

Hemel Hempstead Triathlon

TRIATHLON CYCLE ROUTE

Course synopsis

Transition: Rear car park Hemel Hempstead Leisure Centre

1. From Bike out ride after the mount line
2. Exit car park turn right up Heath Lane
3. Left at the T intersection on to Lockers Park Lane
4. Dog leg at the top staying on Lockers Park Lane
5. At T intersection turn left onto Warners End Road
6. At the second mini roundabout, turn right onto Boxted Road
7. For Supersprint, go straight on. For sprint, turn right onto Galley Hill
Super Sprint: Ride forward on Boxted Road and Berkhamsted Road to the turnaround point.
Rejoin route at step 14
8. Turn left onto Leighton Buzzard Road
9. Turn left onto Potten End Hill
10. Turn right onto The Front
11. Turn left onto Nettleden Road
12. Turn left onto The Common
13. Turn right onto Hempstead Lane
14. Forwards onto Berkhamsted Road
15. Straight across roundabout onto Boxted Road
16. Turn left onto Warners End Road
17. Turn right onto Lockers Park Lane
18. Dog leg staying on Lockers Park Lane
19. Turn right onto Heath Lane
20. Dismount before the dismount line, enter transition.

