

Ana Leaf Duathlon in support of Durrell (5/21/2.5 or 2.5/14/2.5)

Sunday 17th March

07.30 start

Transition in Durrell Car Park

Sprint Run 1 – Start on road and run left from Durrell with Traffic, First left and all left turns back to the zoo – 2 laps, running straight along the road past Durrell for Lap 2, i.e. **not** through the car park and across the mat.

Super sprint run 1 – As above – 1 lap

Sprint Bike – Mount on road and head right from Zoo. Down to Maufant and turn left, quick right and left at Royal pub in St Martin, left at top of Route re Rozel to St Martins Arsenal – 3 laps, then turn right at the Arsenal back to Durrell. (Quite a hectic marshal point!)

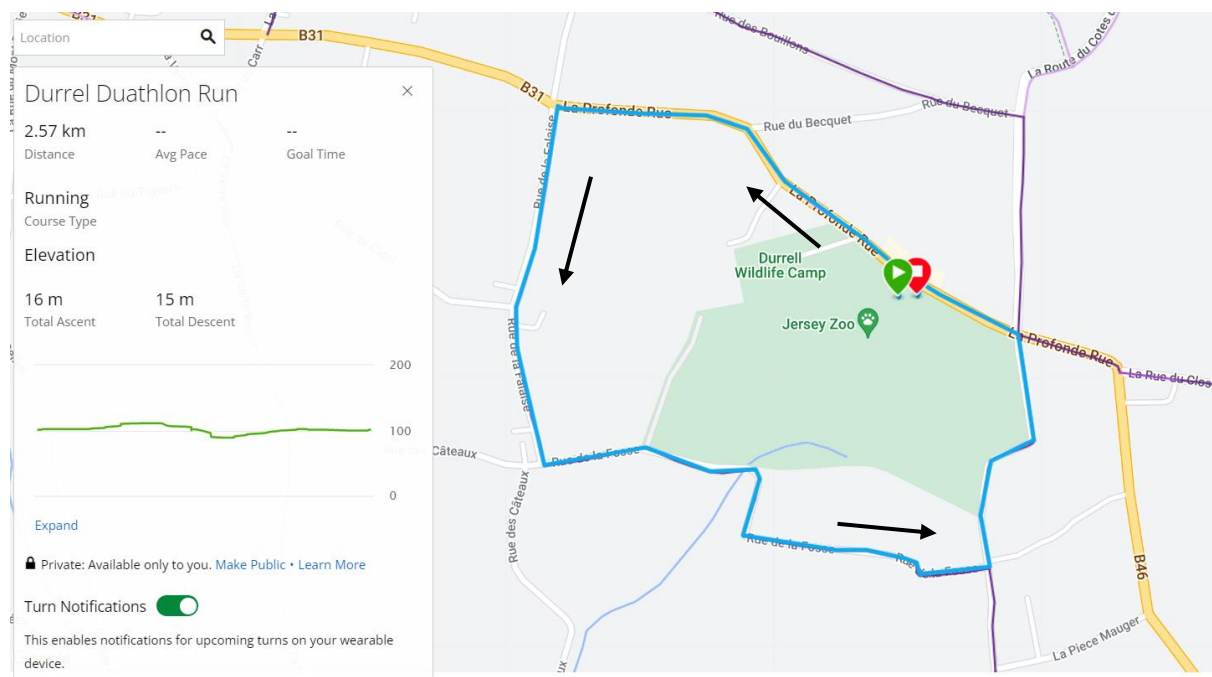
Super sprint bike – As above – 2 laps

Sprint run 2 – As Run 1, but 1 lap.

Super sprint run 2 – As Run 1.

