



RED ARROW - ACCESS ROAD TO COASTAL ECO CENTRE
 RED LINE - ROUTE AROUND COASTAL ECO CENTRE (1.3K)
 BLUE DOT - WATER STATION

SUPER SPRINT – 1 LAP

SPRINT – 2 LAPS

The run element will leave transition and head onto the private access road, through the same opening for bikes. Turn right and follow the private road into the Coastal Eco Centre where it will follow a short distance on multi-terrain, then returning along the private road back towards transition. Super Sprint turn left through the opening towards the finish line after completing 1 lap. Sprint run around the turning cone onto lap 2 following the same route before returning to RHP through the fence opening and across the finish line located next to transition.