

Cycle: Super Sprint - 1 lap / Sprint – 2 laps

In transition ensure that you put your helmet on and fasten the strap before touching your cycle. Collect your bike and leave the transition area via the OUT gate pushing your bike until you reach the designated area to mount your cycle on the delivery road.. Follow the road to the leisure centre exit where it meets the main road taking care of any traffic. **PLEASE ENSURE THAT YOU CHECK FOR TRAFFIC APPROACHING FROM YOUR LEFT & RIGHT** before joining the main road at the roundabout and turning right to join the bike course.

Continue to the end of Trent Road, then turn left (taking care of traffic approaching from the right) onto Dysart Road. The route turns left just before Barrowby following The Drift towards Harlaxton, turning left onto the A607 Grantham Road, follow the route signs to bring you back onto Trent Road and towards the Leisure Centre, where you will pass the leisure centre and repeat the loop a second time if you are completing the Sprint distance only. To transition 2 (Super Sprint and 2nd lap Sprint) turn right into the Leisure Centre carefully watching for traffic and other competitors, and follow the road back towards transition, dismount where indicated and enter transition through the swim/ bike IN gate.

