

# Elite OTU Course Map

**Swim** 750m = 1 lap  
An anti-clockwise large rectangle course

**Cycle Course** 18.5km = 13 laps  
From transition head out onto The Strand, then right onto Hurstmere Road, travelling on the incorrect side of the road continue to The Promenade where you will make a U-turn and head back along Hurstmere left onto The Strand and back to transition to complete one lap.

**Run** 4.3km = 3 Laps  
From transition head into run lane and follow cycle course, in the run lane, running down through the reserve and passed the finish line to complete 1 lap.

 **Course Direction**  **Transition**

