



**\*IMPORTANT INFORMATION\***

Runners will start with the timing transponder on their ankle and this will activate when you cross the start line. This will be passed to the cyclist and when the cyclist returns will pass to the final runner.

Race numbers must be on the front for both runners (use the same number)

The first leg will be a 2km run/walk. This will be a rolling start and will go off in your swim/kayak/SUP order  
 Swimmers White.# 1- 99 Swimmers Green...# 100 - 199 Swimmers Red...# 200 - 299 Swimmers Yellow...# 300 - 399  
 Kayakers Blue...# 400 - 499 SUP Purple...# 500 - 599

Keeping right follow the old road to the run turnaround and return till you reach the right hand turn at the limestone path.  
 Follow the path until you are turned by a marshal and head to the bike transition where you will hand over to your cyclist.