

Simulated Half Ironman Courses

Swim Course

Leg	Direction	Distance	Description
Start	At the water in line with the boat ramp at the Surf Club		
1	South	500m	Swim to the 3 rd groin counting from the marina wall and turn north
2	North	1000m	Swim from the third groin to the marina wall and turn south
3	South	500m	Swim back to the boat ramp and exit

Bike Course

Bike course is an out and back course so ride till your computer says 45km and then turn and come back.

Suggested route will take you to Wanneroo Road where you can go easily to the 45km mark without many cross roads and no traffic lights. There are roundabouts so be careful at these.

Leg	Direction	Distance	Description
Start	At Sorrento Surf Club		
1	North	10.6km	Ride all the way along the coast until you come to Shenton Avenue and turn right into Hodges Drive
2	East	2.1km	Up Shenton Avenue until you get to Connolly Drive and turn left
3	North	8.5km	Along Connolly Drive to Hester Avenue and turn right
4	East	1.9km	Along Hester Avenue until Wanneroo Road and turn left
5	North	21.9km	Keep riding Wanneroo Road till your computer says 45km, turn round and come back the same way

Run Course

The run course is a 7km loop that you go around three times. There are some decent hills on this loop, two in particular, so be prepared for this little gift from Paul and enjoy. They are on Cliff st and it is aptly named.

Leg	Direction	Distance	Description
Start	At Sorrento Surf Club		
1	South	3300m	Run south along the coastal bike/walk path until you get to Malcolm St. Be careful crossing West Cost highway.
2	East	150m	Run Beach Rd to Flora Terrace and turn left
3	North	1260m	Run all the way to the end of Flora Terrace and turn left
4	West	110m	Along Beach Road to Cliff St and turn Right
5	North	1190m	Up Cliff Street till you get to the very top of the second hill and turn left into Clontarf St (make sure you go all the way to Clontarf and don't turn off early)
5	West	360m	Down Clontarf St and turn right at the bottom. You are now back to the coast.
6	North	630m	Run along the coast and back to the surf club. The surf club marks the completion of one 7km loop