

Triathlon Hyde Park

● men ● women

Strong medal contender
Hollie Avil (GBR),
former world junior
champion



1 Swim
 1.5km lap of
 Serpentine, with
 dive start from
 platform on north
 side of lake



2 Bike ride
 43km – seven
 laps of 6.14km
 course



3 Run
 10km – four laps
 of 2.5km course

