












































































LEG 1		0 km	Gain approx: +0m Loss approx: -33m	
	Fastest estimate = 30 min To Finish estimate = 1 hrs			
Team Estimate:				
END LEG TEAM LOGISTICS & EQUIPMENT				
TA				• Leave climbing gear in Pack Raft bag
END LEG TRANSITION AREA FACILITIES				
				
<ul style="list-style-type: none"> • Mandatory climbing gear required. • Boxes weighed / loaded 11:05. START 12:00. • Abseil with backpack and mandatory gear compulsory. • Paddles and life jacket in PackRaft bag. • NO shoes with spikes or studs are allowed at the abseil. 				
LEG 2		6,5 km	Gain approx: +50m Loss approx: -50m	
	Fastest estimate = 40 min To Finish estimate = 1 hrs			
Team Estimate:				
END LEG TEAM LOGISTICS & EQUIPMENT				
TA				
END LEG TRANSITION AREA FACILITIES				
				
<ul style="list-style-type: none"> • Mandatory Gear - All gear compulsory. 				
LEG 3		16 km	Gain approx: +219m Loss approx: -226m	
	Fastest estimate = 4:00 hrs To Finish estimate = 5:30 hrs			
Team Estimate:				
END LEG TEAM LOGISTICS & EQUIPMENT				
TA				• Leave paddle and lifejacket in kayak bag
END LEG TRANSITION AREA FACILITIES				
				
<ul style="list-style-type: none"> • Helmets not required. • Mandatory Gear - All gear compulsory. 				
LEG 4		230 km	Gain approx: + 2660m Loss approx: - 2680m	
	Fastest estimate = 14:30 hrs To Finish estimate = 22:30hrs			
Team Estimate:				
END LEG TEAM LOGISTICS & EQUIPMENT				
TA				
END LEG TRANSITION AREA FACILITIES GZ2 FACILITIES				
				
<ul style="list-style-type: none"> • Food (vegetarian wraps) and hot drinks available for all athletes at GZ2 for free. • Mandatory Gear - All gear compulsory. 				

LEG 5		60 km	Gain approx: + 0m Loss approx: - 0m				
	Fastest estimate = 7:30 hrs			<ul style="list-style-type: none"> • Dry bags highly recommended for team equipment. • Mandatory Gear Exemption - Emergency Shelter, Sleeping Bag, NOT mandatory for Leg 5. Drop in KAYAK BAG. • Strobe and glow sticks compulsory after sunset. • Emergency flare for each team member compulsory at all times. • Wetsuit or drysuit mandatory, must be worn. 			
	To Finish estimate = 10:00hrs						
END LEG TEAM LOGISTICS & EQUIPMENT							
TA							
END LEG TRANSITION AREA FACILITIES							
							




LEG 6		84 km	Gain approx: + 1015m Loss approx: - 1016m				
	Fastest estimate = 17:50 hrs			<ul style="list-style-type: none"> • Mandatory Gear Exemption - Backpack NOT mandatory for leg 6, optional, packs can be picked up again at TA5. Drop in KAYAK BAG or BAG A. • Mandatory Gear Exemption - Emergency Shelter, Sleeping Bag, NOT mandatory for Leg 6. • Swimrun gear mandatory. Strobe must be worn under swim cap after sunset. • Swimrun rules and ARWS standard rules applied, see website. 			
	To Finish estimate = 29:00hrs						
END LEG TEAM LOGISTICS & EQUIPMENT							
TA							
END LEG TRANSITION AREA FACILITIES							
							

LEG 7		25 km	Gain approx: + 362m Loss approx: - 365m				
	Fastest estimate = 4:00 hrs			<ul style="list-style-type: none"> • Mandatory Gear - All gear mandatory. 			
	To Finish estimate = 6:00 hrs						
END LEG TEAM LOGISTICS & EQUIPMENT							
TA							
END LEG TRANSITION AREA FACILITIES							
							









LEG 8		40 km	Gain approx: + 50m Loss approx: - 50m				
	Fastest estimate = 6:00 hrs			<ul style="list-style-type: none"> • Strobe and glow sticks compulsory after sunset. • Emergency flare for each member compulsory at all times. • Wetsuit or drysuit mandatory. • Mandatory Gear - all gear compulsory. 			
	To Finish estimate = 10:00 hrs						
END LEG TEAM LOGISTICS & EQUIPMENT							
TA							
END LEG TRANSITION AREA FACILITIES							
							

LEG 9		78 km	Gain approx: + 255m Loss approx: - 255m		
	Fastest estimate = 16:00 hrs				
	To Finish estimate = 26:00 hrs				
Team Estimate:					
END LEG TEAM LOGISTICS & EQUIPMENT					
TA					• Leave pack raft, paddles and lifevest in bikbox
END LEG TRANSITION AREA FACILITIES					
					

- Strobe and glow sticks compulsory after sunset.
- Emergency flare for each member compulsory at all times.
- Wetsuit or drysuit mandatory.
- Mandatory Gear - all gear compulsory.

LEG 10		91 km	Gain approx: + 517m Loss approx: - 517m		
	Fastest estimate = 6:00 hrs				
	To Finish estimate = 11:30 hrs				
Team Estimate:					
END LEG TEAM LOGISTICS & EQUIPMENT					
GZ					• GZ - Bike drop zone
END LEG TRANSITION AREA FACILITIES					

- Mandatory Gear - All gear compulsory.

LEG 11		7 km	Gain approx: + 1200m Loss approx: - 2000m		
	Fastest estimate = 45 min				
	To Finish estimate = 1:30 hrs				
Team Estimate:					
END LEG TEAM LOGISTICS & EQUIPMENT					
FINISH					
END LEG TRANSITION AREA FACILITIES					
					

- Mandatory Gear - All gear compulsory.

TOTAL DISTANCE AND TIME					
KYK	100km	<u>Fastest</u> - 13:30hrs	<u>To Finish</u> - 20:00hrs		
MTB	321km	<u>Fastest</u> - 20:30hrs	<u>To Finish</u> - 34:00hrs		
TREK	38,5km	<u>Fastest</u> - 5:25hrs	<u>To Finish</u> - 8:30hrs		
SWRN	84km	<u>Fastest</u> - 17:50hrs	<u>To Finish</u> - 29:00hrs		
PARA	94km	<u>Fastest</u> - 16:00hrs	<u>To Finish</u> - 26:00hrs		
TA		<u>Fastest</u> - 4:00hrs	<u>To Finish</u> - 8:00hrs		
SLEEP		<u>Fastest</u> - 6:00hrs	<u>To Finish</u> - 12:00hrs		
TOTAL	637,5km	<u>Fastest</u> - 83:15hrs	<u>To Finish</u> - 137:30hrs		