

24 MARCH 2024 - END OF SEASON FUN EVENTS & PRIZE GIVING

COURSES	LONG NORFOLK - BIKE - 1 x 10km lap / RUN - Long Chase loop 1 x 5km lap			SHORT ABC - BIKE - 1 x 5km lap / RUN - Short-Erskine loop 1 x 1.25km lap			
CATEGORY	CHECK IN	TIME	DISTANCES			COURSE	
			SWIM	BIKE	RUN		
TRIKIDZ	0715 - 0755	0815	1 width	1.5km	400m	TBA at briefing	
TRITOTS	0715 - 0800	0815	1 width	1.5km	400m	TBA at briefing	
TRISPORT	0745 - 0820	0840	2 widths	2.0km	700m	TBA at briefing	
SPRINT - TRIATHLON	0800 - 0840	0900	33 widths	2 x 10km long course laps	4 x 1.25km laps Erskine loop.short	Bike- 2 x Long-Norfolk/Run x 4 laps Erskine loop	
SPRINT - DUATHLON	0800 - 0840	0900	RUN - 2 x 1.25km short course laps	BIKE - 2 x 10km long course laps	RUN - 1 x 5km Long-Chase loop	Run-Short-Erskine loop / Bike- Long-Norfolk/Run-Long-Chase loop	
TRIFIT TRIATHLON	0830 - 0910	0920	SWIM-BIKE-RUN	9 widths	10km - 1 x 10km long course lap	2.5km - 2 x 1.25km short course laps	Bike - Long Norfolk/Run Short-Erskine loop
DUFIT DUATHLON	0830 - 0910	0920	RUN - BIKE - RUN	RUN - 2 x 1.25km short course laps	BIKE - 1 x 10km long course lap	RUN - 1 x 1.25km short course lap	Run-Short-Erskine loop / Bike- Long-Norfolk/Run-Short Erskine loop
AQUAFIT AQUATHLON	0830 - 0910	0920	RUN - SWIM - RUN	RUN - 2 x 1.25km short course laps	SWIM - 10 widths	RUN - 1 x 1.25km short course lap	Run-Short Erskine loop
TRIFUN TRIATHLON	0840 - 0920	0930	Individual & team entries welcome - "BACK TO BACK" option also available do 3 races in succession	5 widths	5km - 1 x 5km short course lap	1.25km - 1 x 1.25km short course lap	Bike - Short ABC/Run Short-Erskine loop
DUFUN DUATHLON	0840 - 0920	0930	RUN - BIKE - RUN	RUN - 1 x 1.25km short course lap	BIKE - 1 x 5km short course lap	RUN - 1 x 1.25km short course lap	Run-Short-Erskine loop/ Bike-Short ABC/Run Short-Erskine loop
AQUFUN AQUATHLON	0840 - 0920	0930	RUN - SWIM - RUN	RUN - 1 x 1.25km short course lap	SWIM - 6 widths	RUN - 1 x 1.25km short course lap	Run-Short Erskine loop
PRIZE GIVING		1100	Please stay on after your event, support The Draughtman and enjoy a drink and a bite to eat and then join us for the End of Season Series Prize Giving and Trophy Awards				

SUBJECT TO CHANGE - THESE ARE ESTIMATED - PLEASE BEAR WITH US SHOULD THERE BE ANY DELAYS ON THE DAY