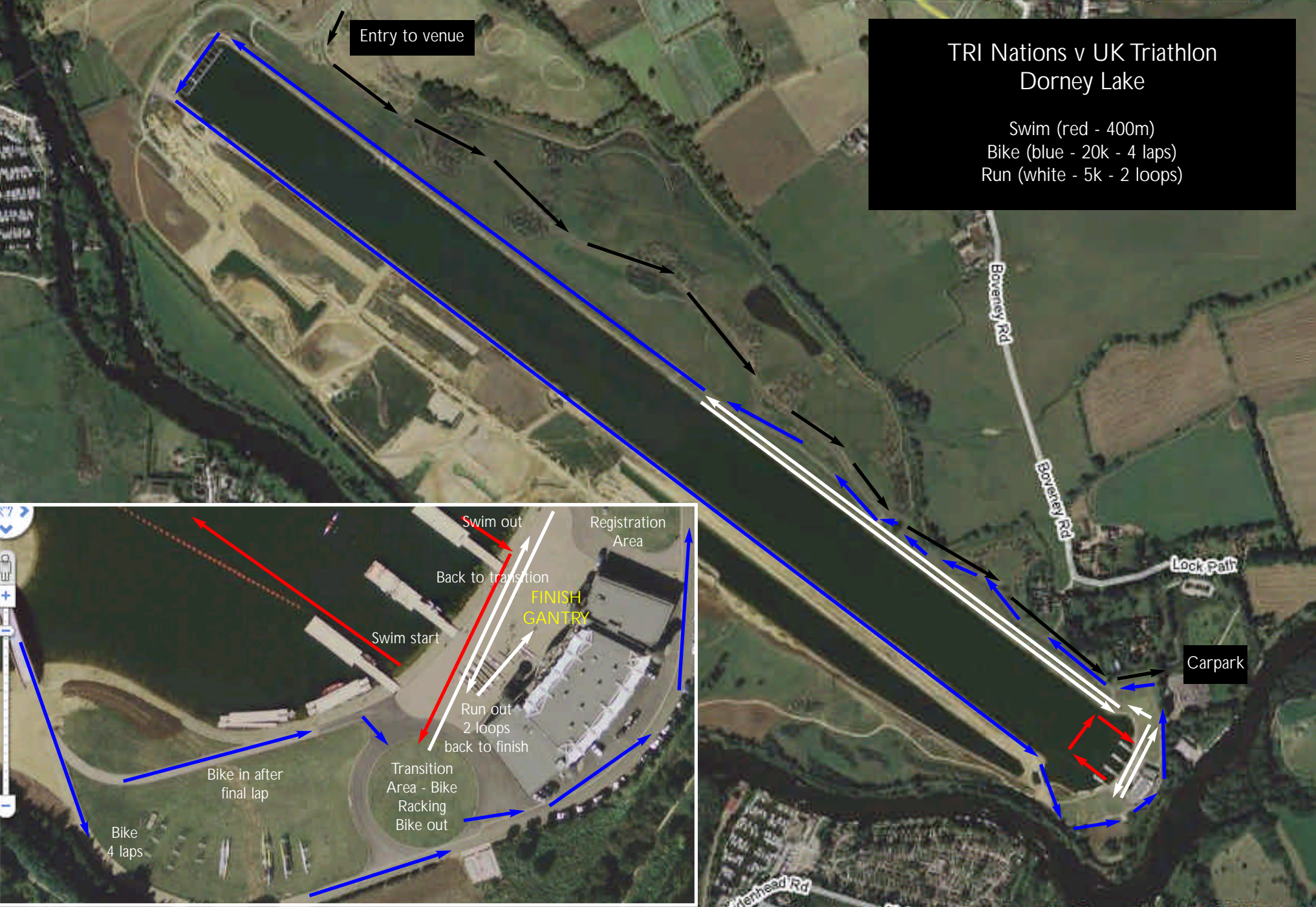


TRI Nations v UK Triathlon Dorney Lake

Swim (red - 400m)
Bike (blue - 20k - 4 laps)
Run (white - 5k - 2 loops)



Entry to venue

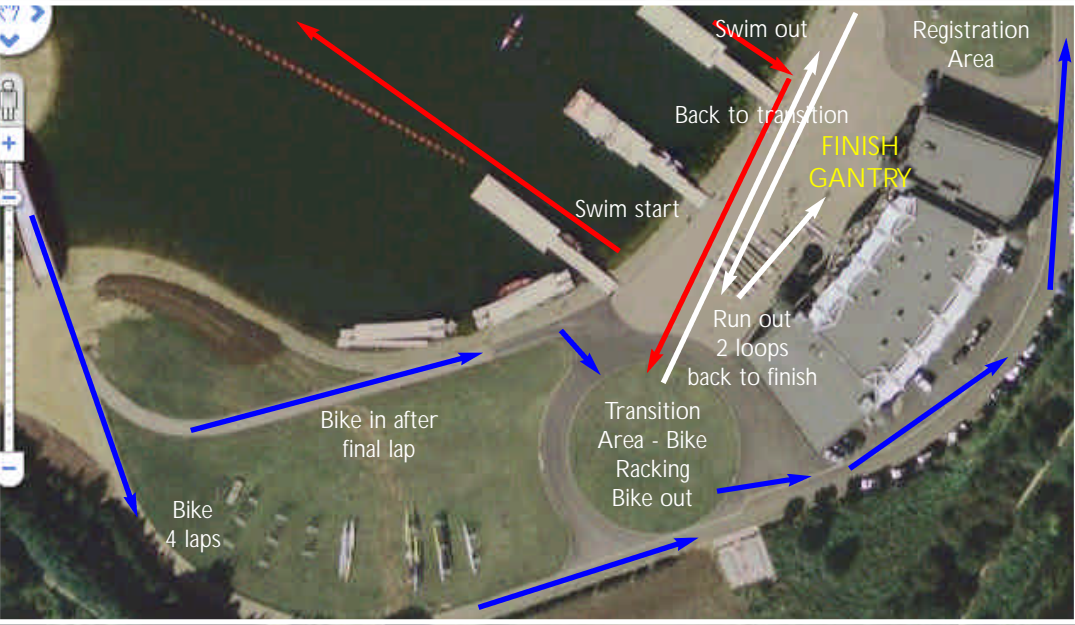
Boverney Rd

Boverney Rd

Lock Path

Carpark

Wetherhead Rd



Swim out

Registration Area

Back to transition

FINISH GANTRY

Swim start

Run out
2 loops
back to finish

Transition Area - Bike
Racking
Bike out

Bike in after
final lap

Bike
4 laps