

Aviemore Triathlon

Snàmh, Rothaireachd, Ruith

BY DURTY EVENTS

LONG HARD DURTY

1000M SWIM

18KM MTB

9KM TRAIL RUN

SWIM

2 LAPS

MTB

1 COMPLETE LAP OF FOREST ROAD LOOP

PLUS

1 LAP OF BADAGUISH TRAIL LOOP

PLUS

1 LAP OF LONG TECH LOOP

RUN

1 LAP OUT AND BACK

ALL SUBJECT TO CHANGE



TECHNICAL SINGLETRACK

