



Run Course Key

- = Run Course out
- = Run Course back
- - - → = Start of next lap
- = Run turn points

Run Course information

- ❖ The run course takes place on the promenade & is multiple lapped
 - ❖ The turn point, when completing a lap, is in the arena field by the finish line
 - ❖ One full lap of the run course is 2.5k
 - ❖ **WARNING!** Please run with your head up, the run course is **not** a closed road and is open to the public, **PLEASE BE CAREFUL AND RUN SAFE**
 - ❖ **REMEMBER!** When running always keep to the left
 - ❖ On the main arena field there will be, Registration, Race Information, UK Triathlon Store, Bike repairs & information, Transition, Massage, Café & the Finish Line
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|---|---|---------------|---|-------------|
| ➤ Run course for all the Super Sprint & Fun competitors | x | 1 lap | = | 2.5k |
| ➤ Run course for all the Sprint & Sprint Relay competitors | x | 2 laps | = | 5k |
| ➤ Run course for all the Olympic & Olympic Relay competitors | x | 4 laps | = | 10k |