



Ferndown Tri Fest

JUNIOR COURSE

CYCLE

TRISTART	800M/ 1 LAP OF THE SPORTS FIELD
TRI STAR 1	1500M/ 2 LAPS OF THE SPORTS FIELD
TRI STAR 2	2800M/ 3 LAPS OF THE SPORTS FIELD
TRI STAR 3	4200M/ 5 LAPS OF THE SPORTS FIELD

1. When in the Tennis Courts, put your helmet on.
2. Run around the Tennis Court, out through the main gate onto the Red Gra and down the slope onto Sports Field.
3. Climb on your bike at the mount line and cycle clockwise around the Sports Field.
4. When your laps are complete enter the Red Gra from the far entrance put your bike down in the second transition, and remove your helmet.

RUN

TRI START	600M/ 1 LAP OF THE RED GRA
TRI STAR 1	1000M/ 2 LAPS OF THE RED GRA
TRI STAR 2	1200M/ 3 LAPS OF THE RED GRA
TRI STAR 3	1MILE/ 4 LAPS OF THE REG GRA.

1. On the Red Gra run anti clockwise around the 400m course.
2. When your laps are complete run onto the Sports Field to the Finish.

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