



1:2:1 Course:

Swim: participants will start in the water and swim alongside the shore for 100m before running on the shore to transition (map 1 blue line)

Bike: participants will start at the green flag and cycle anticlockwise (map 2 red line) for two laps. Each lap is 0.9km.

Run: participants will come into transition and run around the reserve in an anti-clockwise direction, running along the beach to the finish line (map 1, red line)

Transition: transition will be located at the yellow square.

