

Aviemore Triathlon

Snàmh, Rothaireachd, Ruith

BY DURTY EVENTS

SHORT FAST DURTY

500M SWIM

12KM MTB

6KM TRAIL RUN

SWIM

1 LAP

MTB

1 COMPLETE LAP OF FOREST ROAD LOOP
PLUS

1 LAP OF BADAGUISH TRAIL LOOP

RUN

1 LAP OUT AND BACK

ALL SUBJECT TO CHANGE



TECHNICAL SINGLETRACK



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