



Course is 3 x 7km laps = 21km

Cyclists start at the grassed area on Meeanee Quay. Turn left on Meeanee Quay. Take 1st exit at Watchman Roundabout. Follow Expressway to Prebensen Roundabout and take 1st exit. Continue down Prebensen to roundabout and take 1st exit onto Severn Street. This leads onto Thames Street where you will turn left onto Pandora Road. Straight on at the Humber Street Roundabout till you get back to the transition/finish area on Meeanee Quay. On your 3rd lap enter the finish chute dismount your bike and run across the line.

Laps will be counted via electronic timing.