



STANDARD & SPRINT SWIM IN

STANDARD & SPRINT BIKE IN AND OUT

SPRINT SWIM IN

STANDARD RUN OUT (Left on prom)

STANDARD TRANSITION

SPRINT RUN OUT (left on prom)

STANDARD & SPRINT RUN (Returning)

STANDARD & SPRINT SWIM EXIT

SPRINT TRANSITION

**STANDARD:**  
 Swimmers enter transition via ramp, collect bike and mount on road. On return, enter transition, rack bike and run up ramp and TURN LEFT onto promenade path and head towards the two lap section. When finishing the run pass the transition and marquees until you reach the beach shelter – turn right and finish.

**SPRINT:**  
 Swimmers run through the Standard transition until you reach the start of the Sprint Transition. Collect bike and mount on road. On return, enter transition, rack bike and run up the tarmac path and TURN LEFT onto promenade and head towards the pier. When finishing the run pass the transition and marquees until you reach the beach shelter – turn right and finish.

Path

Posts

5.2m

Slipway

MARINE CRESCENT

3.0m

Sand and Shingle

Sand and Shingle

Sand and Shingle

Groyne

Groyne