



SEAFRONT OVAL RUN COURSE



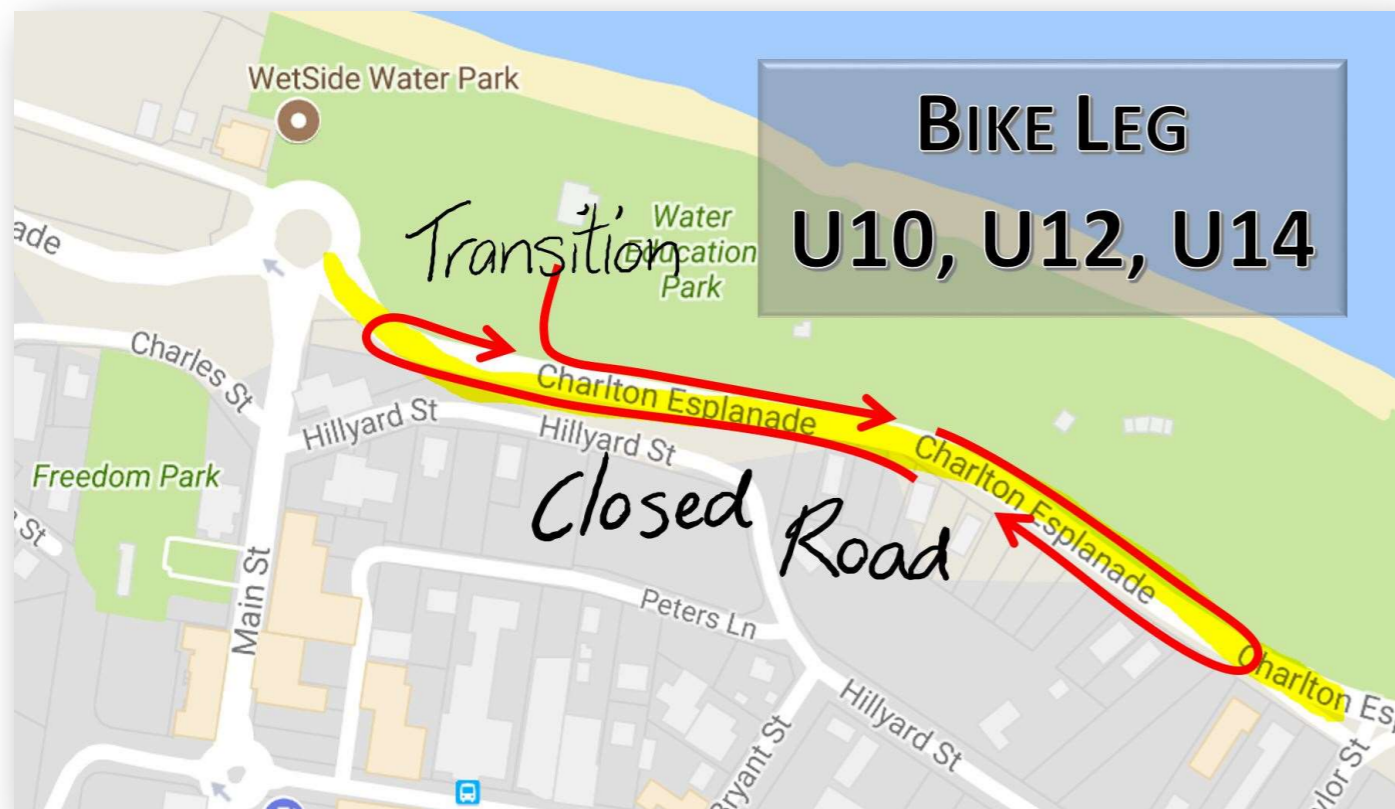
Open/Intermediate Run Course
U16/Intermediate 1 Lap (2.5km)
Open 2 Laps (5km)

**Run turn for
Juniors (250m)**

Run turn 1.25km



SEAFRONT OVAL BIKE COURSE





SEAFRONT OVAL SWIM COURSE

