

# Bowen Triathlon

*Pace Yourself in Paradise*

## 2009 Bowen Triathlon Course Outline 18 October 2009

### Swim Leg

**Sprint Distance**      750 m - 2 laps  
**Short Course**        325 m – 1 lap

The swim leg is an ocean swim off Queens Beach in front of the Bowen Surf Lifesaving Club. It will be a triangular course around two buoys positioned approximately 100 metres from the beach and 150 metres apart. The Sprint Distance competitors will complete two laps of the course rounding a pole on the beach on completion of the first lap and return to the water for the second lap. Short course competitors will exit the water at the end of the 1<sup>st</sup> lap and run up the beach and into Transition.



### Bike Leg

**Sprint Distance**      20.0 Kms – 2 laps  
**Short Course**        10.0 Kms – 1 lap

The cycle ride is on sealed roads of varying smoothness around Bowen. The roads are not closed to traffic.

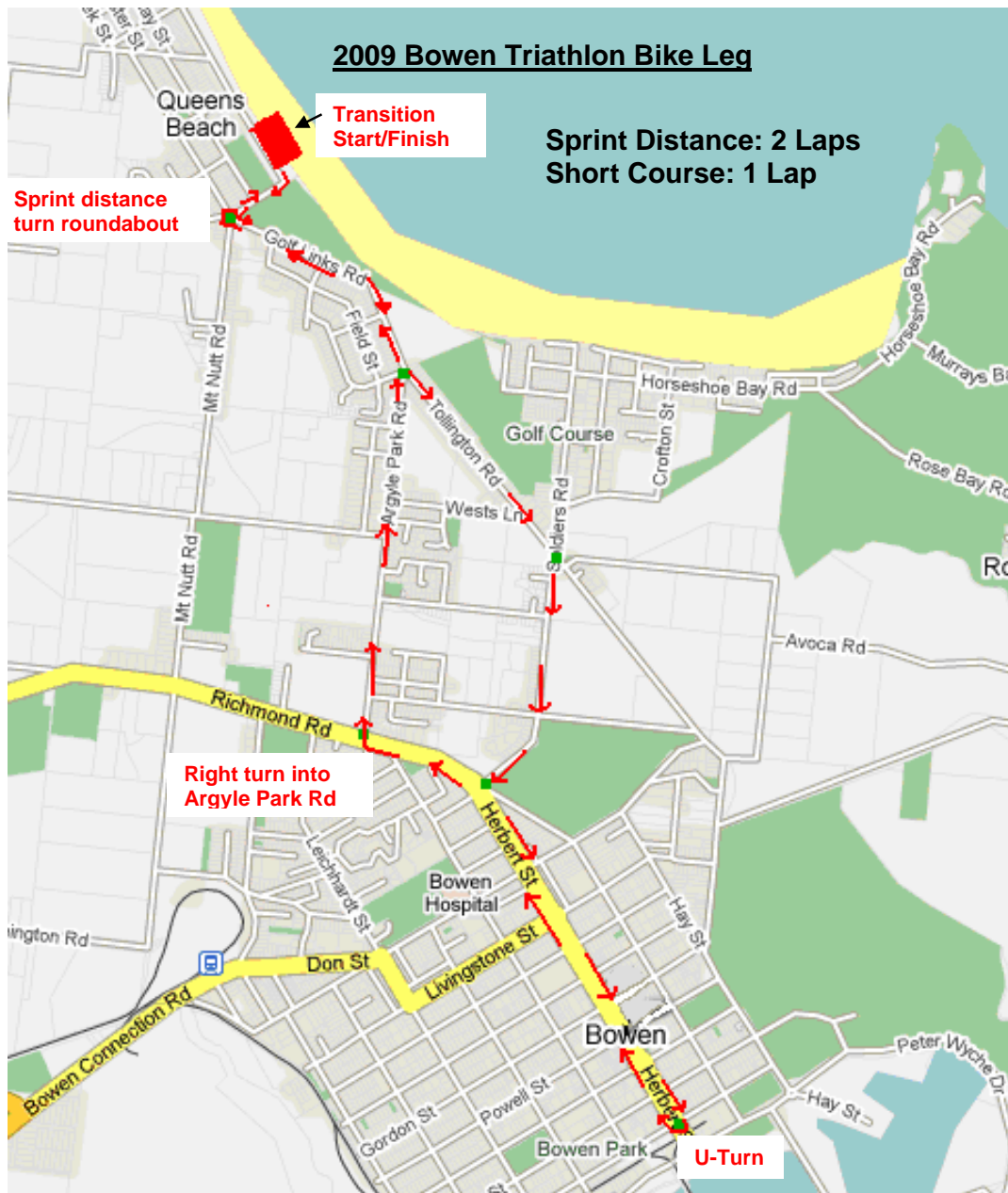
#### **Sprint Distance**

On leaving transition at the Bowen Surf Lifesaving Club House turn left and ride away from the beach, to the “Fiveways” roundabout near the Queens Beach Hotel. Turn left at the roundabout into Golf Links Road veering left at the next roundabout (first exit) into Tollington Road. At the following roundabout ( new roundabout) turn right into Soldiers Road. Go past “Mullers Lagoon” and then left into Herbert Street at the “Woolworths” junction. At the southern end of Herbert Street do a “U” turn around the road island opposite the “Grand View Hotel” (Dalrymple Street) and ride back along Herbert Street which becomes Richmond Road at the “Woolworths” junction. Just past the “Woolworths/Caltex Service Station” at the “Bowen State High School” corner, turn right into Argyle Park Road. Ride along Argyle Park Road until the roundabout, taking the second

exit onto Golf Links Road. Follow this road until the “Fiveways” roundabout near the “Queens Beach Hotel”. At this roundabout do a 360 degree turn back onto Golf Links Road and repeat the circuit one more time. On completion of the second lap at the “Fiveways” roundabout turn right towards the beach and back into transition at the Surf Club on the Esplanade.

