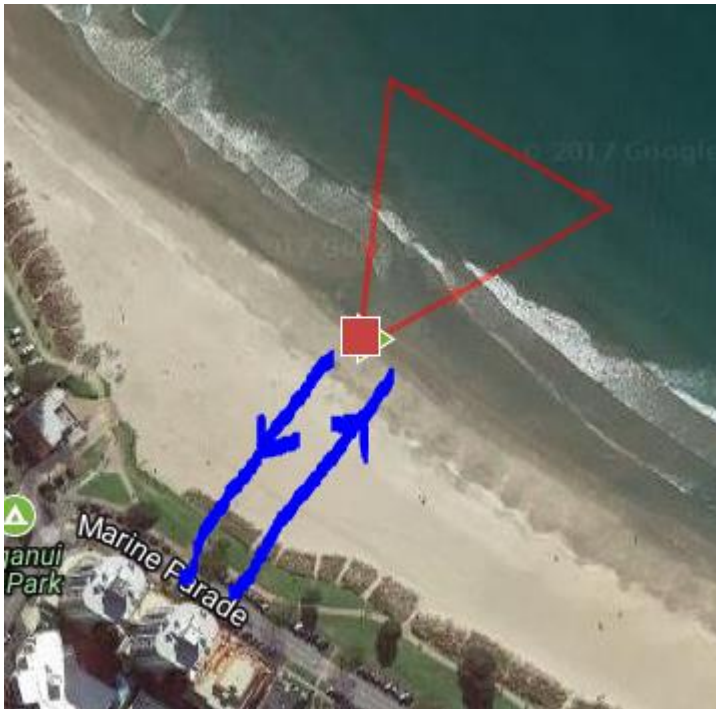


### EVES Surfbreaker Triathlon course description

**SWIM:** Triangular swim of 375m. Start on beach & swim directly to the buoy & turn left. Swim across to 2<sup>nd</sup> buoy & turn left. Now head towards the buoy situated on the beach. Exit the water & proceed straight back into the water to swim back to the same swim buoys, again turning left at each buoy then proceeding to the shore to finish the swim.

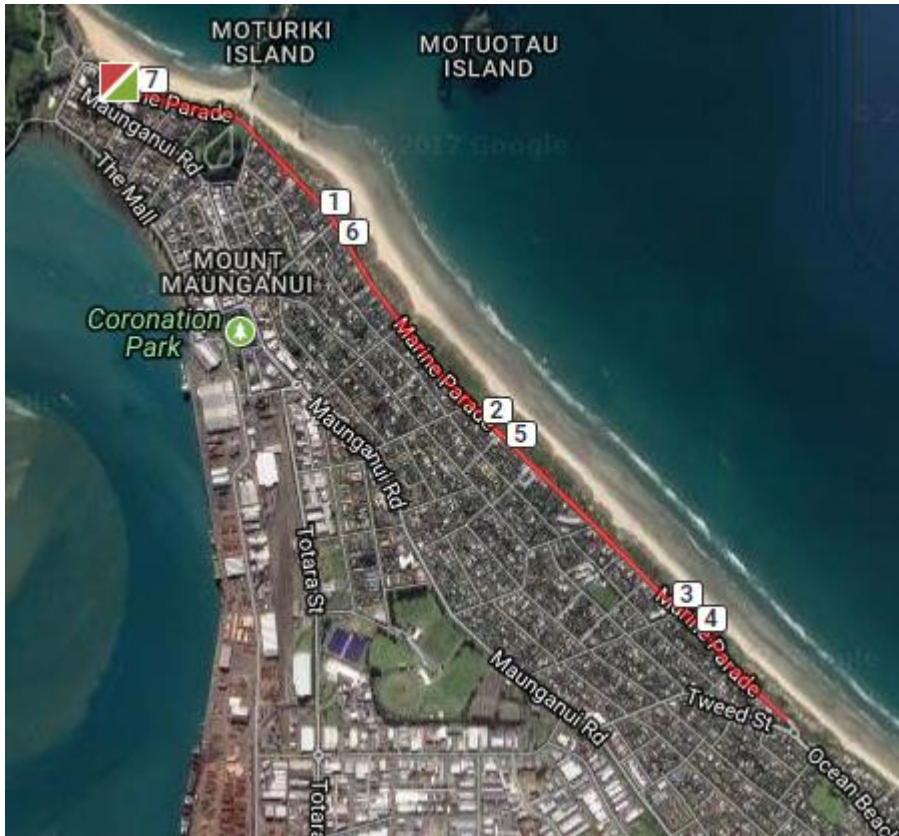
Super –Sprint race will only complete 1 lap & exit the water



**BIKE:** Exit the Transition area mount line on Marine Parade & head South along Marine Parade towards Oceanbeach Rd. After negotiating the speed-humps you will make your way along Marine Parade to the bike turn-around 100m short of the intersection of Marine Parade & Tweed/Oceanbeach Rd's. Making a 180° turn you will then follow Marine Parade back towards the Mount as far as Pacific Ave. You will make a very short left turn into Pacific Avenue ( the bike turn-around ) & the turn right out of Pacific Ave & once again travel down Marine Parade to the turn. You will complete the relevant amount of laps for your race & on the final lap you will again turn left into Pacific Ave, make the turn & the turn left into Marine Parade & head along the road towards the Transition area. Finish the bike @ the dismount line.

Sprint will do 3 laps, Super-Sprint will only do 1 lap of the bike

### Bike course



**RUN:** Exit Transition & run South along Marine Parade. The run turn-around will be situated 1.25km along Marine Parade ( No 61 ). Make the 180° turn & then proceed back to the front of the Transition area. There will be another run turn-around situated just outside the Transition area. Once again a 180° turn & then back out to the first turn. Make the turn & then heading back towards the Mount the run will veer right onto the beach @ the Leisure Island ramp. You will then veer left & continue to run along the sand on the Mount Main beach towards the finish. The run will finish with you coming up of the beach outside the Surf Club & turning left to finish on the grass opposite the Café's & near the Transition area.

**Super Sprint** will do 1 lap of the run finishing with the sand run.

**TRANSITION:** The Transition area will be found on the road outside the Café's / Surf Club end of Marine Parade. Racks will not be numbered.

Sprint run course

