



Run Route : Northumberland Duathlon

Sprint: Both Runs 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_cdkRFIaUIpAIQ-vC4&branch_match_id=863350585907583226