

Hemel Hempstead Triathlon

TRIATHLON RUN ROUTE

Course synopsis

- Transition: rear car park Hemel Hempstead Leisure Centre
- 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 left Warners End Road
- At round about after petrol station 1st exit (left) Northridge Way
- To 6th round about 2nd exit straight across St John's Road
- Left into heath lane
- Turn into transition enter finisher shoot

