

# LINCOLN SPRINT TRIATHLON

400m swim  
20k bike  
5k run



## COURSE MAP

The event will still start and finish at award winning David Lloyd Lincoln Health Club where athletes will take on a 400m pool swim and start and finish their 5km run along the towpath of the Fossdyke canal.

This is a great event for beginners who are looking to give triathlon a go, starting with a heated indoor pool swim, followed by a brand new bike route (no trip up Burton hill!!!!) and finishing with a picturesque run along the water's edge. Once you have finished all that you can recover and relax in the luxury private health clubs lounge area and café.

Please note map is representative only and may be updated during the build up to race day.

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EVENTS