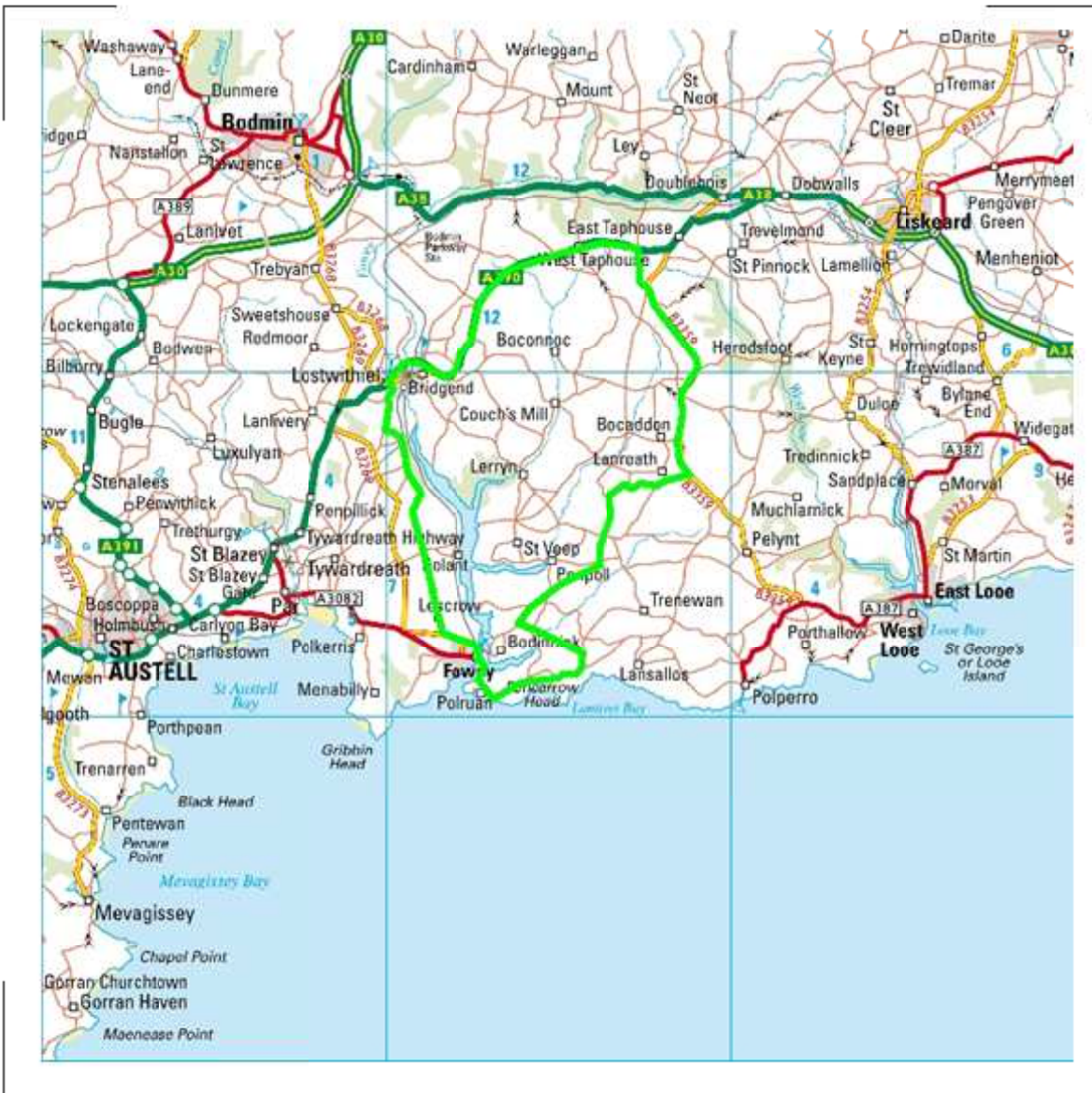




ROUTE MAP



Start at Fowey Town Quay, competitors to swim to Polruan, passing the silver mooring buoy up river side. Leave the water by way of the slipway at the right-hand side of the beach.

Competitors will then cycle from Polruan via Triggabrowne, Pont, Whitecross and Highway to join the B3359 north east of Lanreath, left on to the B3359 to Middle Taphouse, left on to the A390 to Lostwithiel. Competitors will leave their bicycles at the Fire Station Yard next to the Community Centre. (29 km)

Competitors will then run via Rosehill, Castle Milltown, Lantyan, Torfey and Lanherriot, left on to the B3629 into Fowey and finish at the Town Quay. (12 km)