

2016 Rutherglen Triathlon Course

The Rutherglen triathlon consists of two events. The Junior/Back of the pack event (adults doing the short event) event consisting of a 10Km ride, 200m pool swim and a 3.5Km run. The senior event consisting of a 1.5Km run, 22Km ride, 200m pool swim and a 3.5Km run.

Run 1.5KM

The starting point is in front of the showground sheep pravillion.

To access the start there is a walking track to the west just outside the pool complex. It is marked.



Bike 22KM

The senior ride starts in Murray Street outside the shire hall. It travels east to Springhurst Road. From there you travel about 10Km to the turnaround point at McPhersons road and then return by the same route.



Bike 10Km

The 10Km ride is for the Junior and Back of the Pack events and commences in Murray Street outside the Primary School. From there you travel east onto Springhurst Road. The turnaround point is at Kings Road and you then travel back to the transition area by the same route.



Swim

The swim is up and down 6 lanes of the Rutherglen Pool for a total of 200 meters commencing from the deep end, club house side of the pool, exiting from the deep end on the opposite side of the pool..

Run 3.5Km

The run is the same for both events. It starts in the pool car park (transition) and turns right up High Street past the High School to the turnaround point (drink station) . You turn left into ready Street and then into the park and run down the 11th and then 10th fairways to Lake King. Cross the wall and then onto the finish line.

