



Run Route
Sprint: 2 & 2 Laps
Standard: 4 & 2 Laps

Transition Area

Run In

Run Out

Run Route : Northumberland Duathlon

Sprint: 1st & 2nd Run both 2 Laps: 5.75Km.

Standard : 1st Run 4 Laps, 11.5Km. 2nd Run 2 Laps, 5.75km

Strava Link to Run course

https://www.strava.com/segments/28227614?invite=true&fbclid=IwAR2vte6rYi1OMIAFDIDmzPBy1HDT9IOQyJh4f62cK_cdkRFlaUlpAIQ-yC48_branch_match_id=863250585007582226