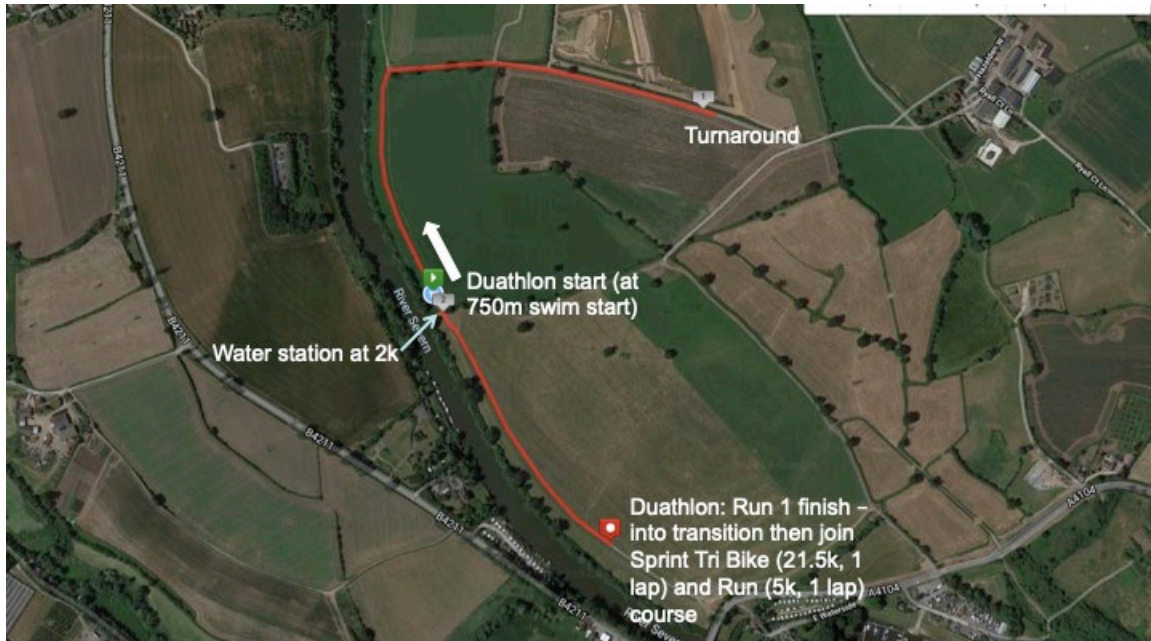


### Course details

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

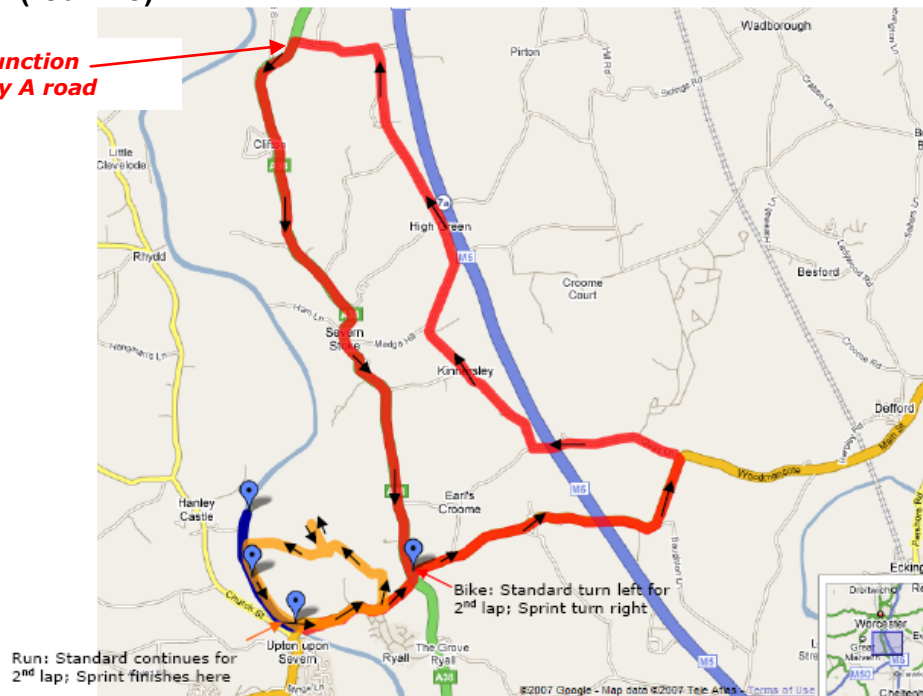
	<b>Sprint</b>
<b>Run 1</b>	<a href="#">2.5km</a>
<b>Bike (red line)</b>	<a href="#">21.5km, 1 lap</a> 57m climbing
<b>Run 2 (orange line)</b>	<a href="#">5km, 1 lap</a>

### RUN 1

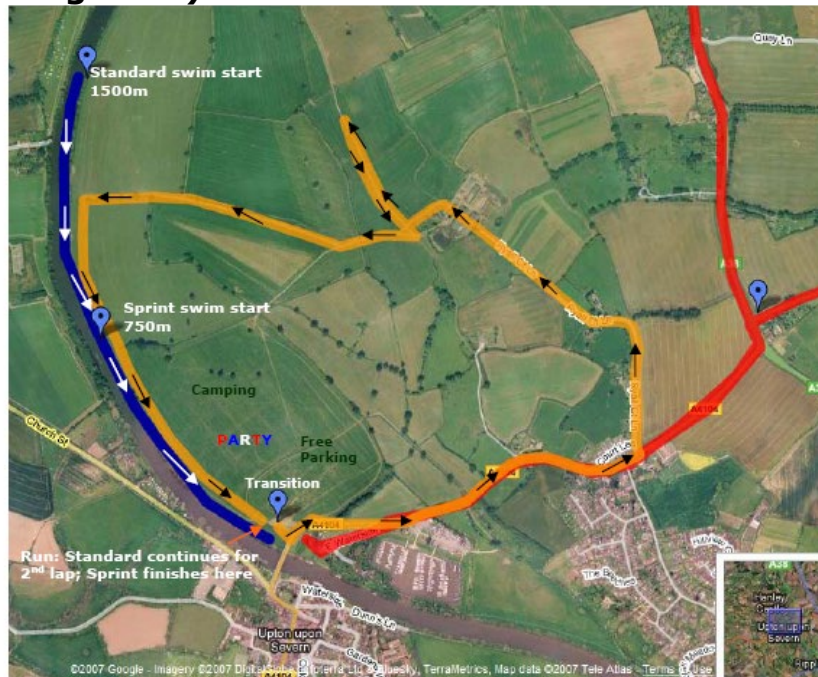


### BIKE (red line)

**SLOW: junction with busy A road**



**RUN 2 (orange line)**



## Transition Run 1 in, Bike out, Bike in, Run out

Run 1 in: follow run signs down off the bank and past the finish line. Continue straight then turn left at transition and into transition with the swimmers.



— 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 2<sup>nd</sup> lap of 10km: go around turn point just before reaching transition and run back along the bank to the finish.