

Senior Run Course - 2 laps of Run course

Turn left out of transition.

Keep to the left.

Ensure to run around run turn bollards at each end of course.

Run to run turn 1 then back past transition

to run turn 2, back past transition to run turn 1

for a second time and then to run turn 2 for a second time.

Finish by turning left after 2 laps and passing through finish line/clock.

Run turn 2

Run turn 1

Transition

Central run turn

Finish line