



START From the start line in the carpark you will exit and turn right following the footpath on Romanes Drive. This will take you onto Brookvale Road (please stay on the grass) A marshal will be at the Oderings but please be aware of possible traffic. Go through the fence onto the playing fields at Guthrie Park and follow the cones (Keep them on your right) This will take you over a small stream onto Romanes Park. Again following the cones and exit the park following the footpath on Romanes Drive to the car park entry.

FINISH On your first run turn right into the car park keeping right and follow the cones around the rear of transition and exit through the gate back onto the footpath for a second lap. When you return to the car park follow the cones into transition.

TRANSITION On your second run leave transition as directed through gate. Follow the same course as first run and the finish on the grass next to start line.

See transition map for layout of car park