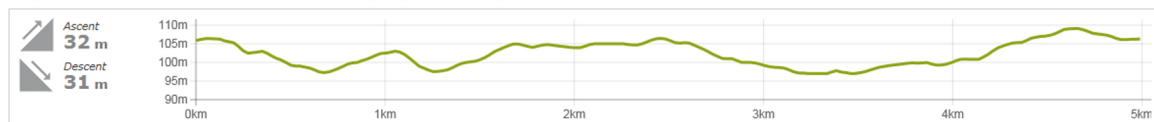
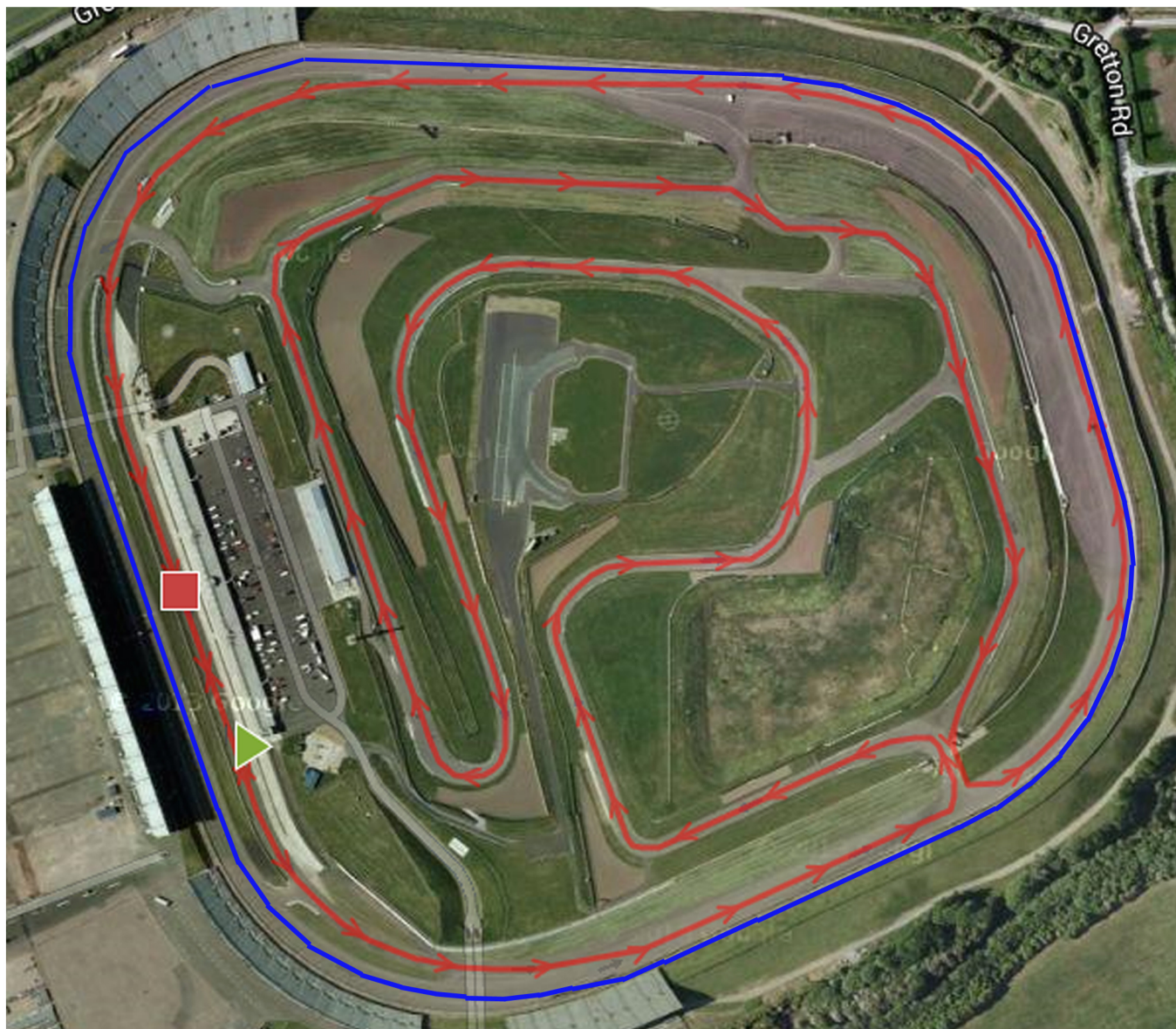
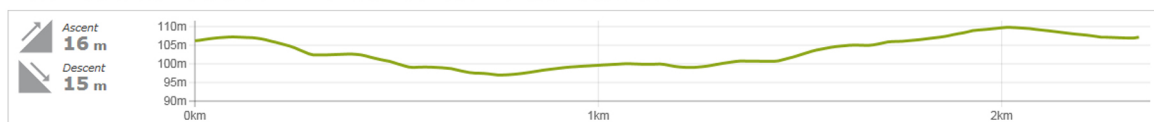


RUN COURSE PROFILE = 1 LAP OF THE 5K ROUTE.



BIKE COURSE PROFILE = 1 LAP OF THE OVAL CIRCUIT.



Sprint: 5k run/19k bike/5k run

Red line = run - 1 lap on both the 1st and 2nd outings

Blue line = bike - 8 laps (you must count your own laps)

Standard: 10k run/38k bike/5k run

Red line = run - 2 laps on the 1st outing and 1 lap on the 2nd outing

Blue line = bike - 16 laps (you must count your own laps)

Start/finish

Pit lane by the JCRS timing tent adjacent to garage 36 (green triangle)

Transition

Pit lane (Red square)

Direction of travel is ALWAYS anti-clockwise on this event. The oval (main track) will be split by cones with the cyclists travelling on the right and the runners on the left. Water stations will be placed at regular intervals.