

## Tuff Fitty Triathlon Club Corona Classic Virtual 10km

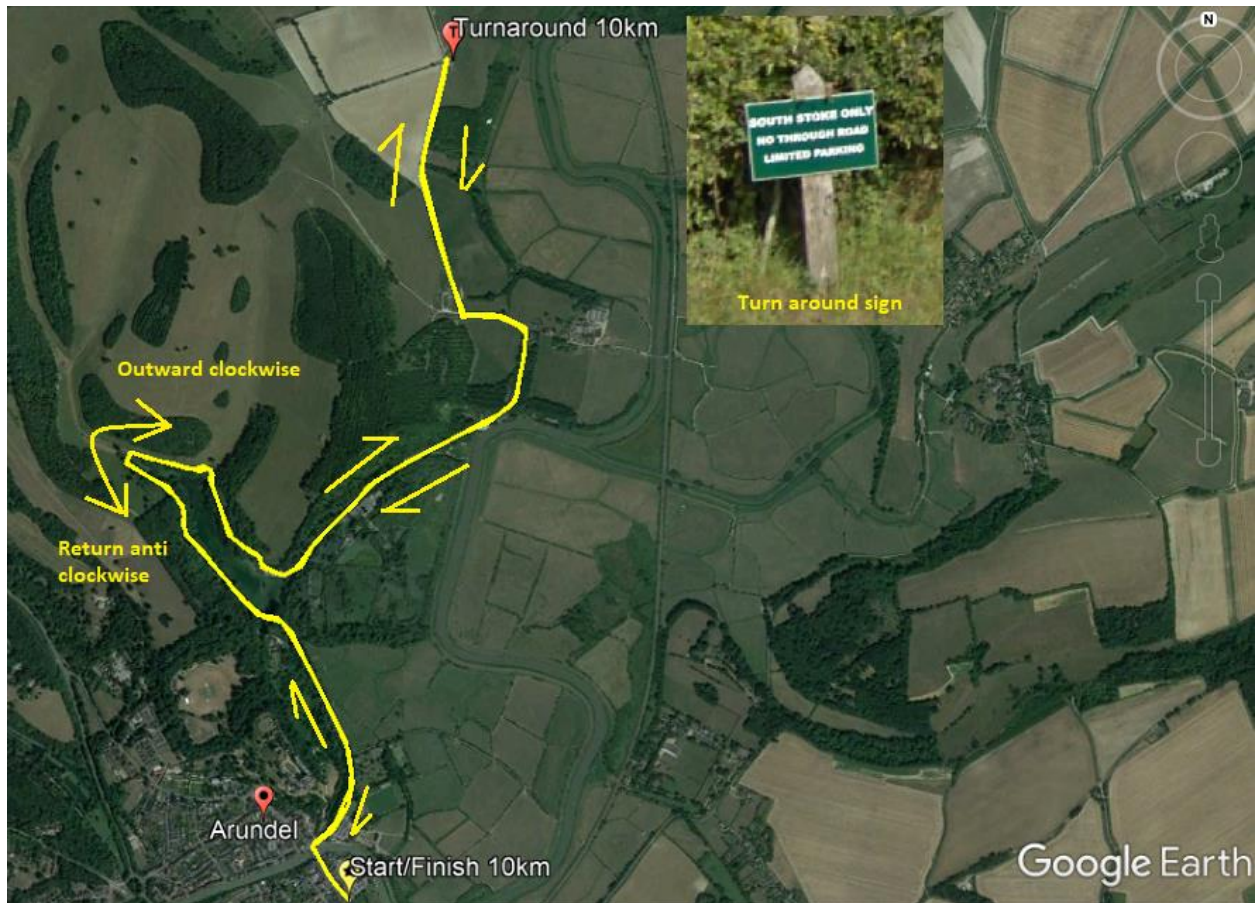
Start/Finish point – Arundel: Lido carpark entrance east side of the road.

- Head north and turn right after crossing the River Arun Bridge towards Swanbourne Lake with the museum on your right and castle on your left
- Run down to Swanbourne Lake and turn in along the small walking path to complete a clockwise circuit of the lake
- Exit the lake near the café turning left and continue running down toward the Black Rabbit Pub
- Follow the road as it bends round to the left up a slight hill to the T-junction top and fork left along the road
- The road will bend slightly to the left and then go round to the right at the large horse topped gateposts (do not go through these, keep them to your left)
- You will run approximately 900m past the gate fork to a point where there is a green sign on the left saying “South Stoke only – No through road – Limited parking” – the sign is your turnaround point. To further highlight this point there will be one field opening to your right and two to your left, but please get to the sign line to turn:



- Turn 180 degrees and retrace your tracks to Swanbourne Lake
- At Swanbourne Lake enter 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 lido carpark entrance to complete your 10K route
- Jump with joy and bag that time, or come back another day to try again 😊

- Submit your time (and distance) 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.