

Cycle course (Standard - 2 loops / Sprint - 1 loop)



Mariental Triathlon African Cup 2018

Standard Distance Triathlon (Swim 1.5km -- Cycle 40km -- Run 10km) for Elites and Under 23 Elites only

- **Cycle:** Cycle from Transition 1 (T1) to the T-junction (B) (which is a neutral zone - no overtaking) and turn RIGHT. Keep in the RIGHT lane until you exit the Hardap Dam Resort Gate (D). Move over to the LEFT side of the road and continue to the turning point close to the B1 road (G), TURN AROUND and follow the same route back to the dam wall (C) and turn LEFT. Cycle to the end of the dam wall (F) and TURN AROUND. Return to the beginning of the dam wall (C) and turn LEFT. Ride up to the Resort Office (H) turning point and TURN AROUND before T2. Cycle another loop to the turning point close to the B1 (G) and back as before. After 2 loops proceed into T2 (H) and rack your bike.

Distances (approximate):

A - B	500 metres
B - C	1 500 metres
C - D	700 metres
D - E - G	6 325 metres
C - F	900 metres
B - H	600 metres
C - J	400 metres

Cycle:

A - B	500
B - C	1 500
C - D	700
D - E - G	6 325
G - E - D	6 325
D - C	700
C - F	900
F - C	900
C - B	1 500
B - H	600
H - B	600
B - C	1 500
C - D	700
D - E - G	6 325
G - E - D	6 325
D - C	700
C - F	900
F - C	900
C - B	1 500
B - H	600
<u>B - H</u>	<u>600</u>
	<u>40 000</u>