RUN COURSE KEY

→ **Run course**

--→ **Start of next lap**

--→ **Swim in**

Road surface, tarmac

Woodland run
Surface: grass & pathway

Bike Course

Cycle Transition

Finish line area & main arena

Swim Course

Birmingham Triathlon 2016 - Run Course Distances

Lap Distance		=	2.5k
Olympic & Olympic Relay	2.5k x 4 laps	=	10k
Sprint & Sprint Relay	2.5k x 2 laps	=	5k
Super Sprint & Fun	2.5k x 1 lap	=	2.5k

All maps and text were correct at going to print. UK Triathlon Events have the right to change the course at any time, Birmingham Triathlon 2016

UKTriathlon

Birmingham Triathlon - Run Course