



## Start & Finish of the Bike Course information

- ❖ **Ultimate Bike Course** = **112 miles** x **4 laps**
- ❖ **IMPORTANT!** Make sure you study the end part of your lap and the Alderford Roundabout area
- ❖ Please take extra care when you have to go around any roundabout, **safety is IMPORTANT!**
- ❖ The mount line and dismount line are situated as your exit the cycle transition
- ❖ **IMPORTANT!** Where ever you come to a coned filter lane on the bike course must keep inside it at all times