026.

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