

## AON Triathlon 2018

### ADULT Sprint Triathlon (Individual & Team Event) and JUNIOR 13-15 – RUN COURSE

**ADULT (Individual & Team):** 5km (2 laps out and back)

**JUNIOR: 13-15 years:** 2.5km (1 lap out and back)

- Path heads off out of transition on the left hand side of the road towards Cooper's Island. Turn around the cone well within Cooper's Island and return on the left. At a fork in the path take a left in to the nature reserve and follow the path adjacent to Castle Harbour. Take a left when the path meets the road. Head towards transition.
- **JUNIORS:** Do not run as far as the turnaround cone but instead take a left into the finish chute.
- **ADULTS:** Run to the green turnaround cone for the end of lap #1. On the final lap see finish chute instruction under JUNIORS above.

