



Upon leaving transition, you head out of Richmond Holiday Park (RHP) via the gate and onto the private road. Turn left and run down the road with your bike. NB the road is strewn with pebbles and stones and would cause punctures if ridden. At the end of the road, next to the entrance to RHP is the bike mount line.

Head to the end of the road, stop at the T-junction with Richmond Drive to perform the first FOOT DOWN. Observing Highway rules, continue right onto Richmond Drive following this stretch of road for 1km to arrive at Seacroft Square. Carefully proceed ahead at the junction to the next t-junction and your second FOOT DOWN. Again observing Highway rules turn right onto Drummond Road. Follow Drummond Road for 12km. Be careful going over the road hump before entering the Gibraltar Point Nature Reserve (GPNR).

GPNR acts as the southern turning point. Make a right hand rotation, in the car park, around the traffic cones. Please ride with caution as the ground may be wet. Exit GPNR, taking care over the road hump to head north along Drummond Road. After 12km you will arrive back at Seacroft Square. Turn left into the square, to start LAP 2 of the bike course.

Follow Seacroft Square around to the right, take care in case any athletes are emerging from Richmond Drive. At the T-junction with Drummond Road make your third and final FOOT DOWN before proceeding right back onto Drummond Road.

You then complete your second lap: into GPNR, turning in the car park, north back along Drummond Road then turning left back onto Seacroft Square (end of LAP 2), turn left onto Richmond Drive then left towards the entrance to RHP. At the entrance of RHP you will dis-mount your bike and run back up the private road and into transition to prepare for the run.