TriStar 3 - Duathlon Route

The start of the duathlon will be to the north of the Age-Group Transition. Please gather here 15 minutes before your original wave swim start time. You will then be set off in small groups in the period after your original wave swim start time.

TriStar waves will be started in groups defined by region to ensure a fair race for all athletes competing for IRC qualification in their region.

Car park

Showers

TRENT BRIDGE

THE CITY GROUND

TRENT BRIDGE CRICKET GROUND

START

TRANSITION AREA

THE MEADOWS RECREATION GROUND

CITY WAR MEMORIAL

COUNTY HALL

VICTORIA EMBANKMENT

RIEMANN P20 GRANDSTAND

FINISH

Bike Park

Registration & Event Village

RIVER TRENT

DISTANCES

- 1.5KM (1 LAP)
- 7.68KM (2 LAPS)
- 470M (1 LAP)

KEY

- RUN 1
- BIKE
- RUN 2
- TURNING POINT
- DIRECTIONAL ARROWS