

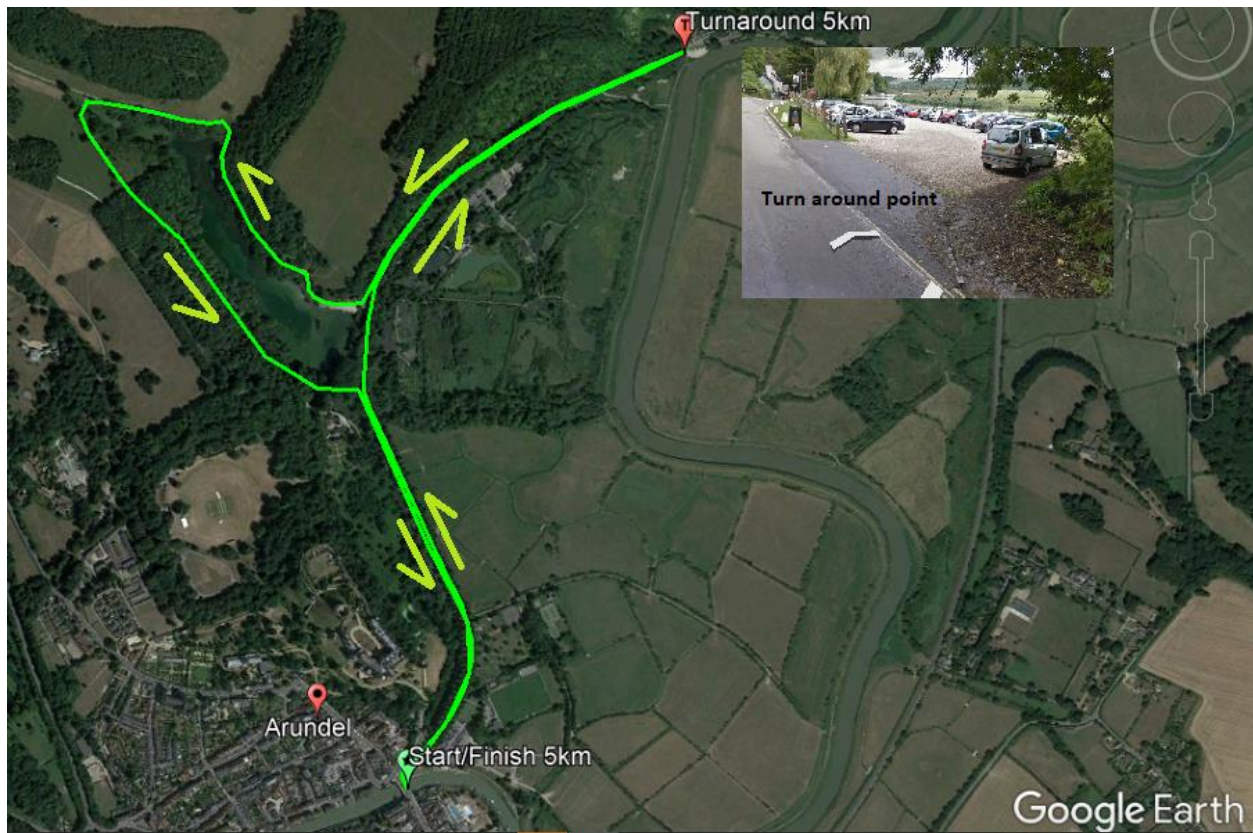
## Tuff Fitty Triathlon Club Corona Classic Virtual 5km

Start/Finish point – Arundel: Middle of the River Arun bridge just up from the lido on the same side (east) of the road.

- Head north and immediately turning east towards Swanbourne Lake
- Go over the humpback bridge running past Swanbourne Lake
- Make your way down to the turnaround point which is the first entrance to the gravel car park on the right, just before the turning into the Black Rabbit Pub



- Turn 180 degrees and retrace your tracks to Swanbourne Lake
- Swanbourne Lake near the café and complete one anti-clockwise loop around the lake sticking to the main path
- Exit the lake via the small path onto the main road and head back towards Arundel using the path as soon as you can
- Head back the way you came and return to the centre of the bridge to complete your 5K route
- Jump with joy and bag that time, or come back another day to try again 😊
- Submit your time via the Tuff Fitty Facebook group or email [clive.harvey@tinyworld.co.uk](mailto:clive.harvey@tinyworld.co.uk)



Time/Record your run with any gadget you have; GPS watch, phone, handheld tracker... we would be happy to consider an honest stopwatch time too so that everyone can be included. If needed socially distance and time each other.

Your time will be saved and calculated against the Masters timing calculation to be entered into the leader board. But don't worry – everyone's a winner!

Good luck, have fun, be safe on the road section please and also take extra care on any loose sections around the lake.

Please be considerate of other path/area users and bring your own water/refreshments/fuel as these are unmarshalled routes.