

Urban-Ultra Triathlon Creek Park Course

Friday January 19th 2007

Sprint Distance start: 3pm

Super Sprint Distance start: 2.45pm

(Please arrive at least 1 hour before - latecomers will not be allowed to join the race.)

The race will start promptly.)

URBAN-ULTRA triathlon™

SWIM - 750m/350m (Beach Start) Sprint Distance: Swim out to the furthest Peugeot buoys. **Super Sprint Distance:** Swim out to the closest Peugeot buoys. (direction dependent on current)

BIKE - 20km/10km (x4 Sprint | x2 Super Sprint) Mount bike when instructed to do so. Exit Main Gate (RIGHT) gate and continue anti-clockwise observing all turns and police directions. Using the (RIGHT) gate as you enter, continue right onto the circle (anti-clockwise) and dismount when instructed to do so.
EXIT PARK **RE-ENTER PARK**

RUN - 5km (Section 1 & 2) 2.5km (Section 2) Sprint Distance run both sections 1 and 2. From transition run direction Wonderland/Jeema Water Turn - continue back through transition to Pocari Sweat turn. Super Sprint Distance run only section 2 - direction Pocari Sweat Turn. Run course for all follows the same back stretch veering off to the right as you approach the transition area. Take a U-Turn from the Children's City R/A into the home straight. Route and all turns will be marshalled or indicated with ticker tape or cones.

Car Park The weekend here is VERY busy. We have 80 spaces reserved from the Park Management. Once these are taken you must find alternative parking either in the same car park if you are lucky. Or Wonderland or Gate 4.

