



Dennington Road

Framlingham

**Framlingham College - IP13 9EY**

**Additional Car Park For Triathlon**

**Sports Pitches**  
No Access

**Event car park**

**Swimming Pool With changing**

**Sports Centre**

No Access  
**Main College Buildings**

Trees

Spectator Area

**Hedge**

**Trees**

**Trees**

Spectator Area

Finish

Run Out  
Bike Out  
**Transition Area**  
Bike In  
Dismount

On Bike course Always keep flags to the RIGHT

**Bike Course – 8yrs Yellow flags, 2 laps**

**Bike Course – 9yrs+ Orange Flags**

**Pavilion** 9-10 1 laps  
**Registration & Toilets** 11-12 2 laps  
 13-14 3 laps  
 15-16 4 laps

No Spectator Area

No Access  
**New Astro Pitch**

**5th Tee**

8 1 lap  
 9-10 2 laps  
 11-12 4 laps  
 13-14 5 laps  
 15-16 6 laps

**Golf Course**

**Hedge**

**Run Lap Course**

keep markers to **LEFT**

**Green**

**Golf Course**

No Spectator Area

9-16 yr olds bike route out  
 Fast Down Hill on Grass Take Great Care

Return to T2

8yr olds Bike  
 2 Laps around Outside Field  
 No Spectator Area

uphill gravel track  
 Road crossing  
 Road crossing  
 uphill gravel track

minor road

9-16 yr olds bike route  
 Clockwise **ONCE** around field  
 Keeping flags to your right  
 Then cross road and back up hill

No Spectator Area

**Rugby Pitches**

Hedge