



TWYFORD RUN LONG COURSE & 1ST RUN MIDDLE COURSE

DISTANCE 4.2KM

RUN FINISH ●

Complete 2 x laps of the orchard before going through the gate → Then follow to transition →

TRANSITION AREA ■

Start will be on the playing field where you will follow the cones keeping them on your right. Going through the gate into the orchard, turn left following the cones to complete the black loop as shown above.

LONG COURSE: You will do 4 x laps of the orchard before going through the gate onto the playing fields into transition. You will complete the same course for your second run before finishing.

MIDDLE COURSE: You will do 4 x laps of the orchard on your first run and 2 x laps on your second run