



Distance for lake loop track 1x lap = 2.5km

Off Road and Solo Run Events

5km (2 Laps) 7.5Km (3 Laps) 10km (4 Laps)

On Road Events

Short Course 1 x lap then to road transition for road bike, after bike back to main venue to finish

Long Course 2 x lap then to road transition for road bike, after bike back to lake for 1 x lap then to main venue to finish

- Multi Laps for lake run course
- Transition Exit
- Road Course Transition Run
- "Run The Gauntlet" Coldicutt Shortcut

Backpaddock Lakes

On Road Transition