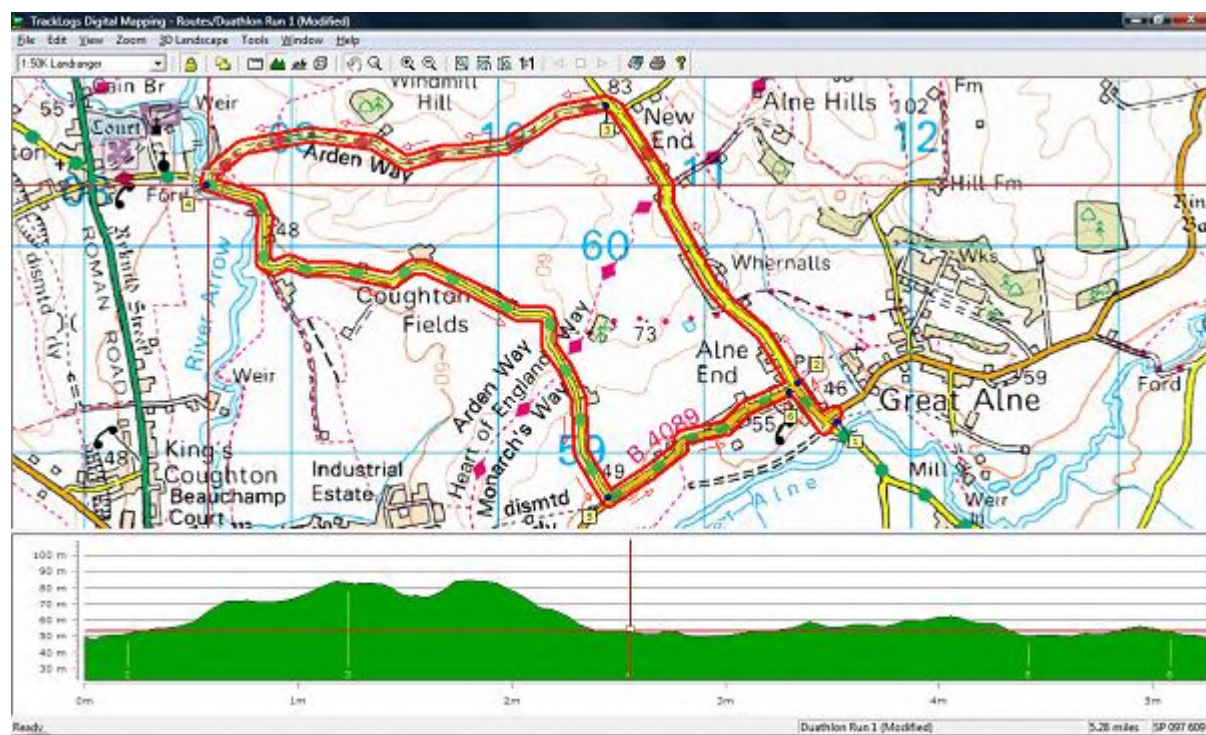


Stratford AC Duathlon 2008 – Route Details

The first run route is a 5m loop including approximately 1.25 mile off road.

