

# BIRMINGHAM 2022 TRIATHLON: MEN, WOMEN AND PARA

**GET SET  
FOR THE  
GAMES  
28 JULY - 8 AUG**

**COURSE INFORMATION**

Swim: **750m**





Bike: **20km (4 laps of 5km)**

Run: **5km (2 laps of 2.5km)**

Location: **Sutton Park**

Date: **29 and 31 July 2022**

\*Para Triathlon falls on **31 July 2022**

- KEY**
-  Swim Route
  -  Cycling Route
  -  Running Route
  -  Competition Venue

