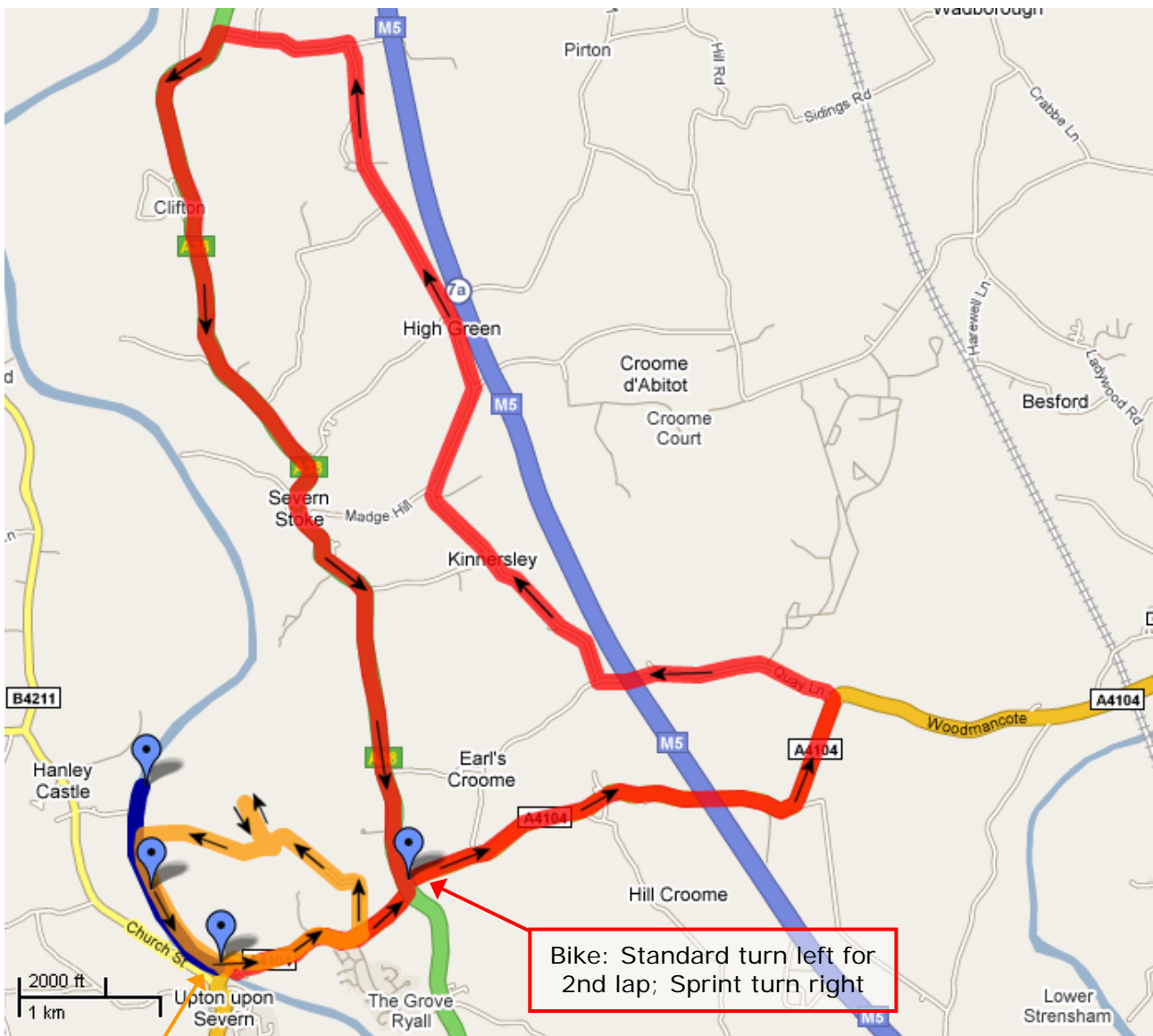


2009 Swim, Bike and Run routes

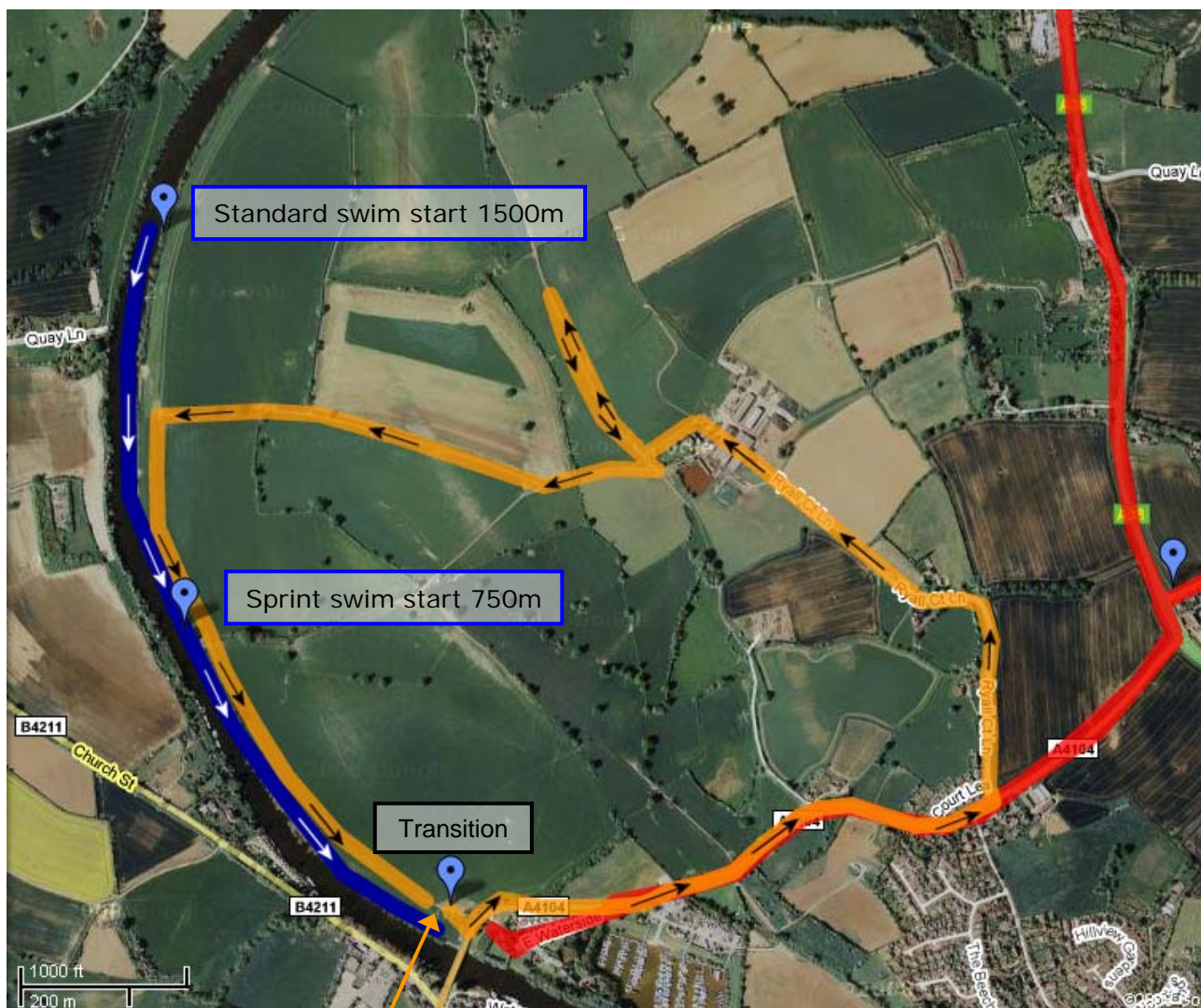
To view the maps in more detail click here <http://maps.google.co.uk/maps?hl=en&tab=w/> to go to Google maps and search for 'Upton Tri+'. You can then choose to view the routes in 'map', 'satellite', 'terrain' or 'Google Earth' views.

	Sprint	Standard
Swim (blue line)	750m downstream	1500m downstream
Bike (red line)	21.5km bike, 1 lap	40km bike, 2 laps
Run (orange line)	5km, 1 lap	10km, 2 laps
Party	When you've finished!	



Bike: Standard turn left for 2nd lap; Sprint turn right

Run: Standard continues for 2nd lap; Sprint finishes



Run: Standard continues for 2nd lap; Sprint finishes