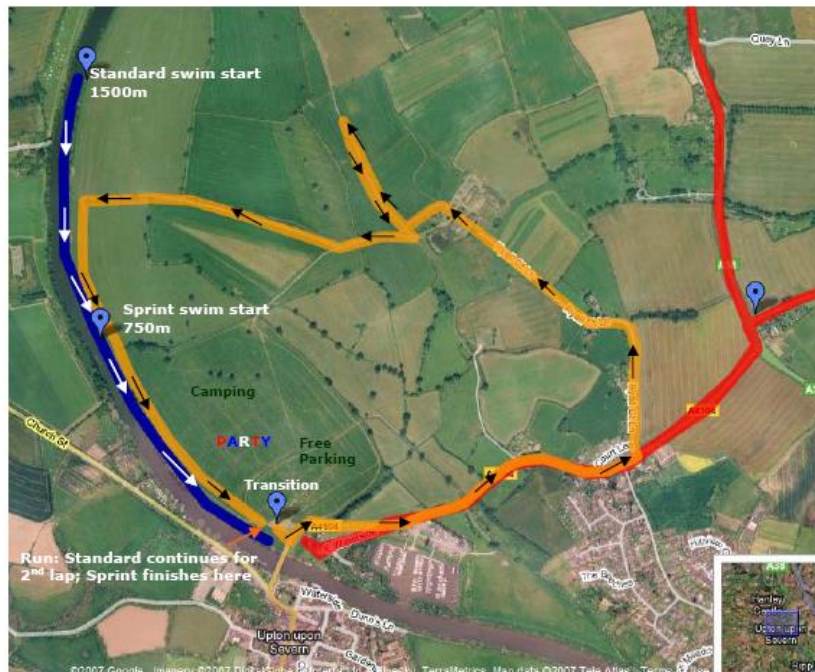
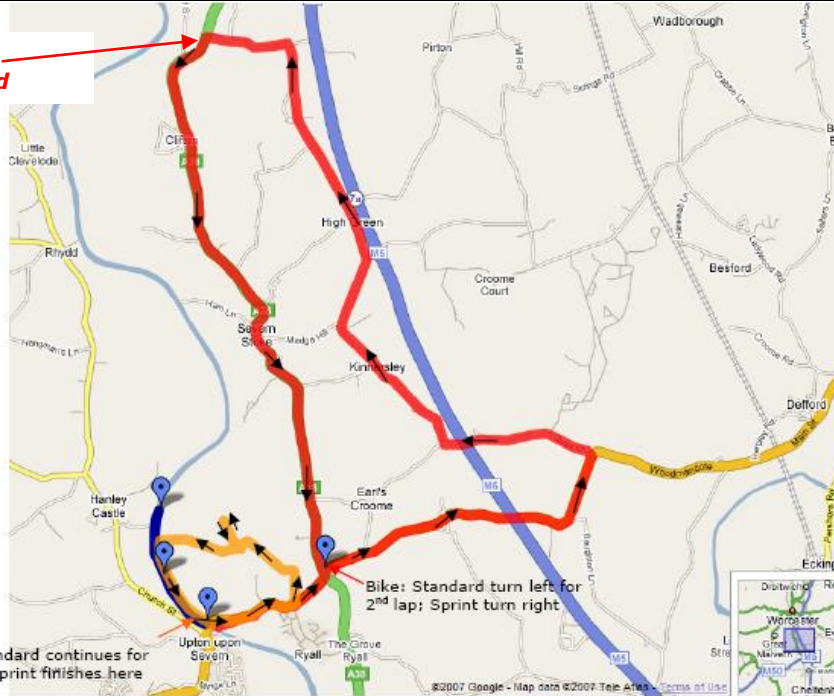


Course details

Click on the links in the table below to view the routes in MapMyTri.

	Sprint	Standard
Swim (blue line)	750m downstream	1,500m downstream
Bike (red line)	21.5km, 1 lap 57m climbing	40km, 2 laps 109m climbing
Run (orange line)	5km, 1 lap	10km, 2 laps
Party	When you've finished!	

SLOW: junction with busy A road



Transition Swim in, Bike out, Bike in, Run out



— Exit the river onto the pontoon, turn left and run alongside transition (about 150m), entering at the 'swim in' point

— Exit transition at 'bike out' point and push your bike up the carpeted ramp onto the pavement; Mount in mount zone only and cycle along pavement for about 15m before joining the road. Competitors joining the road before the designated place will be given a 2 minute time penalty. Obey marshals if they ask you to wait until the cyclists ahead have mounted or for the road to be safe to join.

Bike route returns down East Waterside. Dismount in the dismount zone only and push bikes through the under pass, along the bank to the 'bike in' transition point (about 250m). Anyone seen mounting their bike after the dismount will be given a 2 minute time penalty.



— Exit transition at 'run out' point and run up the carpeted ramp onto the pavement; turn left and follow signs for the run course;

For 5km and 2nd lap of 10km: go around turn point just before reaching transition and run back along the bank to the finish.

- - Standard distance (10km) should continue to run past the transition to run a 2nd lap