



**Directions:**

Exit T2 over boarded cattlegrid and turn left on the road towards South Gorley (keep on the left hand side – cyclists returning on the right!)

At the fork just after Hockey’s Farm, bear right.

Aid Station

Straight on towards Ogdens on Abbotswell road

Where the road bears sharp left, go straight onto the track

Follow the signs through the car park and over the bridge, straight on to where the track joins with the Frogham – Fritham Cyle track.

Aid Station

Turn right onto the cycle track to start your laps!

Aid Station at 1.5miles

Continue to the turnaround point just before Fritham to collect your lap band

Aid Station

Retrace the route back towards Abbotswell/Frogham Aid Station & repeat twice more

Once you've collected all 3 race bands, return from Abbotswell/Frogham retracing out-route to the Finish alongside Transition at Moyles Court school.

#### AID STATIONS

Will have water in cups, Tailwind energy drink, H2Pro plus energy blocks (caffeinated), savouries – crisps or similar.