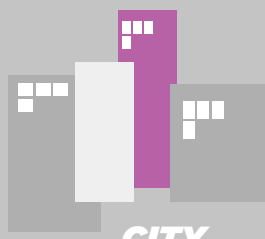


*COURSE SUBJECT TO CHANGE



CITY

FLINDERS ST
FLINDER ST STATION

FED SQUARE

BIRRARUNG MARR

JOLIMONT STATION

WELLINGTON PDE

MCG

4 MEALS

SOUTH BANK

SANDRIDGE BRIDGE

CITY RD

4 PERSON TEAM RELAY TRANSITION

5 MEALS

SPEAKERS CORNER

2.5 MEALS

4 PERSON TEAM RELAY TRANSITION

MELBOURNE & OLYMPIC PARKS

SWAN ST BRIDGE

OLYMPIC BLVD

RICHMOND STATION

1 RUN TO FEED TO

ST KILDA RD

LINLITHGOW AVE

BATMAN AVE

ALEXANDER AVENUE
YARRA RIVER

2 MEALS

1 MEAL

AAMI PARK

YARRA TRAIL

MORELL BRIDGE

ROYAL BOTANICAL GARDENS

ST KILDA RD

ANDERSON ST

PUNT RD

4 PERSON TEAM RELAY

- 1 MEAL = K MARKERS
- START
- WATER
- TOILETS
- FIRST AID
- RUNNER 1
- RUNNER 2
- RUNNER 3
- RUNNER 4
- FINISH
- RELAY TRANSITION

