



## **Druridge Bay Duathlons : Run Route**

**Sprint: 1st Run 5.3km: 2 Laps. 2nd Run 2.5km: 1 Lap.**

**Standard: 1st Run 10.5Km: 4 Laps. 2nd Run 5Km : 2 Laps.**

[Strava link to run course](#)