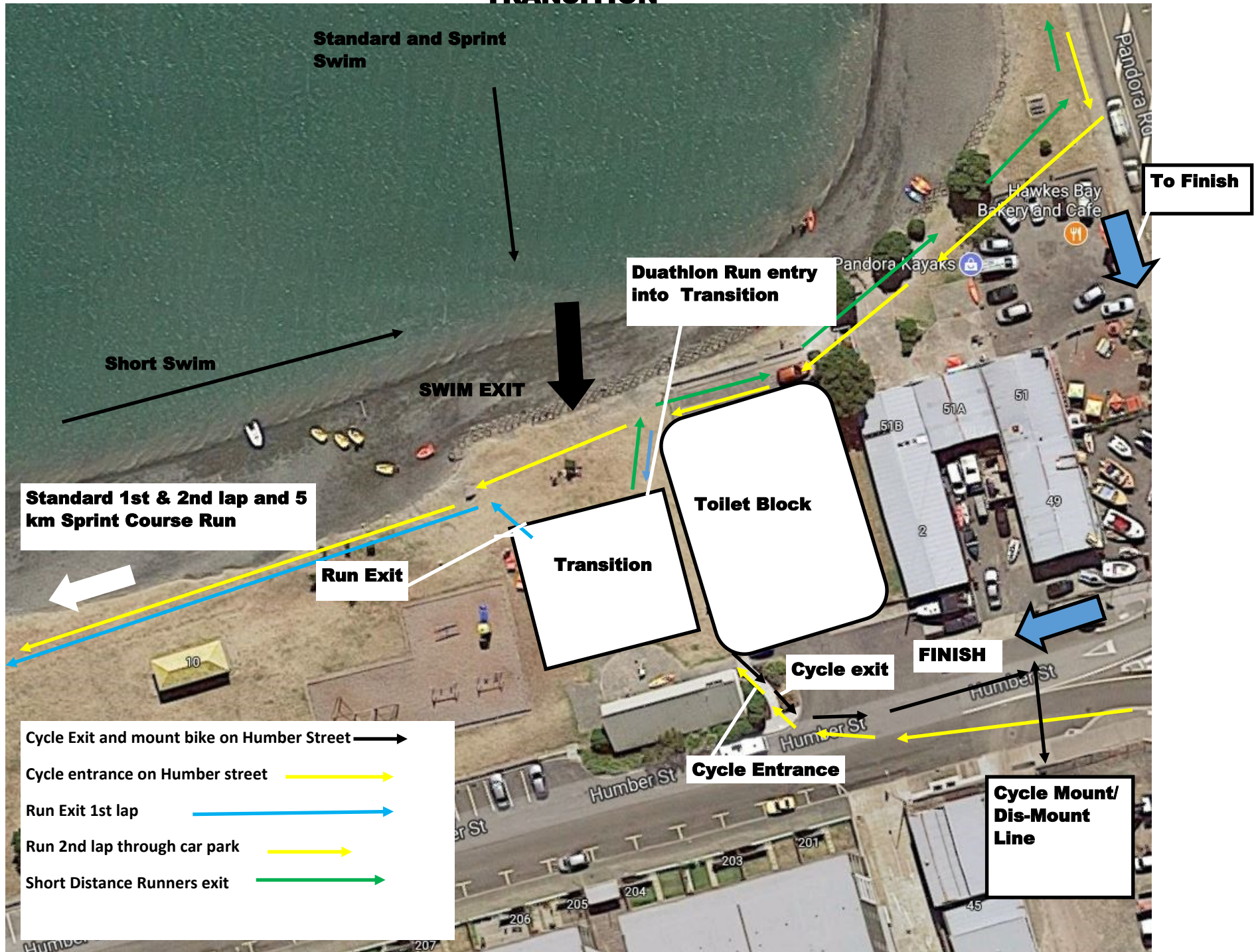


TRANSITION



- Cycle Exit and mount bike on Humber Street →
- Cycle entrance on Humber street →
- Run Exit 1st lap →
- Run 2nd lap through car park →
- Short Distance Runners exit →