



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 30 mins	2 hrs 15 mins
Mountain Biking	2 hrs 45 mins	2 hrs 30 mins	2 hrs 45 mins
Kayaking	60 mins	60 mins	
Total	6 hrs	5 hrs	5 hrs

Everyone who is kayaking has been allocated a kayak timeslot (see the Start List for your kayak timeslot). The maximum time allowed for the kayaking is 60 minutes for everyone. Please note: The kayak time slots are 75 minutes to give you flexibility but you must not exceed the 60-minute kayak time limit on the water.

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, this is certainly not the only way and you could spend longer running and less time biking (or vice versa) should you wish.

You can only go to the kayak transition on foot which is approximately 4km away at the shortest (sensible) route. You can pick up run checkpoints before/after you kayak (you do not need to return to the start base to transition between running and kayaking). You can run and bike as many times as you like, for example you can run, kayak, run, bike, run.

