

TRIATHLON AND DUATHLON SUMMER SERIES

Aquabike, Sprint & Standard Swim finish

Run entry into Transition (Duathlon)

To Finish

Short Swim

Run Exit 2, 5, 10km

**Duathlon 1st lap & Sprint Course & Solo Run
1st & 2nd Lap of Standard Distance**

SWIM EXIT

Toilet Block

Transition

FINISH

Cycle exit

Cycle Entrance

Cycle Mount/Dis-Mount Line

- Cycle Exit and mount bike on Humber Street →
- Run exit Sprint and Standard and 2nd lap →
- Run Entry Duathlon →
- Short Distance and 2nd run for Duathlon →
- Cycle Return Entry →

Duathlon Start

