



How long you spend running, biking and kayaking is up to you, but if you are not sure how to split your time, a good plan would be to spend approximately the following amount of time on each discipline:

	Masters	Novice	Duo
Trail Running	2 hrs 15 mins	1 hrs 45 mins	2 hrs 15 mins
Moutain Biking	2 hrs 45 mins	2 hrs 15 mins	2 hrs 45 mins
Kayaking	60 mins	60 mins	
Total	6 hrs	5 hrs	5 hrs

Not sure how to fit the timings above around your allocated kayak slot? The schematic below gives an example of how you could do this.

If you have been given a specific one-hour kayak timeslot, then it is expected that you will go straight to the kayak transition from the start (approximately 200m) giving yourself enough time to get to get there before your kayak timeslot starts.

If you have been given a kayak window (11:50 to 13:20) you can kayak any time during this window. The window is 90-minutes long but you still only have a maximum of 60-minutes on the water.

Please note, you can only go to the kayak transition on foot. You can run after/before your kayak (you do not need to return to the start base to transition between running and kayaking).

KEY: RUNNING BIKING KAYAKING

