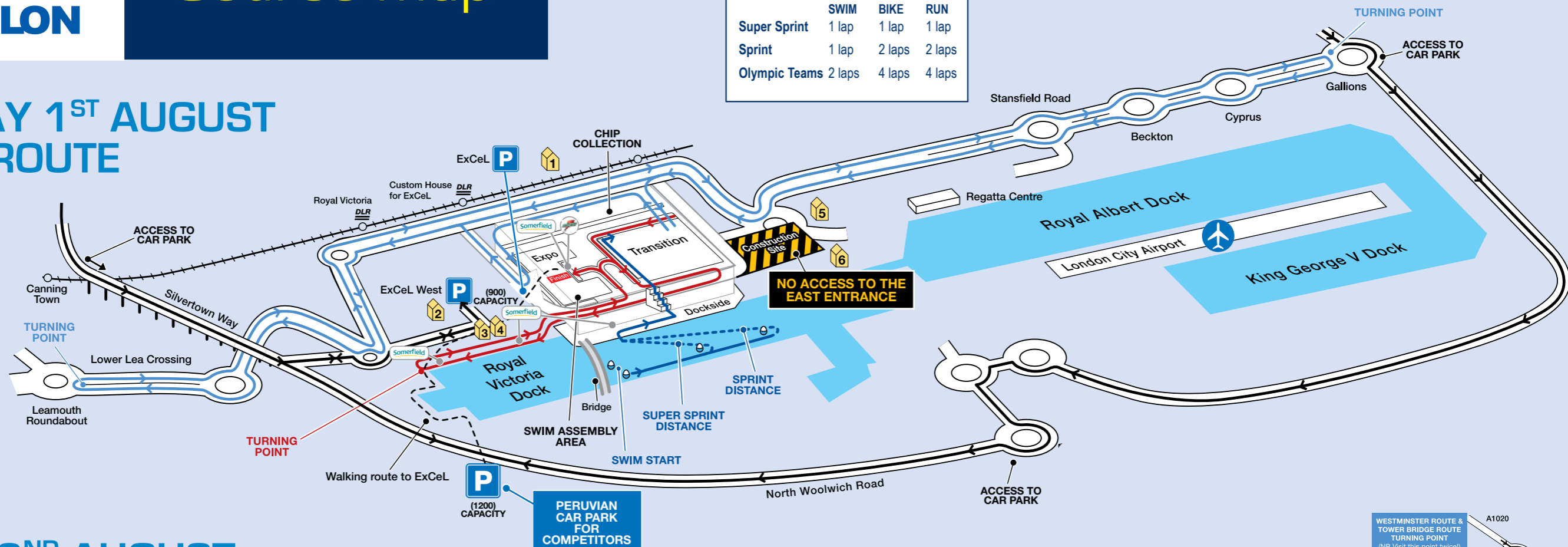


Course map

SATURDAY 1ST AUGUST

	SWIM	BIKE	RUN
Super Sprint	1 lap	1 lap	1 lap
Sprint	1 lap	2 laps	2 laps
Olympic Teams	2 laps	4 laps	4 laps

SATURDAY 1ST AUGUST COURSE ROUTE



SUNDAY 2ND AUGUST COURSE ROUTE

SUNDAY 2ND AUGUST

SWIM / RUN ROUTE DETAILS

Swim 1 lap
Run 2 laps



SUNDAY 2ND AUGUST

BIKE ROUTE DETAILS:

Sunday Morning Westminster Route	1st lap 14km (turning at Billingsgate)
	2nd lap 26km (turning at Westminster)
Senior Elite Race	1st lap 14km (turning at Westminster)
	2nd lap 26km (turning at Billingsgate)
Sunday Afternoon Tower Bridge Route	2 laps (turning at Tower Bridge)

KEY

- Swim route
- Bike route
- Run route
- Tower Bridge route
- Westminster route
- Gatorade Hydration Station
- Somerfield Water Station
- Car access
- Mazda Truck located in Expo
- Speedo Merchandise located in Expo
- Hotels
 1. Custom House
 2. Crown Plaza
 3. Ibis
 4. Novotel
 5. Travel Inn
 6. Ramada