South Coast
Run Course Start & Finish Area

UK Triathlon

Run Course Key
- = Run Course Out
- = Run Course Back
- = Run Turn Point
- = Swim In

Bike in
Bike out

CYCLE TRANSITION

PHOTS

MASSAGE

CAFE

FINISH LINE

DRINKS STATION

REGISTRATION & UK TRIATHLON STORE

Run course turn point when completing a lap

Run course back

Run course out

WARNING!
Sharp right & left turns when entering onto the Promenade or exiting the Promenade!
ALWAYS LOOK AHEAD!

Swim In

The South Coast Run Course Start & Finish information

- ❖ The full length of the run course from turn point to turn point is 2.5k
- ❖ The majority of the run course takes place on the Promenade
- ❖ **REMEMBER!** The turn point at the end of each lap is in the arena field near transition & the finish line
- ❖ When leaving the arena field to the Promenade there is a slight uphill, which is off road
- ❖ When leaving the Promenade to the arena field there is a slight downhill, which is off road
- ❖ **REMEMBER!** Always run on the **LEFT, ALWAYS RUN WITH YOUR HEAD UP & LOOK OUT FOR OTHER COMPETITORS & THE GENERAL PUBLIC**
- ❖ **REMEMBER!** You have to go down the small hill to complete all of your laps
- ➢ **Run course for all the Super Sprint & Fun competitors**   x   **1 lap**   =   **2.5k**
- ➢ **Run course for all the Sprint & Relay competitors**   x   **2 laps**   =   **5k**
- ➢ **Run course for all the Olympic & Relay competitors**   x   **4 laps**   =   **10k**

All maps and text were correct at going to print. UK Triathlon Events have the right to change the course at any time, South Coast Triathlon 2016