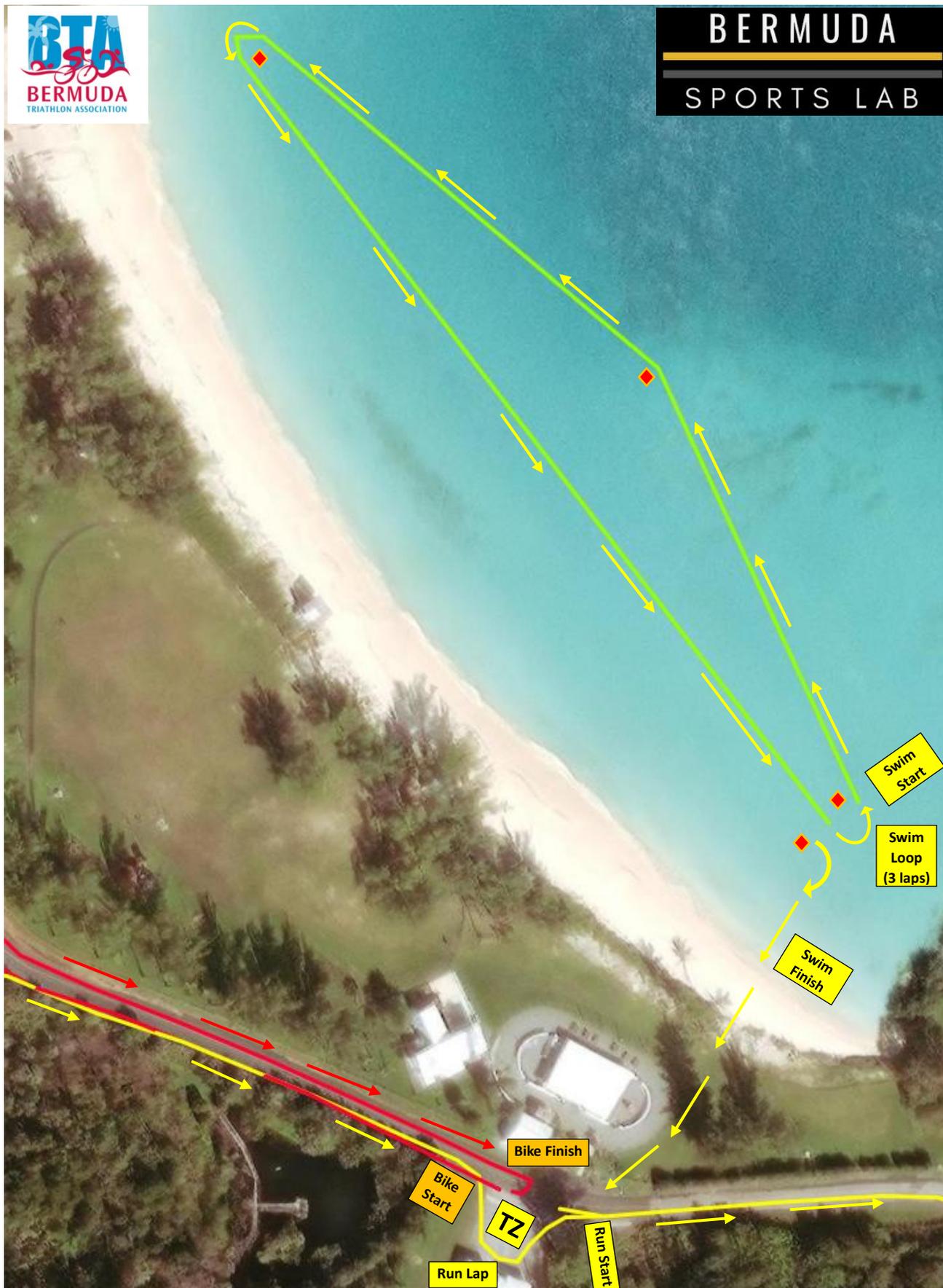


Bermuda Sports Lab. – Emma Norman - National Championship STD Distance Triathlon
Sun 26th April 2026

Swim: 3 laps of 500m = 1500m.



Bermuda Sports Lab. – Emma Norman - National Championship STD Distance Triathlon – Sun 26th April 2026

Bike: 3 laps of 13.34km = 40.0km.



