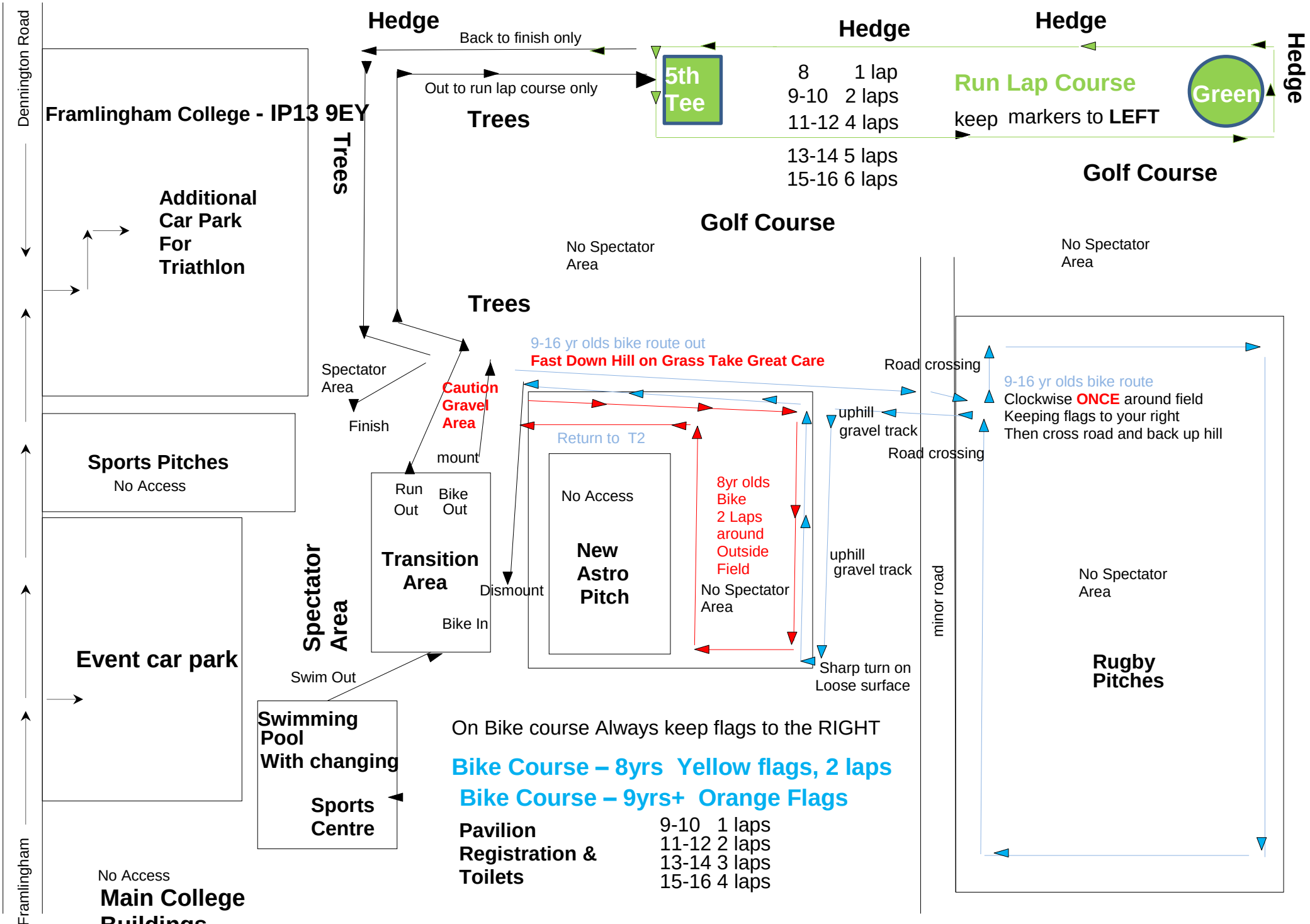
Dennington Road
Framlingham
Framlingham College - IP13 9EY
Additional Car Park For Triathlon
Sports Pitches
No Access
Event car park
Swimming Pool
With changing
Sports Centre
No Access
Main College Buildings
Hedge
Back to finish only
Out to run lap course only
Trees
Trees
Hedge
5th Tee
Hedge
Hedge
Green
8 1 lap
9-10 2 laps
11-12 4 laps
13-14 5 laps
15-16 6 laps
Run Lap Course
keep markers to LEFT
Golf Course
Golf Course
No Spectator Area
No Spectator Area
Trees
9-16 yr olds bike route out
Fast Down Hill on Grass Take Great Care
Road crossing
9-16 yr olds bike route
Clockwise ONCE around field
Keeping flags to your right
Then cross road and back up hill
Spectator Area
Finish
Caution Gravel Area
uphill gravel track
Road crossing
mount
Return to T2
Run Out
Bike Out
Transition Area
Bike In
Spectator Area
No Access
New Astro Pitch
8yr olds Bike 2 Laps around Outside Field
No Spectator Area
Dismount
uphill gravel track
minor road
Sharp turn on Loose surface
No Spectator Area
Rugby Pitches
Swim Out
On Bike course Always keep flags to the RIGHT
Bike Course – 8yrs Yellow flags, 2 laps
Bike Course – 9yrs+ Orange Flags
Pavilion Registration & Toilets
9-10 1 laps
11-12 2 laps
13-14 3 laps
15-16 4 laps