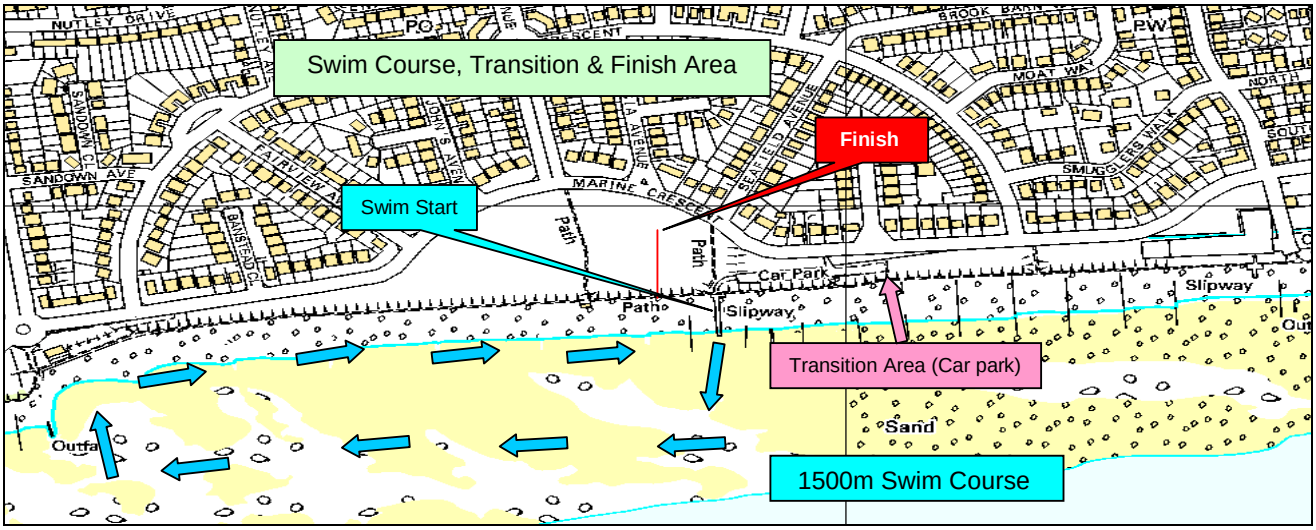
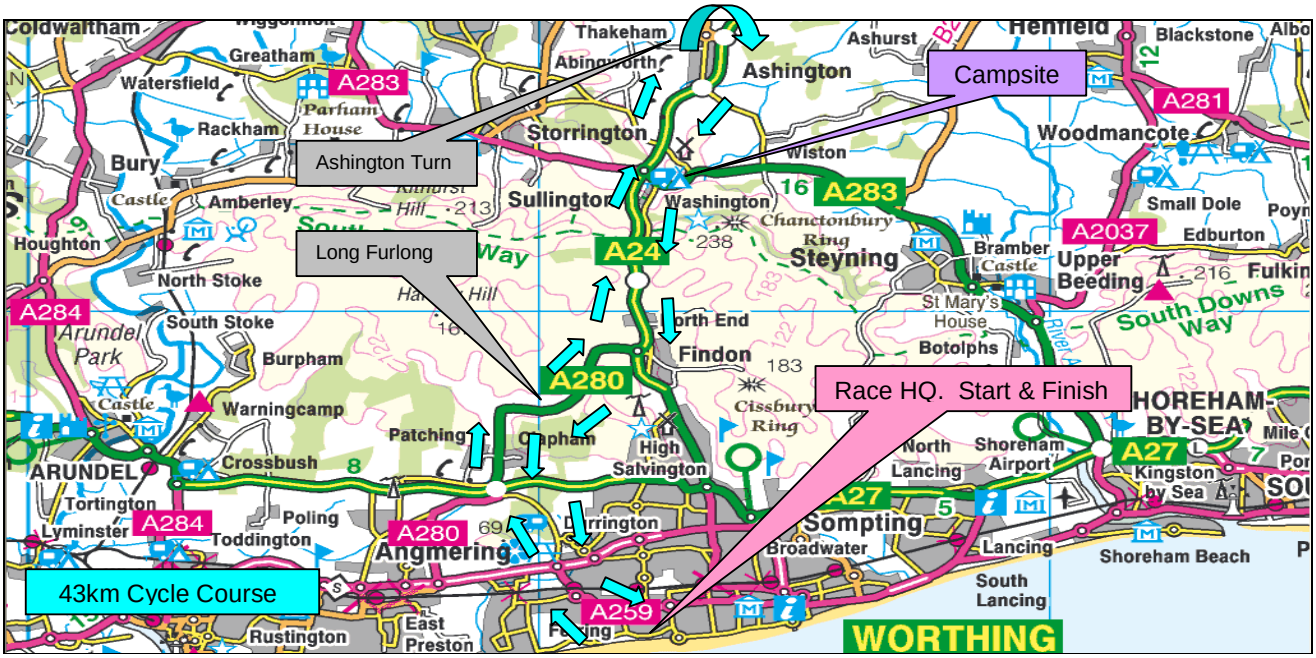
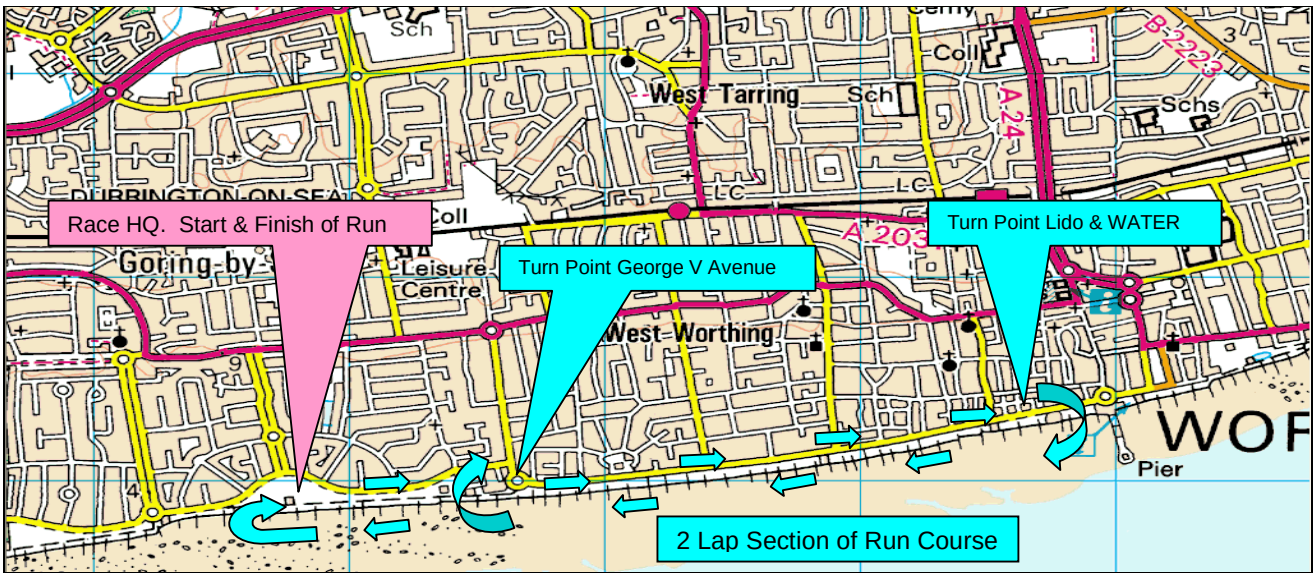

