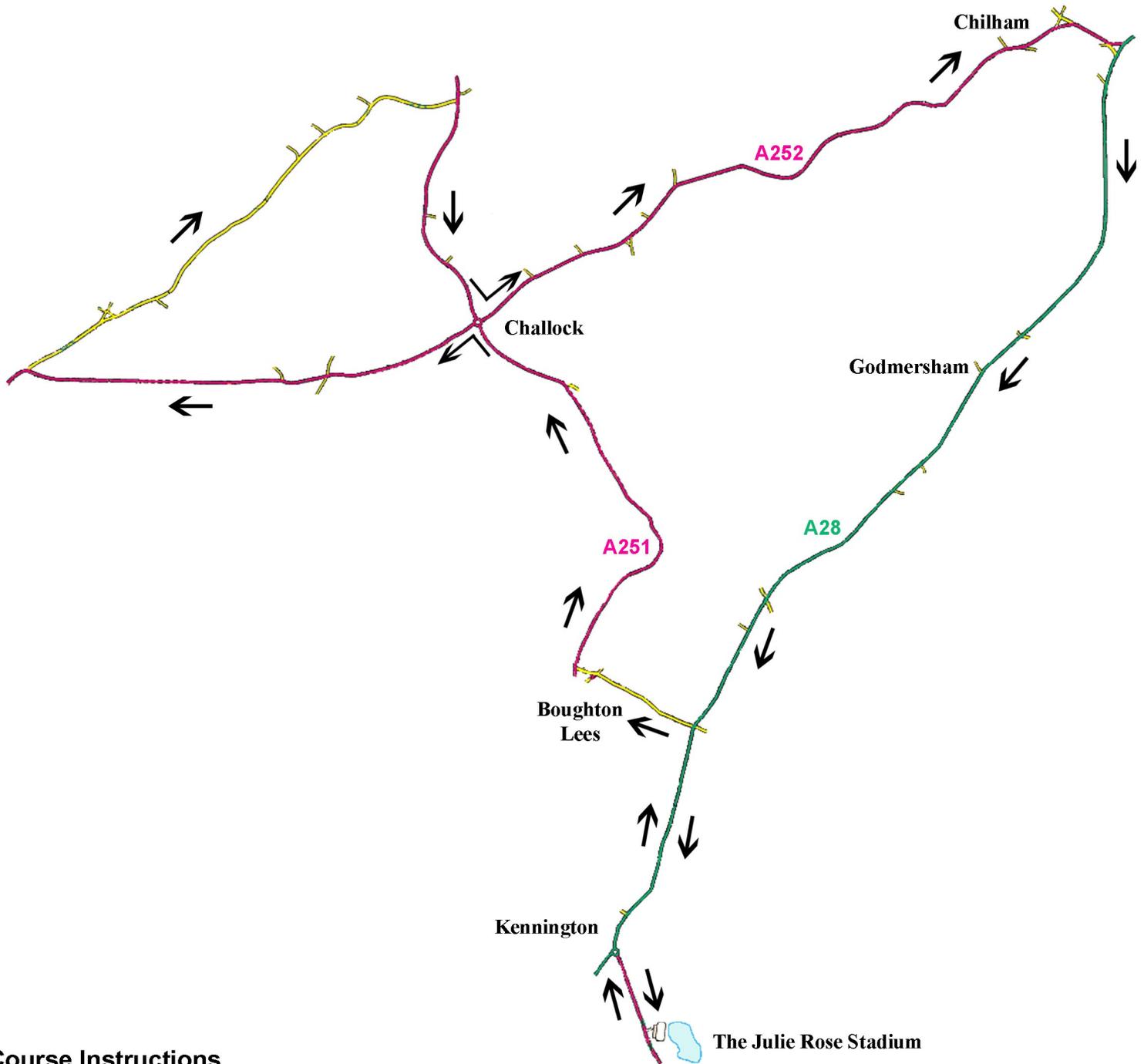




National Olympic Distance Triathlon Championship
World Triathlon Championship Qualifying
Grand Prix Series
Escape to Alcatraz

Course amended May 2005



Course Instructions

Turn right outside the Julie Rose stadium and continue on to the roundabout (closed road from the stadium). At the roundabout turn right onto the A28. Continue for 1.6 miles where you turn left at Kempes corner. Continue ahead for 0.8 miles where you turn right onto A251 at Challock.

Proceed on A251 for 3 miles, which includes a mile of climb from about 1 mile from the right hand turn. At the roundabout turn left for 2.9 miles where you turn right (on a left hand bend into the closed road at Stockers Head). Continue down this road, which is downhill until the end, where there is a short sharp hill, followed by a right turn at the 12.7-mile point. Continue on for 1.6 miles to the roundabout at Challock where you now turn left onto the A252 to Bagham (5 miles approx).

At Bagham you turn right onto the A28, (which is a closed road) and carry on all the way onto the roundabout at Kennington (approx 7 miles). At the roundabout, turn left then back into the stadium. This route is 26 miles.