

Hemel Hempstead Triathlon

TRIATHLON CYCLE ROUTE

Course synopsis

- Transition: rear car park Hemel Hempstead Leisure Centre
- From Bike out ride after the mount line
- Exit car park turn right up Heath lane
- Left at the T intersection on to lockers park lane
- Dog leg at the top staying on Lockers Park lane
- At T intersection right down Warners End Road
- 1st exit of the 2nd round about on to Leighton Buzzard Road (A4146)
- To next round about 1st left up Galley Hill
- To T intersection left hand turn Boxted Road
- To 2nd round about 2nd exit (right) Long Chaulden
- To roundabout 2nd exit (right) Northridge Way
- To 2nd round about 2nd exit (straight across) St John's Road
- Left into heath lane
- Turn into transition for 8k ride continue and loop again for 16k ride
- Entre bike in dismount before the mount line