See details of Bike Course below

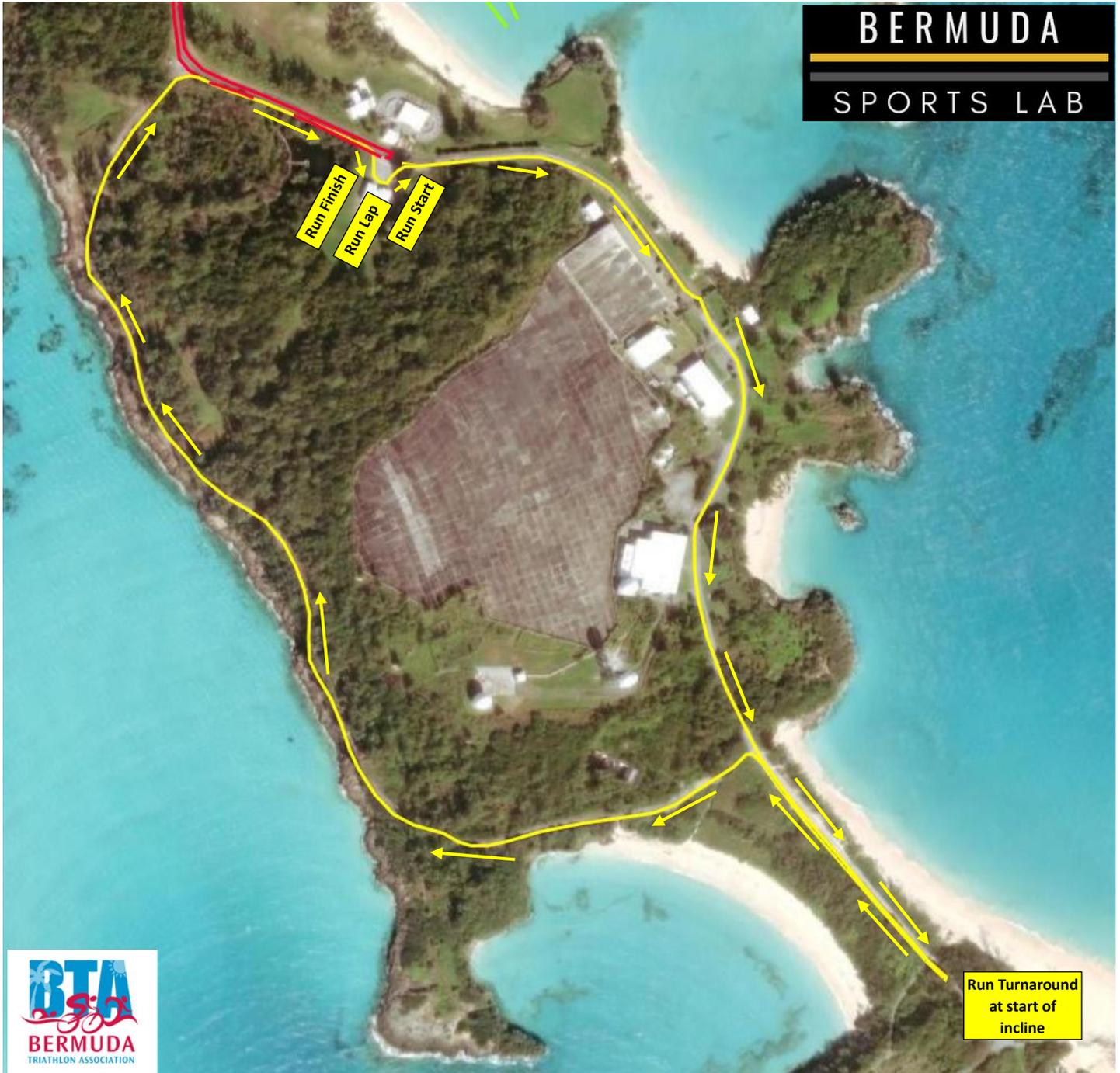
M Bike Marshal / Police



Bermuda Sports Lab. - Emma Norman - National Championship STD Distance Triathlon

Sun 26th April 2026

Run: 5 laps of 2000m = 10km.



Bike Course details:





Bike Turnaround
layby BEFORE
roundabout

M

