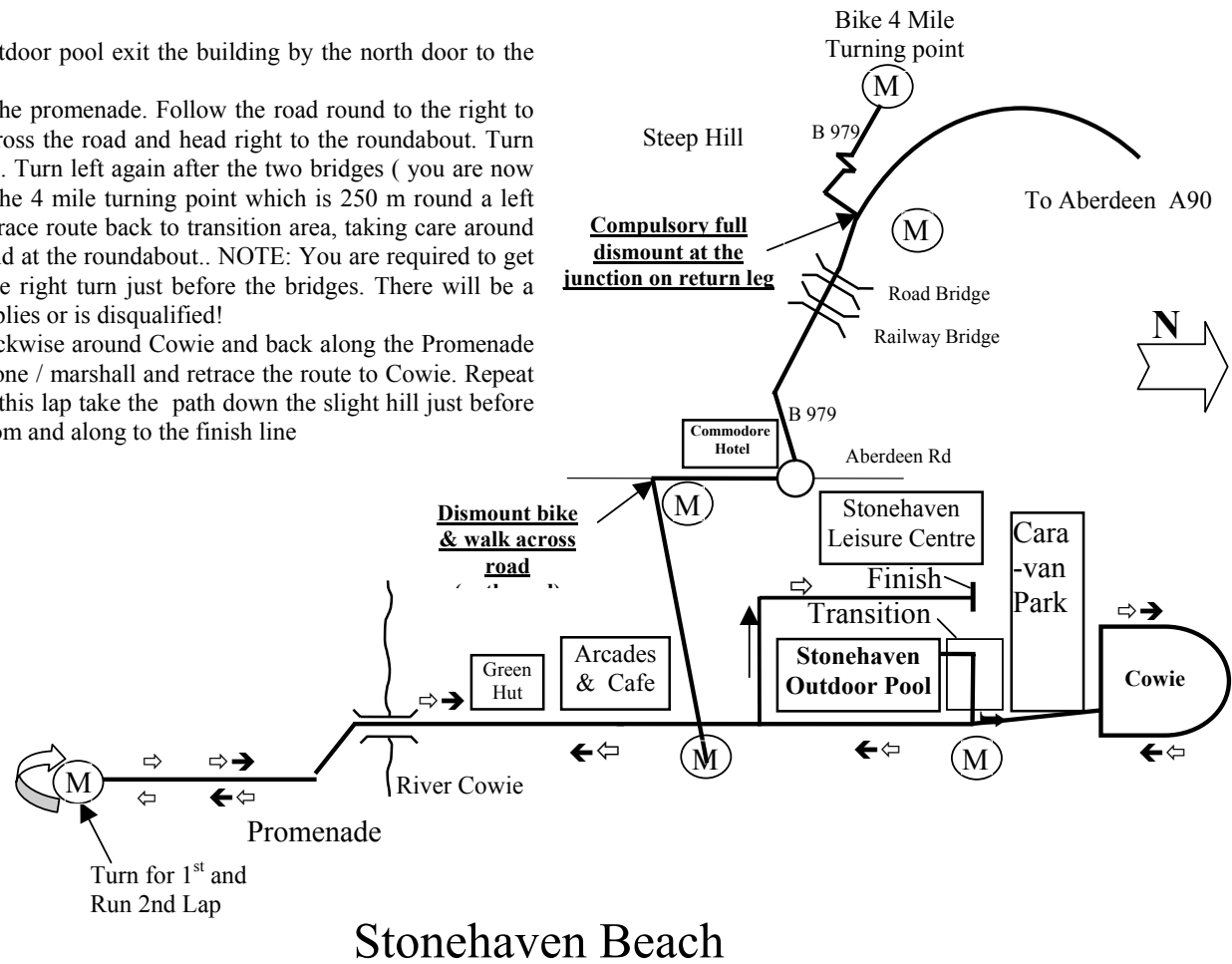


Swim - Upon completing 8 x 50 m lengths of the outdoor pool exit the building by the north door to the transition area

Bike - Exit the transition area and turn right along the promenade. Follow the road round to the 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 4 mile turning point which is 250 m round a left hand bend after a 1 mile straight section. 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 marshall at this point to ensure everyone complies or is disqualified!

Run - Exit the transition area and turn left. Run clockwise around Cowie and back along the Promenade to the end of the concrete path. Turn at the cone / marshall and retrace the route to Cowie. Repeat this to complete another lap, on the return of this lap take the path down the slight hill just before the outdoor swimming pool. Right at the bottom and along to the finish line

NB Competitors not fully dismounting at the junctions WILL be disqualified



Fleet Feet Summer Series Stonehaven Triathlon Route

(M)	Marshallled Junction / Turning Point
→	Run lap 1
⇌	Run Lap 2