



RACE 1: 11 YEARS + *

200m swim, 4km cycle (5 laps),
800m run (2 laps)

Race 2: Under 8 years *

50m swim/wade, 750m cycle (1 lap),
150m run

Race 3: 8 -10 years *

100m swim, 2.1km cycle (3 laps),
400m run

* No prizes are awarded so athletes are allowed to move up or down one age group to suit their fitness level / ability.

-  Police manned road closure.
-  Volunteer manned road closure.
-  Transition area. Race officials and athletes **only**.
-  Transition entry - final lap of bike leg only.
-  Cycle course, bike turnarounds; manned by race officials!

Course Map

