



Louth Triathlon 5.35k run

Starting from transition (T2) athletes follow the channel back through the fence separating MLC and the school playing field, along the edge of the football pitch to exit out through the MLC entrance point. Turning right to follow the footpath along Wood Lane and onto Stewton Lane. At the end of the Lane turning right onto Newmarket and turning right onto Church Street. Follow this, crossing Mount Pleasant and turning right at Monk's Dyke Road. Just after the 2k point athletes turn right up Railway Walk and follow this until it emerges at Wood Lane.

Athletes make a further right turn to complete 1 more lap to the end of Railway Walk. Once here for the second time athletes turn left onto Wood Lane and follow the path back into MLC, through the edge of the car park and back onto the football pitch, make 1 more right turn along the edge of the football pitch towards the finish line.