

Run: Super Sprint 1 & a half laps / Sprint 2 & half laps

Exit the transition area through the OUT gate, and through the opened fence, turning right onto the pathway (following the green triangle on the map).

Proceed to the end of the pathway turning right as you rejoin Trent Road, here you will collect a band. Proceed along Trent Road towards the Leisure Centre, continue across the Leisure Centre entrance (you have completed half a lap), taking care of traffic & other competitors. At the end of Trent Road turn right onto Dysart Road (staying on the pathway) then take your next right. At the end of the cul-de-sac take the pathway behind the leisure centre to rejoin the run route. Again you will collect your second band as you re-join Trent Road.

As you approach the Leisure Centre entrance for your second time, if you are Super Sprint, take a right turn back into the Leisure Centre towards transition. If you are Sprint take care of traffic & other competitors - cross the road and continue to the end of Trent Road, turning right onto Dysart and right again into the cul-de-sac and pathway behind the Leisure Centre. When you rejoin Trent Road you will collect your 3rd and final band. When you approach the Leisure Centre entrance this time, turn right following the pathway to the finish line near transition (red square).

