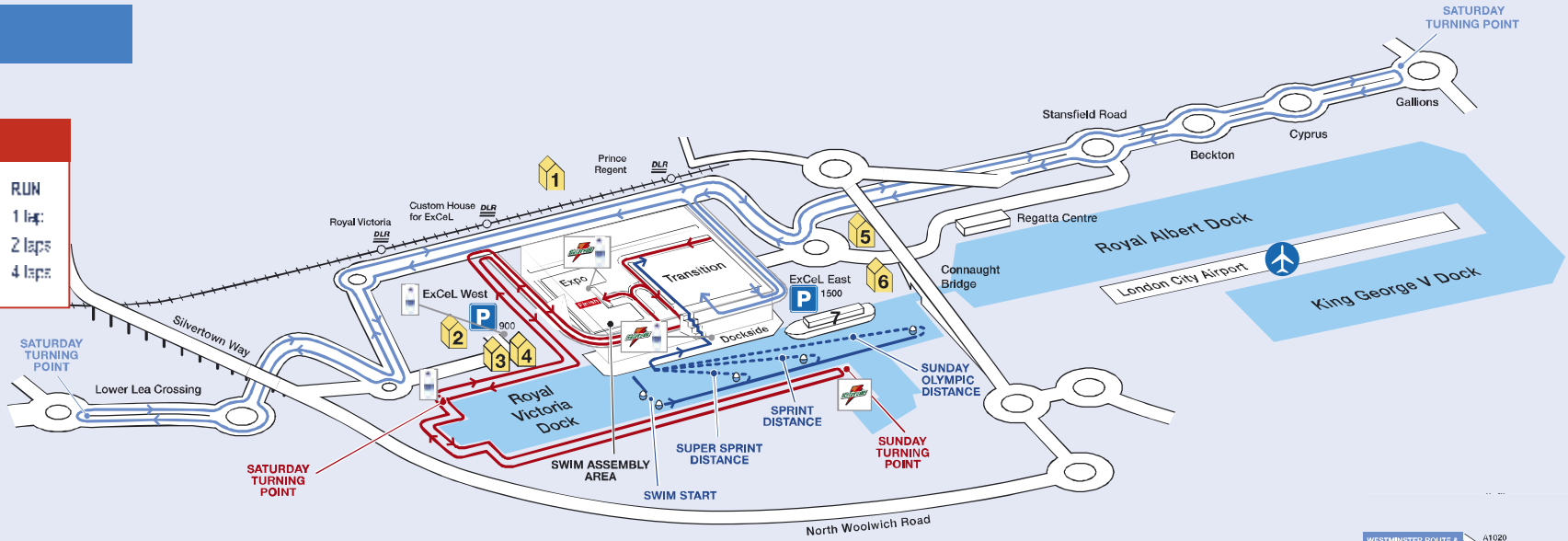


COURSE MAP

SATURDAY 4TH AUGUST

| | SWIM | BIKE | RUN |
|--------------|--------|--------|--------|
| Super Sprint | 1 lap | 1 lap | 1 lap |
| Sprint | 1 lap | 2 laps | 2 laps |
| Olympic | 7 laps | 4 laps | 4 laps |



SUNDAY 5TH AUGUST

Olympic Distance 40km comprising:
Sunday Morning 1 lap 14km (turning at Canary Wharf)
 1 lap 26km (turning at Westminster)
Sunday Afternoon 7 laps (turning at Tower Bridge)



KEY

- swim route
- bike route
- run route
- Santitas Hydration Station
- Abbey Well Water Station

- HOTELS:**
1. Ganton House
 2. Crowne Plaza
 3. Ibis
 4. Novotel
 5. Travel Inn
 6. Ramada
 7. Sunbeam Yacht