

MELBOURNE CITY RACE WEEKEND

Guide to Courses and Distances (approximate only)

The following information is provided as a guide only. Final course lengths will be published when course planning is completed.



RACE 1 FRIDAY OCTOBER 10 – SUNSET SPRINT

Map: tba – accessible from Melbourne CBD via public transport

Terrain: mix of small but complex campus, riverside parkland, and dense urban street network

Choose your own course and start time, late afternoon/early evening

CLASS	DISTANCE	NAVIGATIONAL DIFFICULTY
Men 1, Women 1	5-6 km (Long)	Hard
Men 2, Women 2	4-4.5 km (Medium)	Moderate/Hard
Men 3, Women 3	2-3 km (Short)	Easy

RACE 2 SATURDAY OCTOBER 12 – SPRINT INTO SPRING

Map: tba – accessible from Melbourne CBD via public transport

Terrain: complex urban street network with parks and gardens

Choose your own course and start time, early afternoon

CLASS	DISTANCE	NAVIGATIONAL DIFFICULTY
Men 1, Women 1 (Mo)	3.0-3.5 km (Long)	Hard
Men 2, Women 2 (Sally)	2-2.5 km (Medium)	Moderate/Hard
Men 3, Women 3 (Usain)	2-2.5 km (Short)	Easy

RACE 3 SUNDAY OCTOBER 13 – MELBOURNE CITY RACE

Map: Docklands

Terrain: city streets, numerous bridges, parks, riverside trails, buildings, waterfront, historic landmarks and many quirky distractions!

Choose your own course; start times pre-allocated, from mid morning.

CLASS	DISTANCE	NAVIGATIONAL DIFFICULTY
Men 1, Women 1	9-10 km	Hard
Men 2, Women 2	7-8 km	Hard
Men 3, Women 3	5-6 km	Hard
Men 4, Women 4	4 km	Moderate
Men 5, Women 5	3 km	Easy