

North West Run Course & Event Arena (Barony Park, Nantwich)



North West Triathlon - Run Course Information

- ❖ One lap of the run course = 1.25km - The run course is on short compact grass & very flat
- ❖ Sprint & Relay x 4 laps = 5km
- ❖ Super Sprint & Fun x 2 laps = 2.5km