


- TRANSITION** 
- Short Course 2 Laps**
- Middle Course 4 Laps**
- Long Course 4 Laps**



The bike course is a 5.5km lap on flat country roads. Leaving the car park at Romanes Drive turning right under direction of traffic control move quickly over to the left hand side watching out for cyclists already on the course. At the roundabout go left into Brookvale Drive (please use coned chutes) and keep going straight till you reach the T-junction at Thompson Road where you will turn left. Continue down Thompson Road till you reach the T-Junction at Napier Road and turn left. When you reach the roundabout go left into Romanes Drive. Please keep left and watch out for cyclists leaving transition joining the course. After you have done the specified number of laps move to centre of road and under instruction from traffic control enter transition