



Run Route : Northumberland Duathlon

Sprint: 1st Run 5.3km, 2nd Run 5km, both Runs - 2 Laps.
Standard: 1st Run 4 Laps, 10.5Km. 2nd Run 2 Laps, 5km.

Strava Link to Run course

https://www.strava.com/segments/28227614?invite=true&fbclid=IwAR2vte6rYi1OMIAFDIDmzPBy1HDT9IOQyJh4f62cK_cdkRFlaUlpAIQ-yC48_branch_match_id=863250585007582226