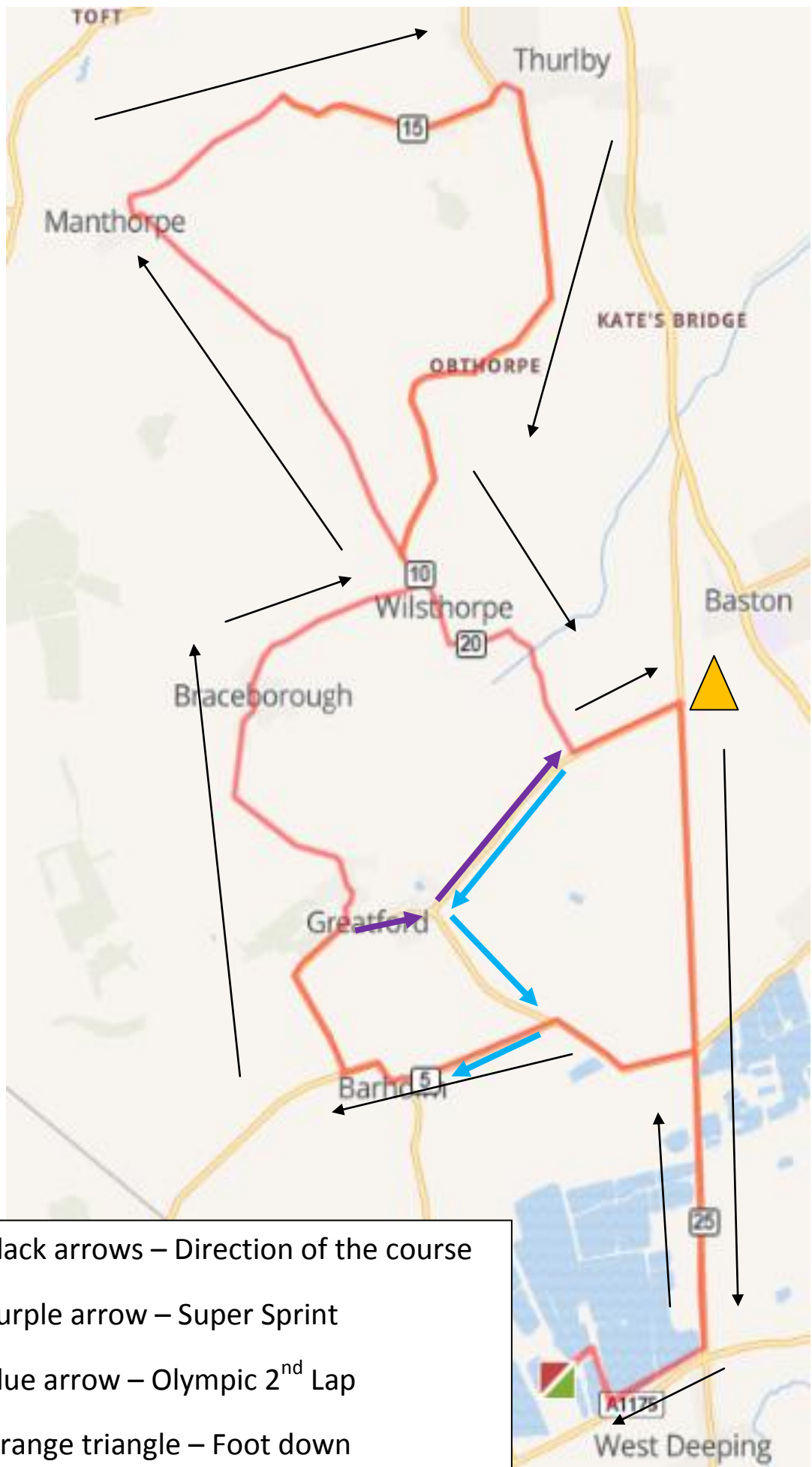


Tallington Lakes Sprint & Olympic Bike route



Black arrows – Direction of the course
Purple arrow – Super Sprint
Blue arrow – Olympic 2nd Lap
Orange triangle – Foot down