

# GOREY, SUNDAY 16 AUGUST 2015

## RELAY TRIATHLON (WITH A REST) AND SPRINT TRIATHLON



JERSEY TRIATHLON CLUB



ANA LEAF  
FOUNDATION

SWIM 3\*250m or 750m



T1 Swimmer 3 or Swimmer runs up steps from beach and down steps to car park



CYCLE 3\*6k or 17.6k (3 laps but with a dead turn ahead of transition)





T2



**RUN** 3x2 laps of an 800m course OR 6 laps (Runner 1 or Runner crosses road after 100m)

