



SUNDAY AUGUST 15, 2010
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Location: Tanunda, Barossa Valley SA

18th June 2010

Event Date: Sunday, 15th August 2010

This is your chance to race for an Australian title and gain automatic qualification for the 2011 World Duathlon Championships, while enjoying the scenery and hospitality of one of Australia's finest wine and tourism destinations.

Courses and Distances

Long Course This is the Australian Championship and South Australian Championship race. (Minimum age is 18 as of 31/12/2010)

Run 1 10 kilometres 4 Laps of flat 2.5 kilometre course

Ride 40 kilometres 2 laps of undulating 20 kilometre course including Menglers Hill

Run 2 5 kilometres 2 laps of same 2.5 kilometre course

Short Course (Minimum age is 14 as of 31/12/2010)

Run 1 5 kilometres 2 Laps of flat 2.5 kilometre course

Ride 20 kilometres 3 laps of flat 6.7 kilometre course

Run 2 5 kilometres 1 lap of same 2.5 kilometre course

Early Bird Entry

A 10% discount is currently available to participants who enter online before 15 July 2010.

For Further details please visit the website at www.triathlonsa.org.au