



HASTINGS MAP

Lyndhurst Road

- Run (approx 1.5km)
- Cycle course (7-10yrs 4km/11-15yrs 8km)
- Team swimmers & cyclists track to finish
- Team cyclists meeting point
- Team runners meeting point
- Containers
- Toilets

Frimley Park

Cycle Start

Run Start

Transition

Cycle Finish

Swim Exit

Nottingley Road

Frimley Road

Frimley Ave

Ikanui Road

