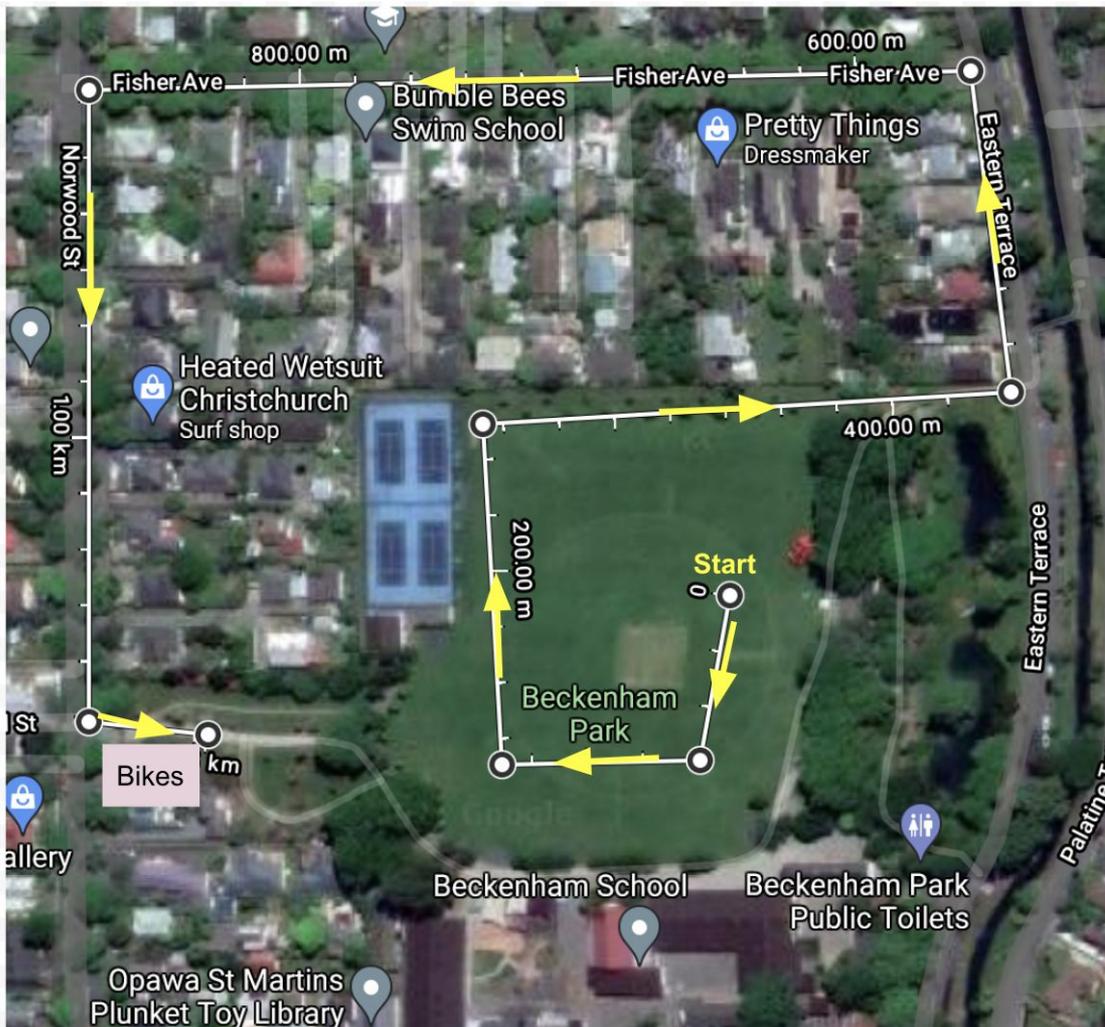


# Duathlon Course Map

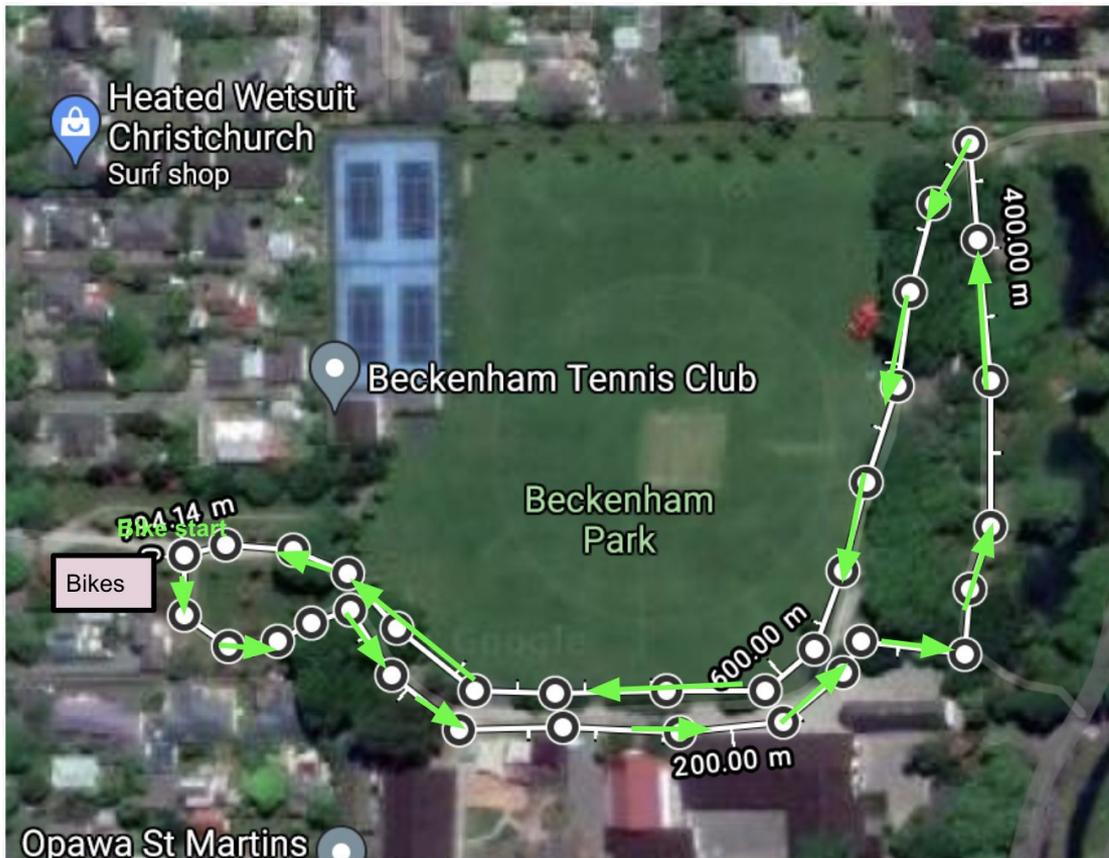
2023





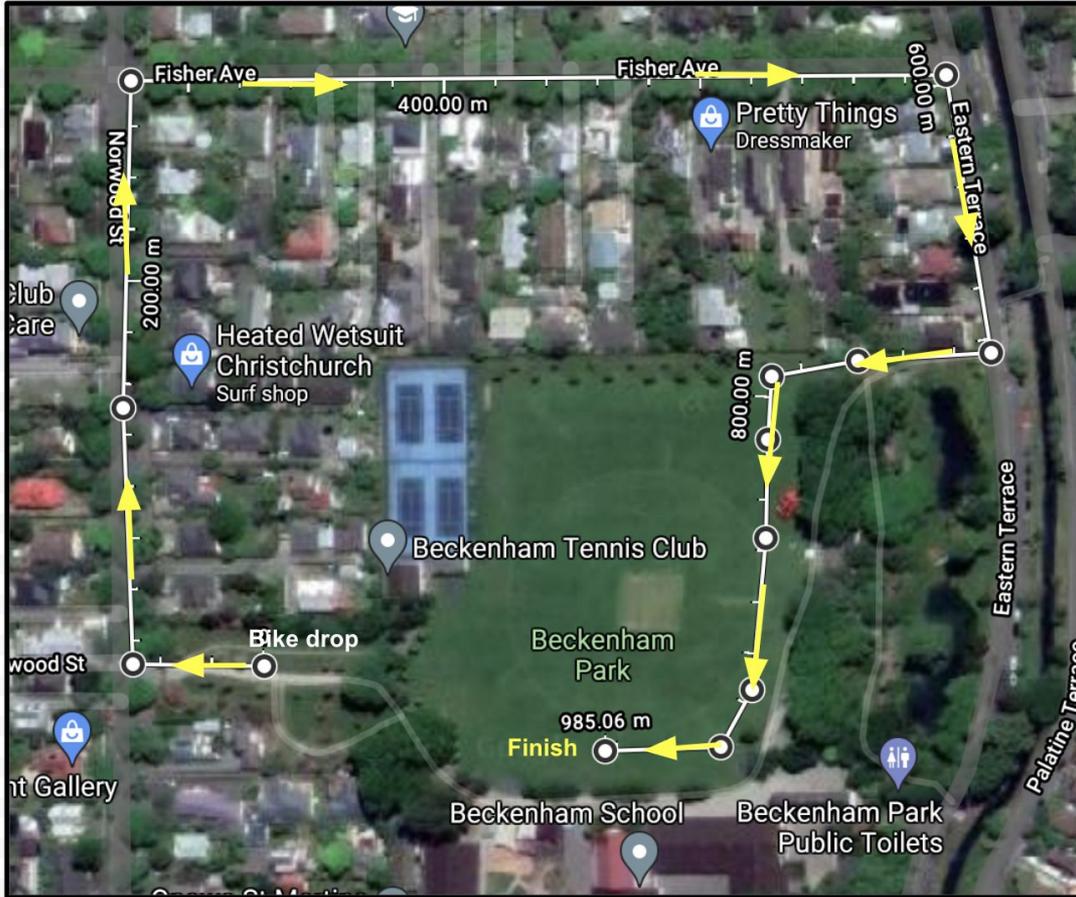
## Run 1 (approx 1km)

- Start on park, out from the adventure playground
- Follow the marked course on the grass towards school and on around the park
- Run along the fenceline or the park and down the hill towards Eastern Tce.
- Once on Eastern Tce run towards Fisher Ave, along Fisher Ave to Norwood and down Norwood to the park entrance.
- Run into the park to the bike racks which will be on the right near the park entrance.



### Bike: (Approx 1.8km)

- On bike follow the garden loop track to the main path.
- Stick to the right hand side of the path
- Ride along the gravel path in front of school and around to the path that leads down to the ponds, before the adventure playground.
- Turn left onto the path that goes above the ponds
- Ride to the hairpin bend that takes you back up to the park.
- Follow the gravel track towards the adventure playground and on around in front of school.
- At this point there will be bikes going both ways - stick to the right.
- Keep following the gravel path up to where it branches off toward Norwood Rd
- Loop back onto the garden path for a second full lap. (repeat what you have just done)
- At the end of your second lap, hand your bike to the marshalls who will lap it on the grass



## Run 2

- Run out to Norwood Rd and turn right heading to Fisher
- Run down Fisher to Eastern Tce
- Run down Eastern Tce to the park entrance.
- Run up the hill and follow the cones to the finishing chute which will be in front of school.