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COOGEE BEACH

OCEAN ADVENTURE



SWIM

The swim is an ocean swim at Coogee Beach. The swim course will be a rectangle or straight line depending on conditions and entries on the day.

Requirements:

Bathers, Goggles, Swim Cap, Sunscreen



CYCLE

From Transition, the cycle mount is on Powell Road. Cycle course follows Powell Rd to the course beginning on Cockburn Rd (north), Orsino Blvd, turn at Pantheon Ave, Orsino Blvd, Cockburn Rd (south), turn at Mayor Rd, Cockburn Rd (north) to Coogee Beach.

Lap Distance: 5km

Requirements:

Bike, Helmet, Shoes, Shirt/Top, Water Bottle



PADDLE

Paddle course is south from Coogee Beach to Woodman Point and return. The paddle section will remain inside the course marked by buoys close to shore.

Lap Distance: 5km

Requirements:

Ski/Paddle Craft, Paddle
PFD recommended



RUN

The run course is initially a path south to the John Graham Recreational Reserve before returning along the beach.

Lap Distance: 3km

Requirements:

Running Shoes, Cap, Sunscreen

Coogee Beach Cockburn Road, Coogee

Transition

Located at Coogee Beach

Facilities

Toilets, Cafe & BBQ's

Parking









Parking is available in Main Car Parks on Powell Road and at Coogee Beach.

There will be a drop off area for paddle craft

Additional parking is available at Port Coogee and off Cockburn Road.

Cockburn Road will close by 6:30am on the event day.



-  TRANSITION AREA
-  FINISH
-  SWIM COURSE
-  RUN - SWIM TO CYCLE
-  CYCLE COURSE
-  RUN - CYCLE TO PADDLE
-  PADDLE COURSE
-  RUN COURSE

