



Run Route : Northumberland Duathlon

Sprint: 1st Run 5.3km: 2 Laps. 2nd Run 2.5km: 1 Lap.

Standard: 1st Run 10.5Km: 4 Laps. 2nd Run 5Km : 2 Laps.

Strava Link to Run course

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