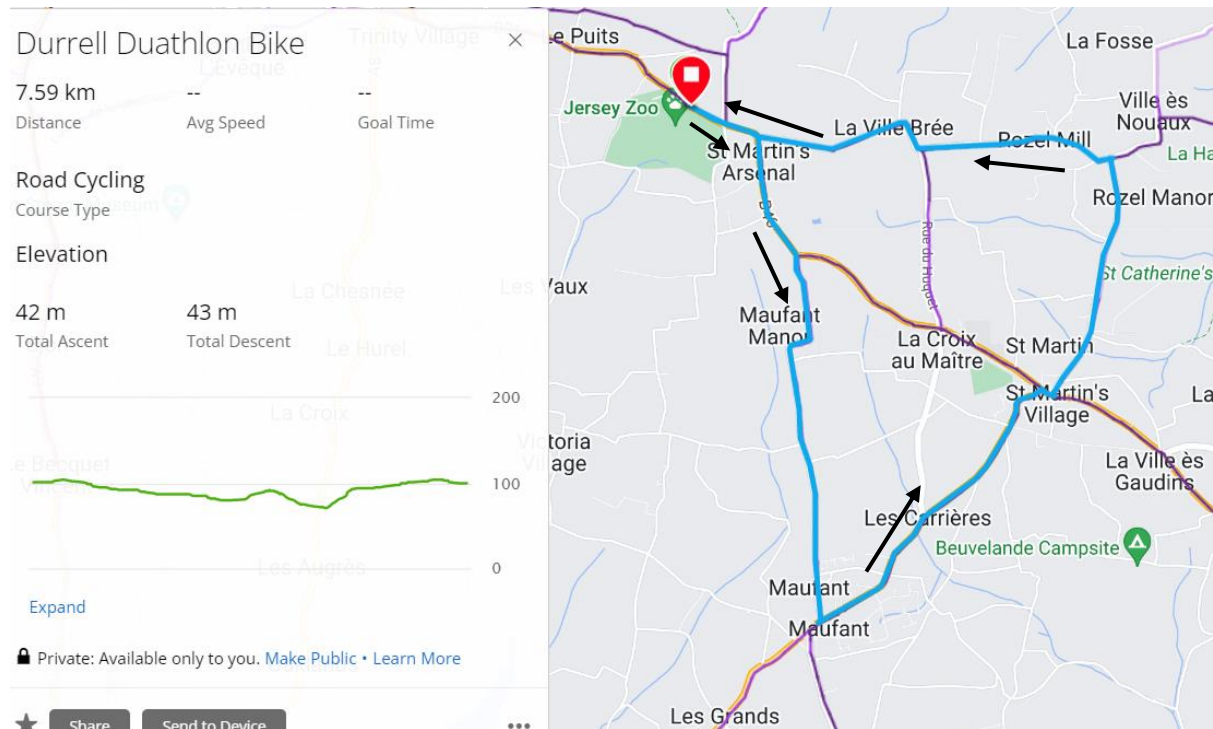
Run 1 – 5.0km (2 laps Sprint) or 2.5km (1 lap Super sprint)

<https://connect.garmin.com/modern/course/54456312>



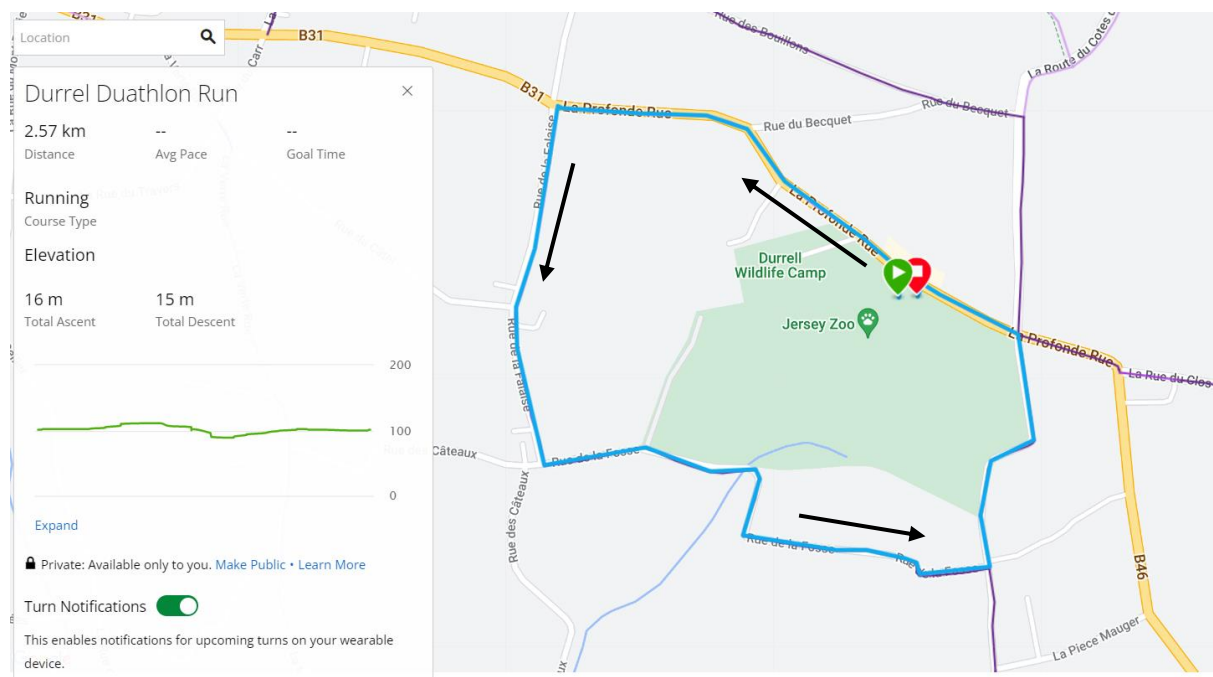
Bike – 21km (3 laps Sprint) or 14km(2 lap Super sprint)

<https://connect.garmin.com/modern/course/54456819>



Run 2 – 2.5km (1 laps Sprint) and 2.5km (1 lap Super sprint)

<https://connect.garmin.com/modern/course/54456312>



Transition

