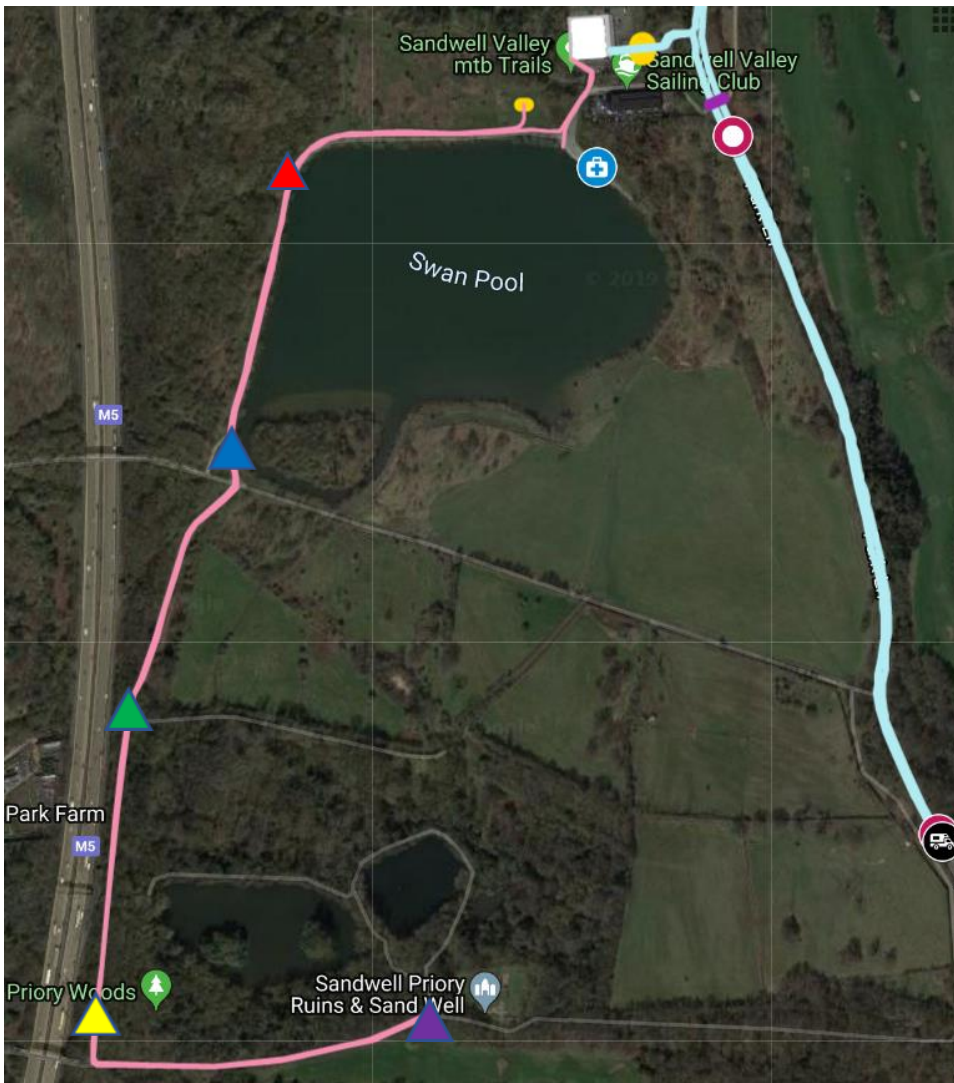


## Run Course: Full View



From Lake exit, competitors run down the path to Transition "run-in", keeping to right side of coned separation lane.


After completing the cycle competitors exit transition at "run-out", again keeping to the right side of coned separation. Up pathway towards lake turning right onto lakeside pathway. From this point keep left for remainder of run section.


Competitors run to and around a coloured cone (*cone & marshal*) and return by the same route to the finish line. Only the 15yrs+ (*youth/adult*) reach the full distance shown on the map (*corner before the priory*).

**TSS 600m** - to  Red cone then back to finish line

**TS1 1200m** - to  blue cone then back to finish line

**TS2 1800m** - to  green cone then back to finish line

**TS3 2400m** - to  yellow cone then back to finish line

**Youth/Adult 3000m** - to  purple cone then back to finish line.

Shout your race number out clearly to the turn marshal who will tick you off their list confirming you reached the correct turn point.

## Run Course zoomed in view:- Lake to Transition & Run Start and finish

