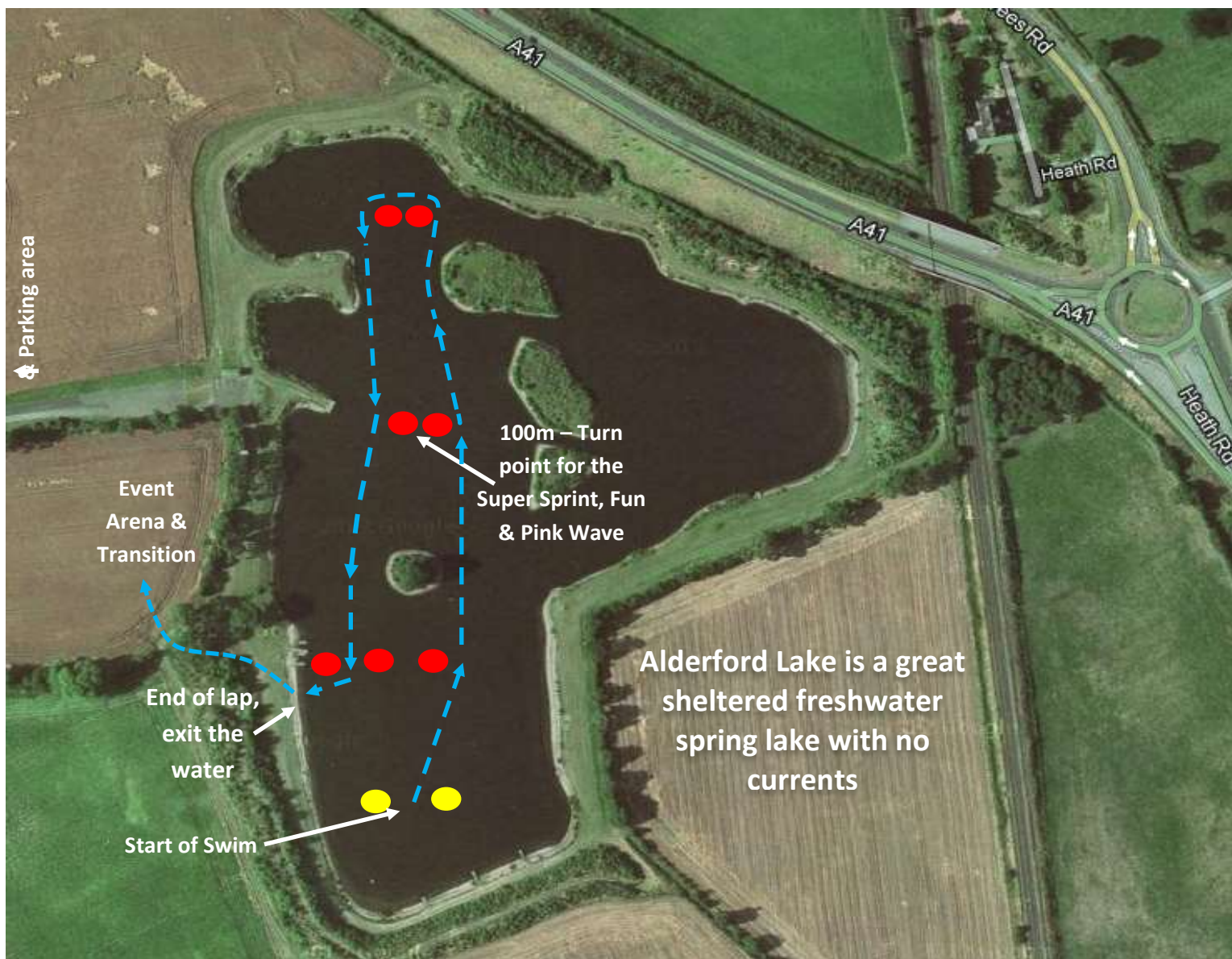


North West Triathlon @Alderford Swim Course 2020



Swim course

Sprint = 500m x 1 lap

Super Sprint, Fun & Pink Wave = 200m x 1 lap

- ❖ There will always be a minimum of 8 safety crafts on the water
- ❖ Short distance run from the swim exit to the cycle transition

All maps and text were correct at going to print. UK Triathlon Events have the right to change the course at any time, North West Triathlon @Alderford 2020