

# 11. Run 1 – The course



# 13. BIKE - 31k (19.3 miles)

CAUTION -  
CHURCHGOERS

SINGLE  
LANE  
(20 yds)

FAST DESCENT  
> LEFT TURN

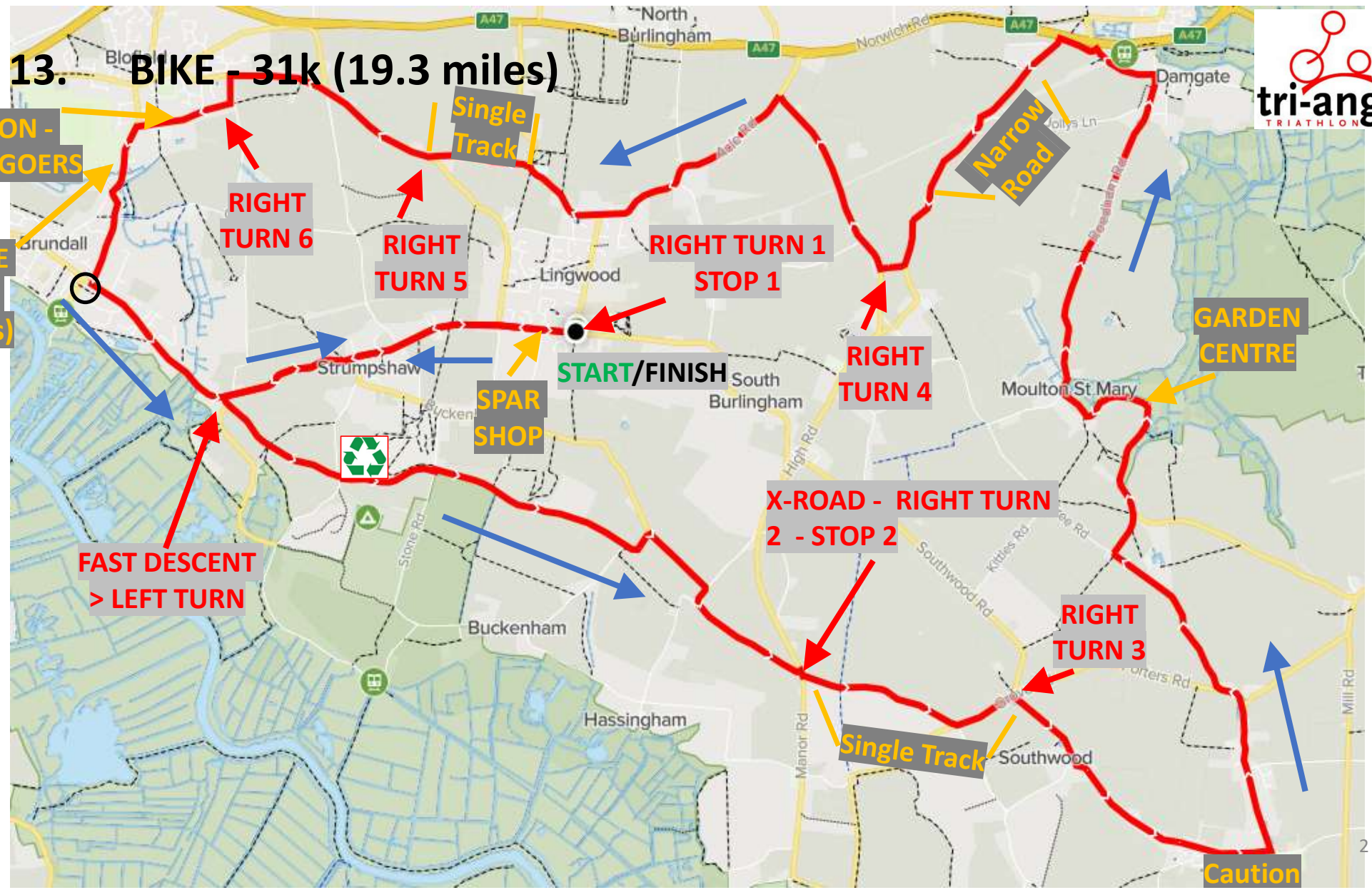
Single  
Track

Narrow  
Road

Single  
Track

GARDEN  
CENTRE

Caution



# BETHTON

Bike

mile 7.6 to 9.4





BEIGHTON Bike  
mile 11.7 to 13.7