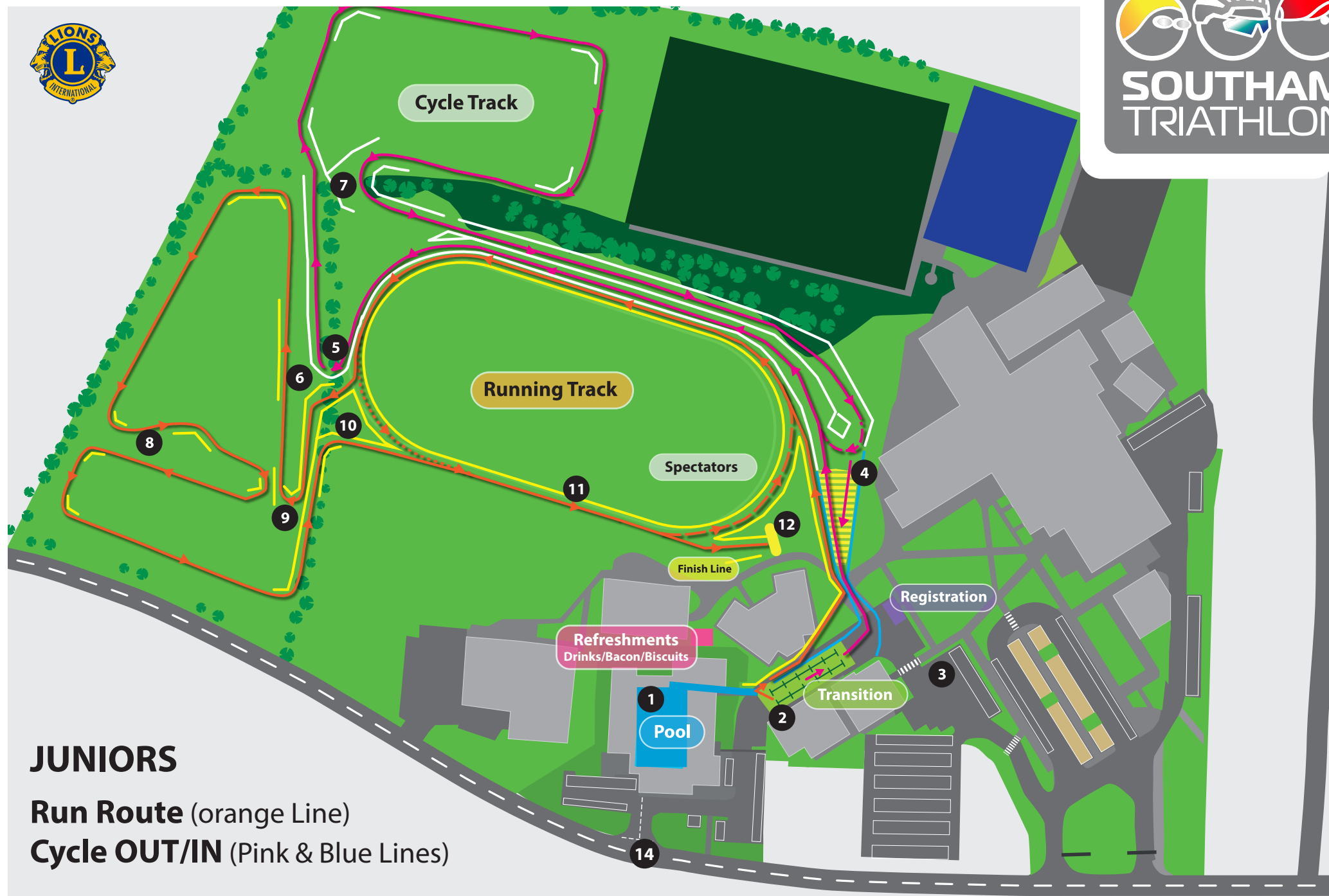


## ADULTS

**Run Route** (orange Line)

**Cycle OUT/IN** (Pink & Blue Lines)



## JUNIORS

**Run Route** (orange Line)

**Cycle OUT/IN** (Pink & Blue Lines)



**SOUTHAM  
TRIATHLON**



**PARKING**



ADULTS



JUNIORS



## TRANSITIONS

Exit to run  
here

Transit

2-10  
1-9

12-20  
11-19

22-30  
21-29

72-80  
71-79

32-40  
31-39

82-90  
81-89

42-50  
41-49

52-60  
51-59

62-70  
61-69

92-100  
91-99