



2014 Victoria Park Duathlon Series Jog n Slog and "half" JnS





Run/Bike Courses

- **Jog n Slog**

- 2 x 1km laps (2km first leg)

- 10 x 1km laps (10km)

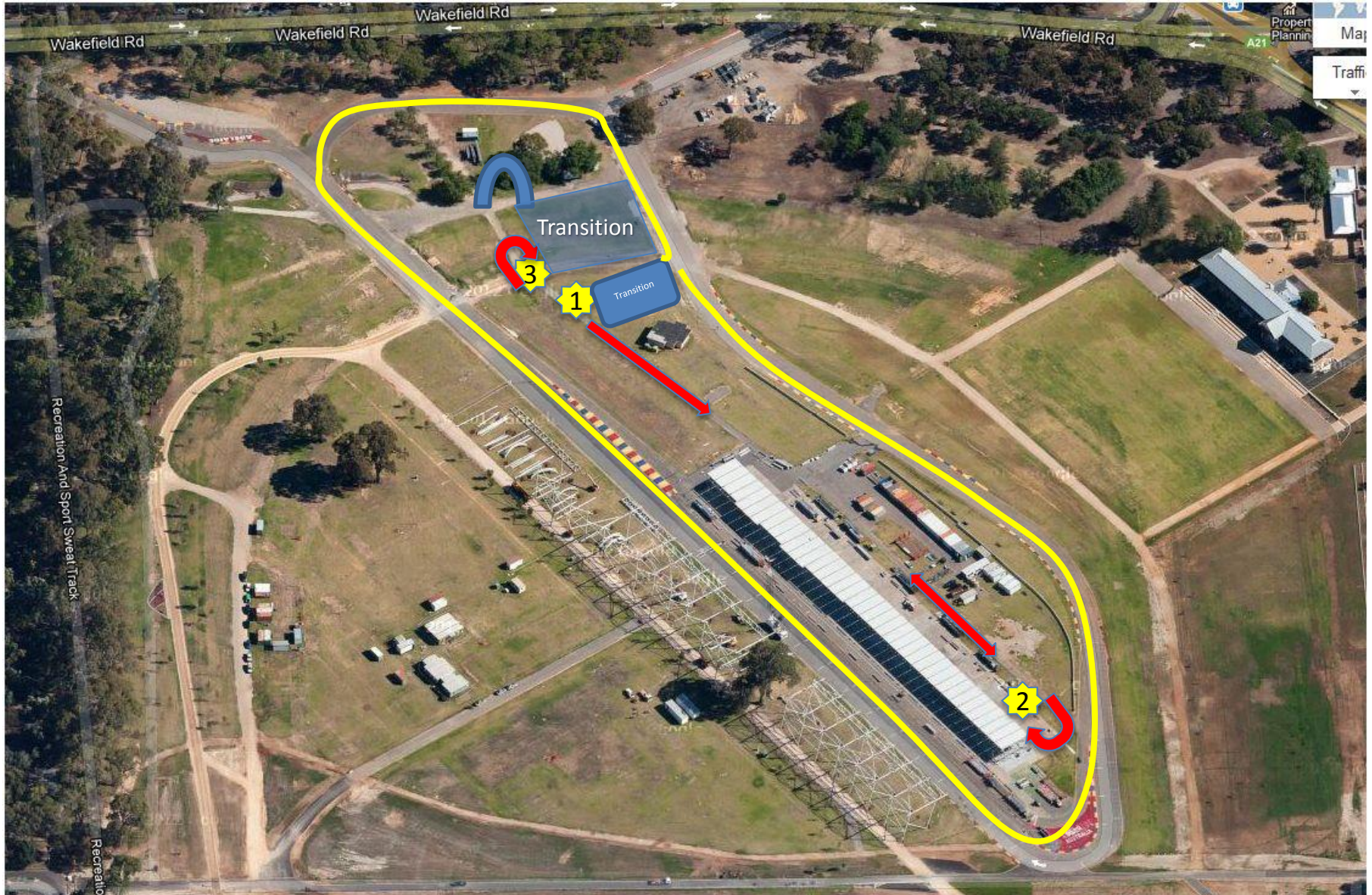
- 1 x 1km lap (1km third leg)



Run/Bike Courses

- “half” Jog n Slog
 - 2 x 250m laps (500m first leg)
 - 3 x 1km laps (3km)
 - 2 x 250m lap (500m third leg)

500m Run Circuit/1km Bike Circuit ("half" Jog n Slog)



1km Run Circuit (Nippy's Jog and Slog)

