
COURSE A 4.3km run followed by 26km bike followed by a 5.5 km run

DESCRIPTION:

RUN 4.3KM (Senior and Junior members)

Runners head north east out of the car park along the coastal path to Plemont. Runners cross the road and up the steps towards Plemont's top car park and then follow the road along Route de Plemont turning right onto Rue de Val Bachelier (**M1 at bend in road warning traffic of approaching runners on blind corner to avoid runners cross back and forth over road**) and then right into Le Chemin du Chateau (**M2 at junction for runners and remain for bike course**) towards Grosnez Castle Car Park taking the foot path rather than the road.

BIKE 26KM (18KM Junior members)

Cyclists proceed out of the car park along Le Chemin du Chateau and then turn right onto Route de Grosnez. Proceed along Rue de la Mare. Proceed along Route du Ouest. Turn left at the small cross roads (avoiding L'Étaq). Turn left onto Route des Landes (**M3 cyclists joining road**). Proceed bearing right along Rue de la Trappe. Proceed along Rue a la Pendue. Proceed along Route de Millais. Proceed along Route de Trodez. At the major cross roads turn left along Route de Vinchelez (**M4/5 at junction as cyclists turn onto major road**). Complete two further laps (one for Junior members). Then return to car park along Le Chemin du Chateau.

RUN 5.5KM (3.9KM Junior members)

Runners head south south west out of the car park and follow the run course signs. Runners complete three laps (two for Junior members) before returning to the car park to finish.

GROSNEZ 2UP DUATHLON: 4.3km Run/26km Cycle/5.5km Run

Second Run: run along coast path then three laps of a 1.8km course and after lap three return to car park.