### Short Course

On leaving transition at the Bowen Surf Lifesaving Club House turn left and ride away from the beach, to the “Fiveways” roundabout near the Queens Beach Hotel. Turn left at the roundabout into Golf Links Road veering left at the next roundabout (first exit) into Tollington Road. At the following roundabout (new roundabout) turn right into Soldiers Road. Go past “Mullers Lagoon” and then left into Herbert Street at the “Woolworths” junction. At the southern end of Herbert Street do a “U” turn around the road island opposite the “Grand View Hotel” (Dalrymple Street) and ride back along Herbert Street which becomes Richmond Road at the “Woolworths” junction. Just past the “Woolworths/Caltex Service Station” at the “Bowen State High School” corner, turn right into Argyle Park Road. Ride along Argyle Park Road until the roundabout, taking the second exit onto Golf Links Road. Follow this road until the “Fiveways” roundabout near the “Queens Beach Hotel” turn right towards the beach and into transition at the Surf Club on the Esplanade.



## Run Leg

**Sprint Distance**      **5.0 kms - 2 laps**

**Short Course**        **2.5 kms – 1 lap**

This is a flat course mostly on a sealed road not closed to traffic.

### **Sprint Distance**

On leaving transition turn right onto Queens Beach Esplanade and run on the left hand side of the road towards the mouth of the Don River. Turn around rounding the big tree at the end of the Esplanade (drink station) and run back to within 300 m of transition to the turn around point (drink station) and return to the tree at the end of the Esplanade. On rounding the tree for a second time run back to the finish line at the Surf Club.

### **Short Course**

On leaving transition turn right onto Queens Beach Esplanade and run on the left hand side of the road towards the mouth of the Don River. Turn around rounding the big tree at the end of the Esplanade (drink Station) and run back to the finish line at the Surf Club.

