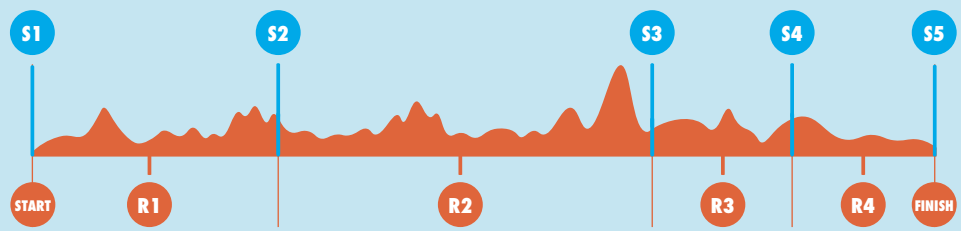




KEY

- S1** SWIM 1 (1170M)
- R1** RUN 1 (5.7KM)
- S2** SWIM 2 (330M)
- R2** RUN 2 (11.1KM)
- S3** SWIM 3 (450M)
- R3** RUN 3 (1.5KM)
- S4** SWIM 4 (630M)
- R4** RUN 4 (2.3KM)
- S5** SWIM 5 (760M)

TOTAL SWIM	3340M
TOTAL RUN	20.6KM
TOTAL DISTANCE	23.94KM





MIDDLE COURSE MAP

PROVISIONAL ROUTE - SUBJECT TO CHANGE UNTIL DAY OF THE EVENT



LOUGHRIGG FELL

AMBLESIDE

WATERHEAD

BROCKHOLE

ECCLERIGG

TROUTBECK BRIDGE

 WINDERMERE TRAIN STATION



LOW WRAY

BLELHAM TARN

HIGH WRAY

OUTGATE

WINDERMERE

COLTHOUSE

WISE EEN TARN

MOSS ECCLES TARN

THREE DUBS TARN

BOWNESS-ON-WINDERMERE

NEAR SAWREY

FAR SAWREY

FINISH

START