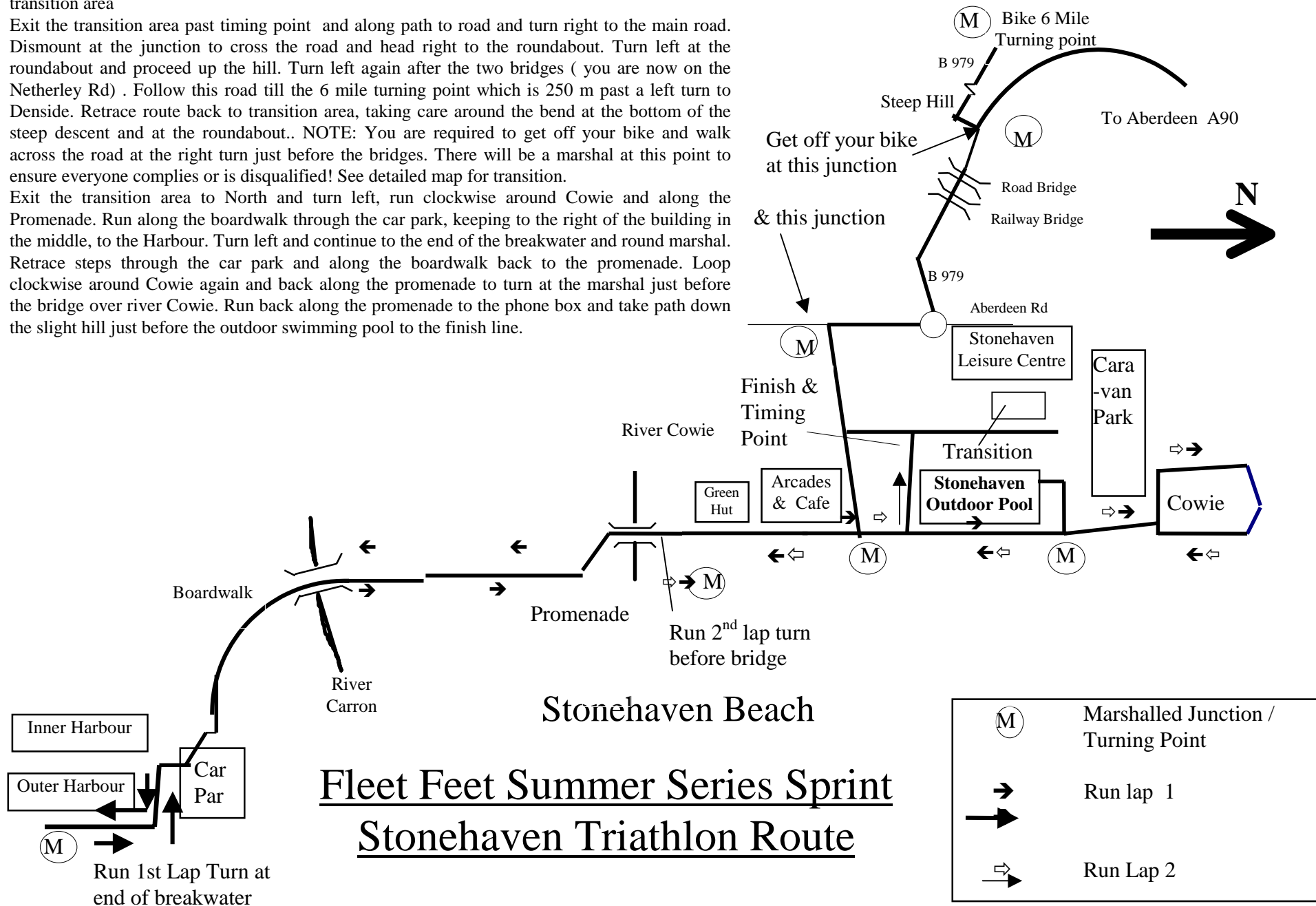


Swim - Upon completing 15 x 50 m lengths of the outdoor pool exit the building by the north door to the transition area

Bike - Exit the transition area past timing point and along path to road and turn right to the main road. Dismount at the junction to cross the road and head right to the roundabout. Turn left at the roundabout and proceed up the hill. Turn left again after the two bridges (you are now on the Netherley Rd) . Follow this road till the 6 mile turning point which is 250 m past a left turn to Denside. Retrace route back to transition area, taking care around the bend at the bottom of the steep descent and at the roundabout.. NOTE: You are required to get off your bike and walk across the road at the right turn just before the bridges. There will be a marshal at this point to ensure everyone complies or is disqualified! See detailed map for transition.

Run - Exit the transition area to North and turn left, run clockwise around Cowie and along the Promenade. Run along the boardwalk through the car park, keeping to the right of the building in the middle, to the Harbour. Turn left and continue to the end of the breakwater and round marshal. Retrace steps through the car park and along the boardwalk back to the promenade. Loop clockwise around Cowie again and back along the promenade to turn at the marshal just before the bridge over river Cowie. Run back along the promenade to the phone box and take path down the slight hill just before the outdoor swimming pool to the finish line.



Fleet Feet Summer Series Sprint
Stonehaven Triathlon Route

(M)	Marshalled Junction / Turning Point
→	Run lap 1
⇨	Run Lap 2