http://www.mapmyrun.co.uk/view_my_run_19072

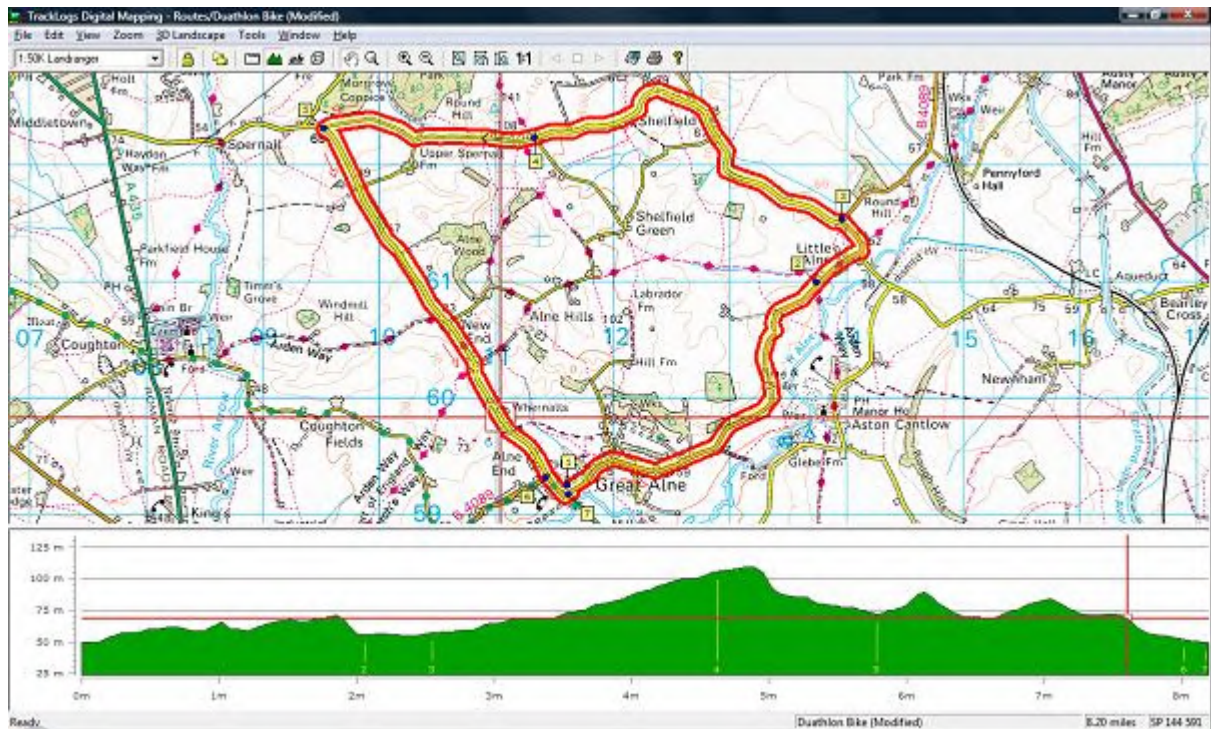


Cum Dist	Int Dist	Notes
0.0	0.0	Follow the B4089 in the direction of Alcester
0.2	0.2	At the pub turn off the B4089 by going straight on - Spernall Lane.
1.2	1.0	Just after the brow of the hill after the turning to Shelford Green on the right and farm buildings on the left, turn left onto track - Arden Way.
2.5	1.3	At end of track turn left onto road.
4.4	1.9	At junction with B4089 turn left and stay on the road back into Great Alne. Please use the footpath on the left hand side of the road.
5.1	0.7	Care crossing road by pub.
5.3	0.2	Transition Area at Village Hall

The bike course is 2 laps of an 8.25 mile loop. Be aware that as the final run shares the last mile of the bike route runners will be on the road as you are completing the bike leg.

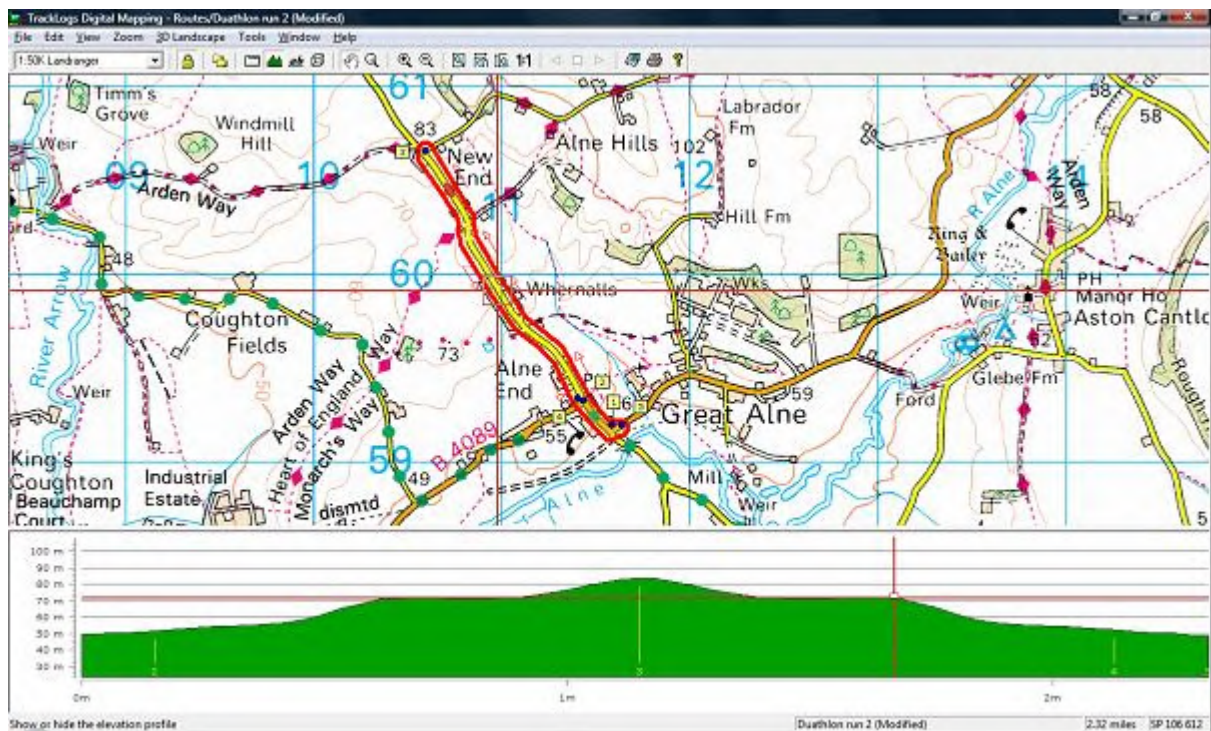
http://www.mapmyrun.co.uk/view_my_run_19074

Cum Dist	Int Dist	Notes
0.0	0.0	Turn left and follow the B4089 in the direction of Wootton Wawen.
2.1	2.1	Enter Little Alne. Care at sharp left hand bend.
2.6	0.5	Turn left (straight on) signposted Shelfield and Spernall
4.6	2.0	Caution road narrows and steep downhill.
5.8	1.2	Care. GIVE WAY. Turn left at T-junction towards Great Alne.
8.0	2.2	Care. GIVE WAY. Turn left (straight on) at T-junction onto B4089 towards Wootton Wawen. View obstructed by building.
8.2	0.2	Pass transition area and start second lap.
16.5	8.3	After second lap dismount and run/walk with bike to transition area.



The final run leg is an out and back run along the first part of the first run leg.

http://www.mapmyrun.co.uk/view_my_run_19077



Cum Dist	Int Dist	Notes
0.0	0.0	Follow the B4089 in the direction of Alcester
0.2	0.2	At the pub turn off the B4089 by going straight on towards Sperrall on Sperrall Lane. Take care from here as there is no pavement and cyclists completing the bike leg will be cycling towards you.
1.2	1.0	At the turning to Shelford Green turn around and retrace route.
2.4	1.2	Finish outside village hall.