


TRIATHLON COURSES – SWIM-CYCLE-RUN

SWIM COURSE: 

CYCLE COURSE: 

RUN COURSE: 

SWIM COURSES: 1 x 200m LAP; 1 x 375m LAP;
1 x 750m LAP & 1500m (2 x 750m LAPS)
CYCLE COURSE: 1 x LAP = 6.6km
RUN COURSE: 1 x LAP = 2.5km

BIKE TURN 1

BIKE TURN 2

TRANSITION

FINISH

RUN T1

RUN T2

TROUTBECK RESORT

TO NYANGA

