

TALLINGTON 5k/10K RUN



Route Information

Name: Tallington Lakes Triathlon – Run Route

Distance:

Sprint - 5k over 1 lap

Standard – 10k over 2 laps

The run element will leave transition and follow the marked course through Tallington Lakes.

The road is 2.5k in length and it follows the length of this road over 1 lap for the sprint distance and 2 laps for the standard distance. Returning back to the finish line located in the Race Village on the map in [Appendix F](#) to complete the triathlon.