



Start & Finish of the Bike Course information

- ❖ **Ultimate ½ Bike Course** = **56 miles** x **2 laps**
- ❖ **Ultimate ¼ Bike Course** = **28 miles** x **1 lap**
- ❖ **One lap of the Bike Course** = **28 miles**
- ❖ **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