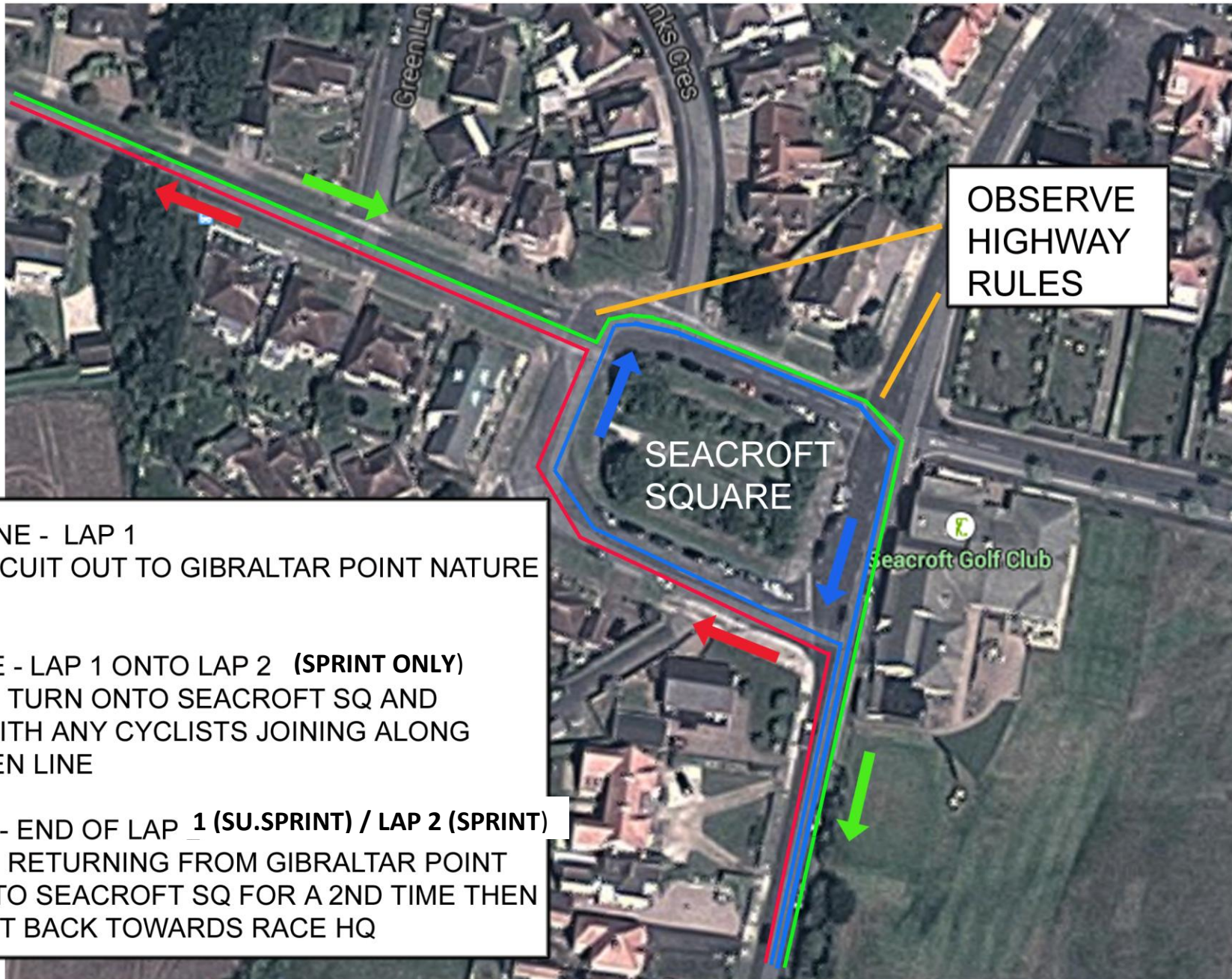


BIKE - SEACROFT SQUARE TURNING AREA



GREEN LINE - LAP 1
FIRST CIRCUIT OUT TO GIBRALTAR POINT NATURE RESERVE

BLUE LINE - LAP 1 ONTO LAP 2 (**SPRINT ONLY**)
CYCLISTS TURN ONTO SEACROFT SQ AND MERGE WITH ANY CYCLISTS JOINING ALONG THE GREEN LINE

RED LINE - END OF LAP 1 (**SU.SPRINT**) / LAP 2 (**SPRINT**)
CYCLISTS RETURNING FROM GIBRALTAR POINT TURN ONTO SEACROFT SQ FOR A 2ND TIME THEN TURN LEFT BACK TOWARDS RACE HQ