

EXSS Duathlon Course



Categories

Sprint: 5k / 20k / 2.5k

Bolt: 2.5k / 12k / 1.25k

Tinlids / Novice: 1k / 6k / 1k

1st Run Course

Run Course starts on the grass under the Finishing Tower. Athletes run over the pedestrian bridge and turn left and run along the event path. Sprint Athletes are to run out for 1.25k (Sprint Turn Sign) and complete a U-Turn and return to the finishing tower and repeat a 2nd lap. Bolt Athletes run the same course as Sprint athletes but only complete 1 lap. Tinlids and Novice Athletes run along the event path for 500m (Novice Turn Sign) and U-Turn to return to the finishing tower.



Transition Flow

At the end of the run course athletes turn left into the car park and enter transition area, transition area will always flow in a southerly direction. Athletes collect their bikes and travel south to exit transition and commence their bike leg.

Bike Course

Once mounting the bike athletes exit the island. Once over the main bridge athletes make a left turn on the first event path and ride along the event path back to the pedestrian bridge, at this point they veer right onto the event road and follow the road around the lake and down the back straight. At the bottom end of the lake athletes will veer left back onto the event path and wind their way back to the main bridge. **At the bridge all athletes are to turn left** and ride back to transition area, ride past the turn to transition and continue to the end of the road completing a right hand turn and then U-Turn to come back on the road and past the mount line. At the end of their allotted bike laps, athletes will dismount their bike at the U-Turn and enter transition the same way they did for their first run.

Sprint Athletes: 3 Laps

Bolt Athletes: 2 Laps

Tinlids / Novice Athletes: 1 Lap



Transition 2

Athletes dismount their bike in the car park and enter transition, again running in a southerly direction, racking their bike and then continuing south to exit transition area. (See last map). At the end of transition athletes will make a left hand U-turn and travel alongside transition area in a northerly direction to return to the car park and commence their 2nd run.

2nd Run Course

Athletes run over the pedestrian bridge and turn left and run along the event path. Sprint Athletes are to run out for 1.25k (Sprint Turn Sign) and complete a U-Turn and return to transition. Bolt Athletes are to run out for 750m (Bolt Run 2 Turn Sign) and complete a U-Turn and return to transition. Tinlids and Novice Athletes run along the event path for 500m (Novice Turn Sign) and U-Turn to return to transition. All athletes are to run past transition area along the footpath and continue through the finish chute.



