




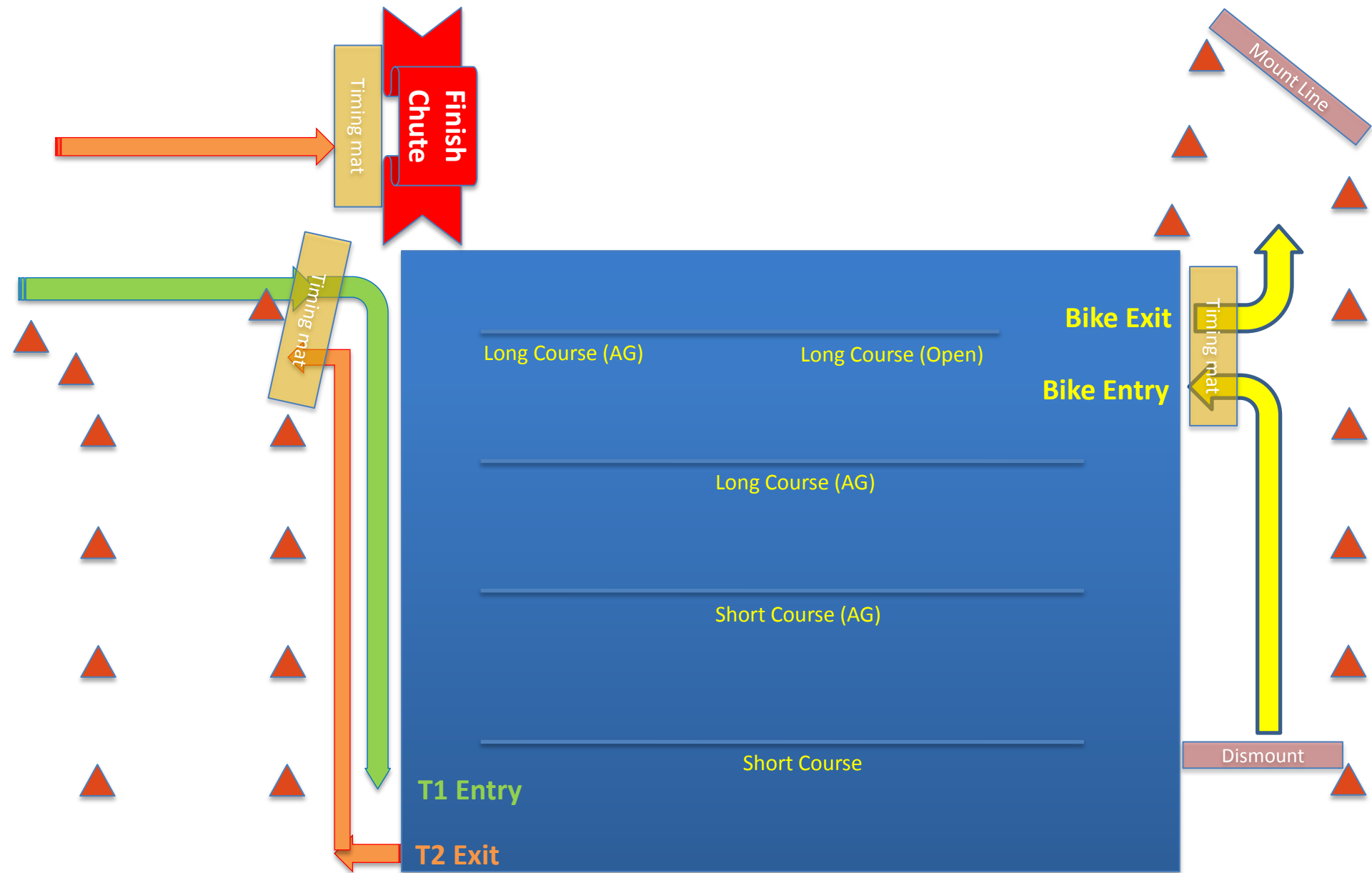
2014 Victoria Park Duathlon Series

Hammer Nutrition Long Course

-  **8km first run leg**
(2x 4km laps)
-  **33.55km bike leg**
(11x 3.23km laps)
-  **4km second run leg**
(1x 4km lap)




Transition Layout



4km Run Circuit – North loop (two laps for 1st run leg, one for 2nd run)



4km Run Circuit – South loop (two laps for 1st run leg, one for 2nd run)

 = km marker



3.23km Bike Circuit (11x laps)



Bike Merging



Bike start (stay left and show caution)

Bikes lapping (show caution)

10 metre no passing zone