Swim Course, Transition & Finish Area
Finish
Swim Start
Transition Area (Car park)
1500m Swim Course
Car Park
Slipway
Sand


Campsite
Ashington Turn
Long Furlong
Race HQ. Start & Finish
43km Cycle Course
A283
A281
A24
A280
A284
A2037
A27
A259
Storrington
Ashington
Steyning
Findon
Angmering
Sompting
ARUNDEL
WORTHING
Woodmancote
Henfield
Bury
Sullington
Washington
Upper Beeding
Bramber
Botolphs
Shoreham Airport
Shoreham Beach
Lancing
South Lancing
Rustington
East Preston
Warningcamp
Crossbush
Burpham
Patching
Poling
Toddington
Lyminster
Tortington
Houghton
North Stoke
South Stoke
Arundel Park
Amberley
Rackham
Watersfield
Greatham
Coldwaltham
Thakeham
Abingworth
Ashurst
Blackstone
Wiston
Small Dole
Edburton
Fulking
South Downs Way
Chanctonbury Ring
Cissbury Ring
High Salvington
Broadwater
Kingston by Sea
Parham House
St Mary's House


Race HQ. Start & Finish of Run
Turn Point George V Avenue
Turn Point Lido & WATER
2 Lap Section of Run Course
West Tarring
West Worthing
Goring-by-
Leisure Centre
Pier