

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



BIKE COURSE PROFILE = 1 LAP OF THE OVAL CIRCUIT.



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

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.

- *Green triangle - Start line/finish line
- *Red line = run – 2 laps on the 1st run and 1 lap on the 2nd run
- *Blue line = bike – 16 laps (you must count your own laps)
- *Yellow curved line- BIKE IN of T2
- *Green curved line- BIKE OUT of T1
- *Orange line- Finish chute
- *Blue dots- Water stations
- *Purple box- Transition
- *Parking in Inner Paddock