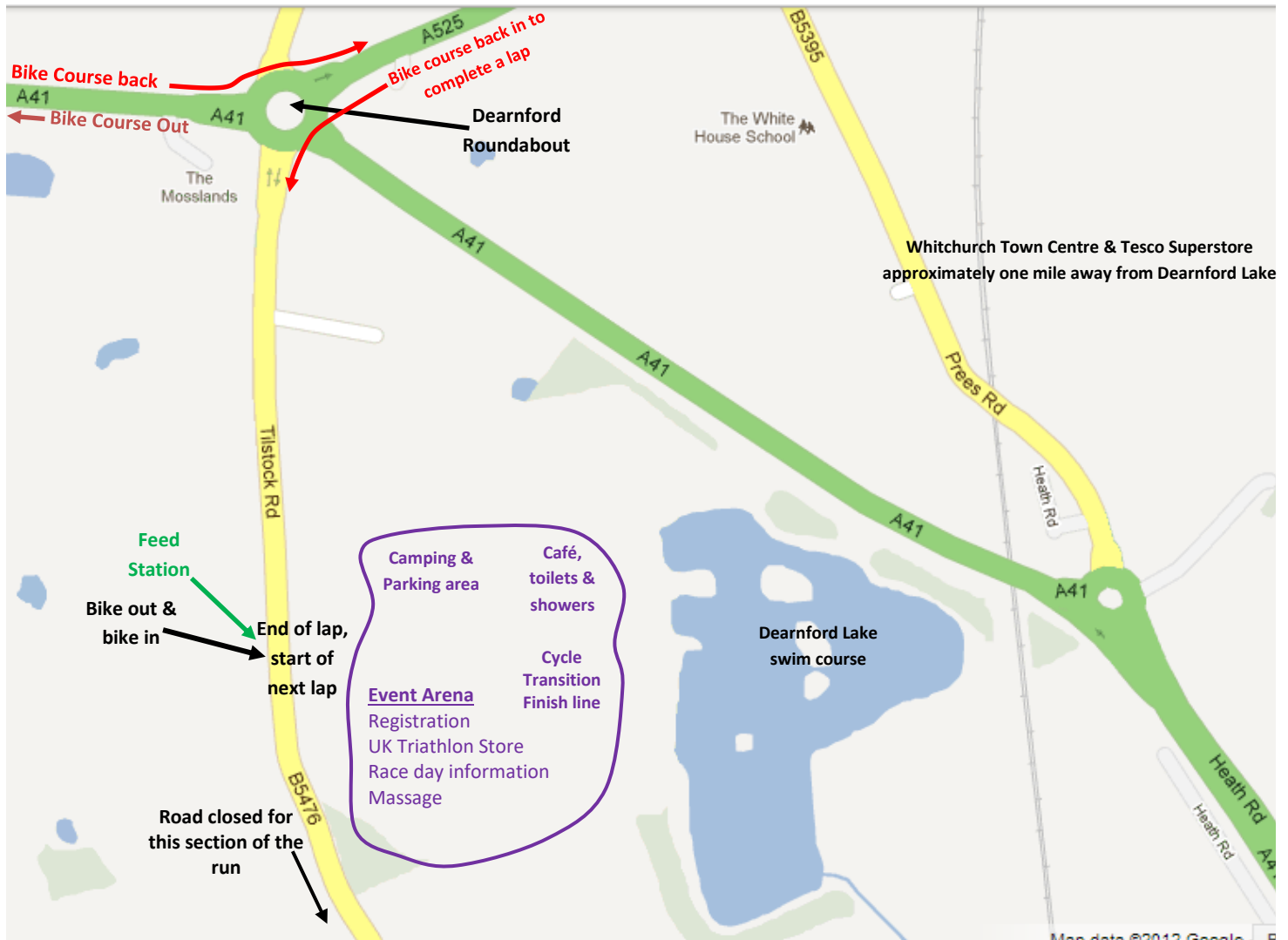




# UK Ultimate Main Arena



## UK Ultimate Main Arena

**UK Ultimate swim**  
4 laps = 2.4 miles

**UK Ultimate HALF swim**  
2 laps = 1.2 miles

**UK Ultimate ONE swim**  
1 lap = 0.6 miles

**UK Ultimate bike**  
4 laps = 112 miles

**UK Ultimate HALF bike**  
2 laps = 56 miles

**UK Ultimate ONE bike**  
1 lap = 28 miles

**UK Ultimate run**  
6 laps = 26.2 miles

**UK Ultimate HALF run**  
3 laps = 13.1 miles

**UK Ultimate ONE run**  
1 lap = 4.36 miles

Onsite parking, camping, showers, toilets, café, registration  
Fresh Water Lake swim - Excellent bike course - Flat run course  
Multiple feed stations on the bike & run course

Spectator friendly viewing points on the swim, bike & run courses creating a fantastic atmosphere for all the competitors