

bonaqua

Troutbeck
triathlon
ATU African Cup

TROUTBECK RUN

1 LAP=2.5km; ANTI-CLOCKWISE

ELITE = 2 LAPS=5KM

2 X AID STATIONS per LAP

PENALTY BOX on run lap

TURN 2

TURN 1

AID STATION

AID STATION

Troutbeck Resort

PENALTY BOX

TRANSITION

FINISH

