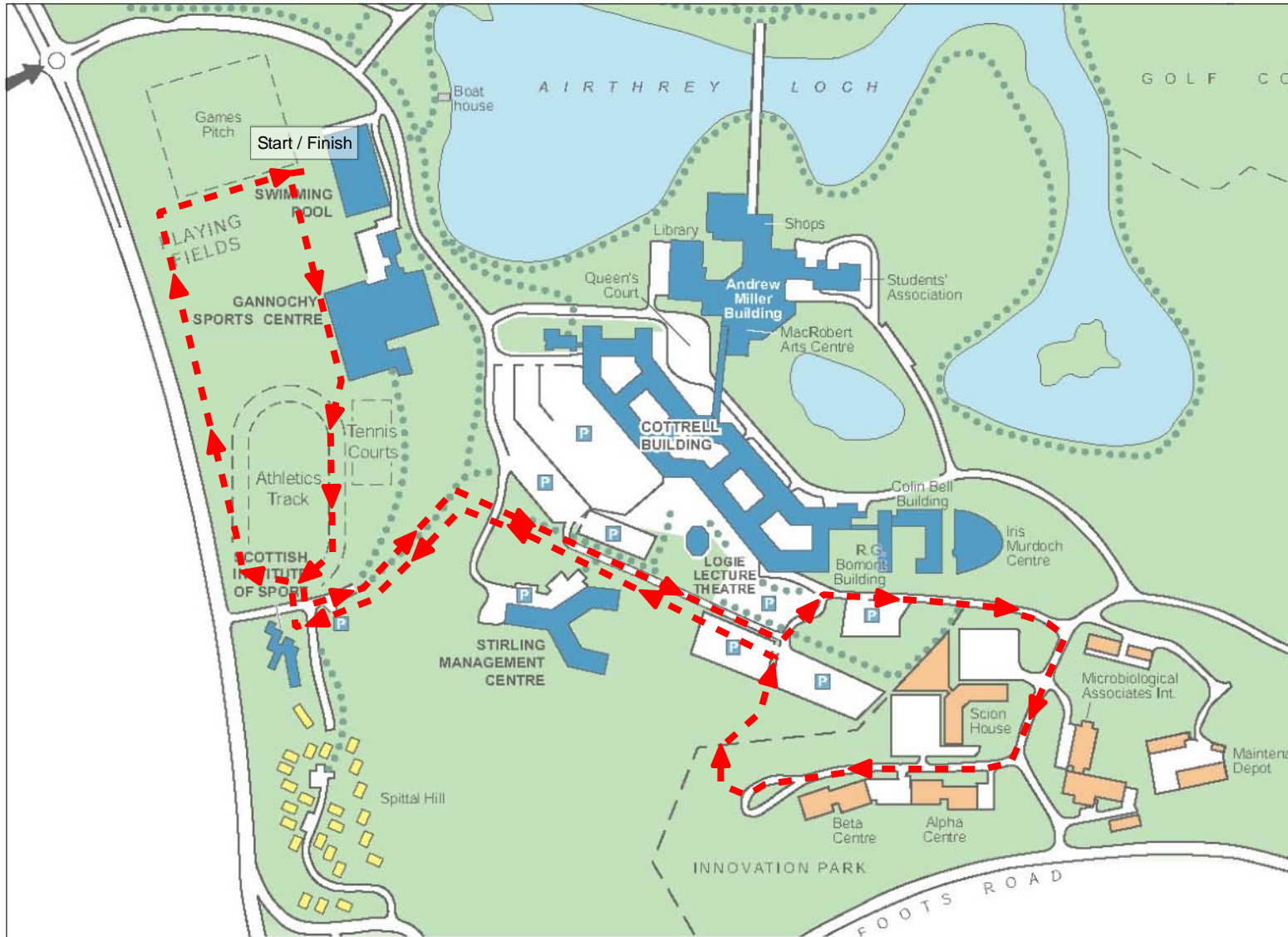


Stirling Triathlon Club

Try-a-tri Sprint Triathlon - June 2008



Run Course : Details

Novice Race : 1 lap (2.5km)

Sprint Race : 2 Lap (5.0km)

Turn left out of transition, run down the running track, out the gate and turn left up the hill.

Turn right at the top of the hill, across the road onto the path. Follow this through the chicane to the junction. Turn right, up the hill past the little uni control booth.

Turn right into the industrial estate, follow the road round, turn right behind the buildings then left through the car part. Turn left at the road and retrace your route back to the running track. Run clockwise on the track coming off at the bend and follow the hedge line to the corner of the playing fields, turn right towards transition / finish area.