





TRIATHLON AND DUATHLON SUMMER SERIES

Run Course

Run Turn at Cone  Direction of Run  Transition 

SPRINT 4.5km COURSE DESCRIPTION: (Red Line) Leaving the transition area turn left at the bottom of Transition and follow the cones until you get to the walkway where you follow the walkway until you get to an old unused road with a bridge on it. Turn **RIGHT** onto the sealed road keeping left inside the cones at all times. Follow the marked course over the old bridge and turn **RIGHT** onto limestone footpath at the end of the sealed road. Follow the limestone path to Pandora Bridge where you will join the footpath beside Pandora Road. Follow this going past the bakery turning right into the finish line in Humber street

SHORT 2km COURSE DESCRIPTION: (Blue Line) Leaving the rear of transition follow the cones out into Pandora Road and keep running on the footpath leading onto the limestone path until you see run turn around cone then come back the same way going past the bakery turning and right into the finish line in Humber street .

Always stay on the track provided when you are in the DOC reserve. No dogs are allowed to be taken with you and no rubbish is to be left behind.