

11 OCTOBER 2026 - FULL HOUSE



SELECTION # 2 / SEASON SERIES # 2 / CORPORATE CHALLENGE # 2



PROUDLY SPONSORED BY BROWN ENGINEERING

VENUE OPENS FROM 0630 - REPORT TO REGISTRATION & CHECK IN DESK EVEN IF YOU HAVE PRE-REGISTERED - PROCEED TO BIKE CHECK AND TRANSITION. HELMETS ARE COMPULSORY / I-PODS/EARPHONES/MUSIC DEVICES ARE NOT PERMITTED ON THE BIKE AND RUN COURSES. DO NOT BE LATE FOR CHECK IN. YOU WILL BE CALLED FOR RACE BRIEFINGS 5 MINUTES BEFORE THE START OF EACH EVENT

DISCIPLINE	CHECK IN AND COURSE	START TIME	REFER TO THE NEW COURSE MAPS ON THE WEBSITE & IN THE BRIEFING ROOM			
			SWIM / RUN	BIKE / SWIM	RUN	COURSE
STANDARD DISTANCE	NORFOLK					
TRIATHLON AG/AQUA-BIKE - AG Individuals & Teams	0645-0715	0730	65 widths	40 km = 6 laps long Norfolk course	Run - 2 x 5km laps-Long-Chase loop	Bike- Long-Norfolk/Run-Long-Chase loop
SPRINT DISTANCE	NORFOLK					
TRIATHLON AG/AQUA-BIKE - AG Individuals & Teams	0645-0715	0730	33 widths	20 km=3 laps long Norfolk course	1 x 5km long course lap	Bike- Long-new Norfolk/Run-Long-new Chase loop
DUATHLON - AG Individuals & Teams	0645-0715	0730	Run - 2 x 1.25km short course laps	20 km=3 laps long Norfolk course	1 x 5km long course lap	Run-Short-Erskine loop / Bike- Long-new Norfolk/Run-Long-new Chase loop
TRIATHLON JUNIOR SELECTION	0645-0715	0745	33 widths	20 km=3 laps long Norfolk course	1 x 5km long course lap	Bike- Long-new Norfolk/Run-Long-new Chase loop
TOTS, KIDZ & SPORT	ERSKINE					
TRITOTS	0715-0830	0845	1 width	1.5km	400m	TBA at briefing
TRIKIDZ	0715-0830	0845	1 width	1.5km	400m	TBA at briefing
TRISPORT	0715-0830	0900	2 widths	2.0km	700m	TBA at briefing
SUPERSPRINT DISTANCE	ABC					
YOUTH SELECTION	0715-0900	0915	17 widths	10km=2 laps ABC short course	2.5km- 2 x 1.25km short course laps	Bike - Short ABC/Run Short-Erskine loop
AG INDIVIDUALS & TEAMS	0715-0900	0920	17 widths	10km=2 laps ABC short course	2.5km- 2 x 1.25km short course laps	Bike - Short ABC/Run Short-Erskine loop
FIT DISTANCE	ABC					
TRIATHLON - TRIFIT - ALL Individuals, Teams & CORPORATE CHALLENGE TEAMS	0715-0925	0940	9 widths	10km=2 laps ABC short course	Run - 2 x 1.25km short course laps	Bike - Short ABC/Run Short-Erskine loop
DUATHLON - DUFIT - ALL Individuals, Teams & CORPORATE CHALLENGE TEAMS	0715-0925	0940	Run 1 x 1.25km short course lap	10km=2 laps ABC short course	Run - 2 x 1.25km short course laps	Run-Short-Erskine loop / Bike-short ABC /Run-Short Erskine loop
AQUATHLON AQUAFIT - ALL Individuals & Teams	0715-0925	0940	Run 1 x 1.25km short course lap	10 width Swim	Run - 2 x 1.25km short course laps	Run-Short Erskine loop
FUN DISTANCE	ABC					
TRIATHLON TRIFUN - ALL Individuals & Teams	0715-0930	0950	5 widths	5km=1 lap short course	Run 1 x 1.25km short course lap	Bike - Short ABC/Run Short-Erskine loop
DUATHLON DUFUN - ALL Individuals & Teams	0715-0930	0950	Run - 1 x 1.25km short course lap	5km=1 lap short course	Run 1 x 1.25km short course lap	Run-Short-Erskine loop/ Bike-Short ABC/Run Short-Erskine loop
AQUATHLON AQUAFUN - ALL Individuals & Teams	0715-0930	0950	Run - 1 x 1.25km short course lap	6 width Swim	Run 1 x 1.25km short course lap	Run-Short Erskine loop

PLEASE BEAR WITH US IF THERE ARE ANY UNFORESEEN DELAYS DURING THE COURSE OF THE MORNING

