



Tallington Lakes - Run

Starting from the top of transition, at the green triangle, following the road, turning left to the first turn area and then along the lake to the second turn area, marked by the blue square. Returning to the green triangle to finish 1 lap. 1 lap is between the green triangle and the blue square.

SuperSprint completes 1 lap

Sprint completes 2 laps

Olympic completes 4 laps

The finish line is past transition. Run past the green arrow turn point, turn right to run alongside transition and cross the line for your time/medal/food.