

**Sunday**

**April**

**24**

# ROSSENDALE

## TRIATHLON RECCE 2022

Are you new to triathlon? Is it your first Rossendale Triathlon? Do you just want to recon the course?

If so, then come to our Rossendale Triathlon recce morning.

Once again for 2022; two start time options! (See below).

You will meet a member of the Rossendale Triathlon Club who will show you around the course starting with a walk from the swim exit to transition. Then an 'easy' ride around the bike route (13 miles), ending with one loop of the run course.

### CYCLE MAP



### Agenda

Marl Pits Leisure Centre

8:00am OR 10:00.a.m.

Arrival:

08:00 - 08:30 OR 10:00 - 10.30

Swim-exit and Transition:

08:30 - 09:00 OR 10:30 - 11.00

Ride around Cycle route:

09:00 - 10:30 OR 11:00 - 12.30

Run route:

11:00 OR 13:00

This is **FREE** to all entrants of Rossendale Triathlon and is for all abilities. However, numbers are limited, so it will work on a first-come-first served basis!

To secure your place please email:

[reccedayrosstriclub@outlook.com](mailto:reccedayrosstriclub@outlook.com)

We look forward to seeing some of you at the recce and all of you on race day!