



EAST PIER HOTEL

TRIATHLON AND DUATHLON SUMMER SERIES

**Aquabike, Sprint &
Standard Swim finish**

**Swim entry into
Transition (Run Entry
Duathlon)**

To Finish

Short Swim

**Run Exit 2km go
right, 4.5km go left**

SWIM EXIT

**Duathlon 1st lap, Sprint
Course & Solo Run 4.5km
1st & 2nd Lap of
Standard Distance**

Transition

Toilet Block

FINISH

**Cycle Exit &
Entrance**

**Cycle Mount/
Dismount**

Cycle Exit and mount bike on Humber Street

Run exit Sprint 4.5km and Standard 9km and 2nd lap

Run Entry Duathlon

Short Distance 2km and 2nd run for
Duathlon

Cycle Return Entry

Duathlon Start

Designated event area (Vaccine Passport Required)

