

Aviemore Triathlon

Snàmh, Rothaireachd, Ruith

BY DURTY EVENTS

SHORT FAST DURTY 2021

500m Swim

12km MTB

5km Trail Run

Swim

1 x 500m Lap

Bike

1 x Complete Lap of Forest Road Loop*, plus;

1 x Bike Park Loop

(*So: the first time you reach point **+** turn Left, the second time, turn Right. We're trusting you to be able to count to 2. Don't let us down!)

Run

1 x Lap (Inc. Short out-and-back to the turn point)

