

# activation DUATHLONS 10

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Trentham Memorial Park  
July 25<sup>th</sup>, August 22<sup>nd</sup>, September 19<sup>th</sup> 2010

## Event Summary - Kids events

To help you out, here is a quick summary of each of the options available, for further details please study the relevant course descriptions and maps

	Schools Years 1-4 (Age 5-8)	Schools Years 5-8 (Age 9-12)
Start time	9 am	9:30 am
Basic Summary	Run 850m, Cycle 4.5k, Run 600m	Run 1200m, Cycle 7.2k, Run 850m
Opening run?	1 Lap through Bartons Bush anti-clockwise, enter by kids playground, exit by cricket oval	1 Lap through Bartons Bush anti-clockwise, enter by Holdsworth Ave, exit by cricket oval
Cycle is?	5 flat laps anti-clockwise, within Trentham Memorial Park	8 flat laps anti-clockwise, within Trentham Memorial Park
Closing run?	1 Lap out & back along road to entrance by kids playground, return back along road	1 Lap through Bartons Bush anti-clockwise, enter by kids playground, exit by cricket oval

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## Event Summary - Senior events

To help you out, here is a quick summary of each of the options available, for further details please study the relevant course descriptions and maps

	<b>Short (age 10+)</b>	<b>Medium (Age 12+)</b>	<b>Long (Age 14+)</b>
<b>Start time</b>	10 am	10 am	10 am
<b>Basic Summary</b>	Run 1.5k, Cycle 10.5k, run 850m	Run 3k, Cycle 14.5k, Run 1.5km	Run 5k, Cycle 21k, Run 2.5km
<b>Opening run?</b>	1 Lap through Bartons Bush -clockwise, enter at Stopbank side, exit near kids play area	2 Laps through Bartons Bush -clockwise, enter at Stopbank side, exit near kids play area	2 Laps through Bartons Bush -clockwise, enter at Stopbank side, exit at near Holdsworth Ave  Note: required to run 250m north along bottom of stopbank north before entering Bartons Bush
<b>Cycle is?</b>	3 Laps, through the TMP, down Holdsworth Ave, back up via Moonshine Park	4 Laps, through the TMP, down Holdsworth Ave, back up via Moonshine Park	6 Laps, through the TMP, down Holdsworth Ave, back up via Moonshine Park
<b>Closing run?</b>	1 Lap through Bartons Bush -clockwise, enter at near cricket oval, exit near kids play area	As per opening run, but only one lap	As per opening run, but only one lap