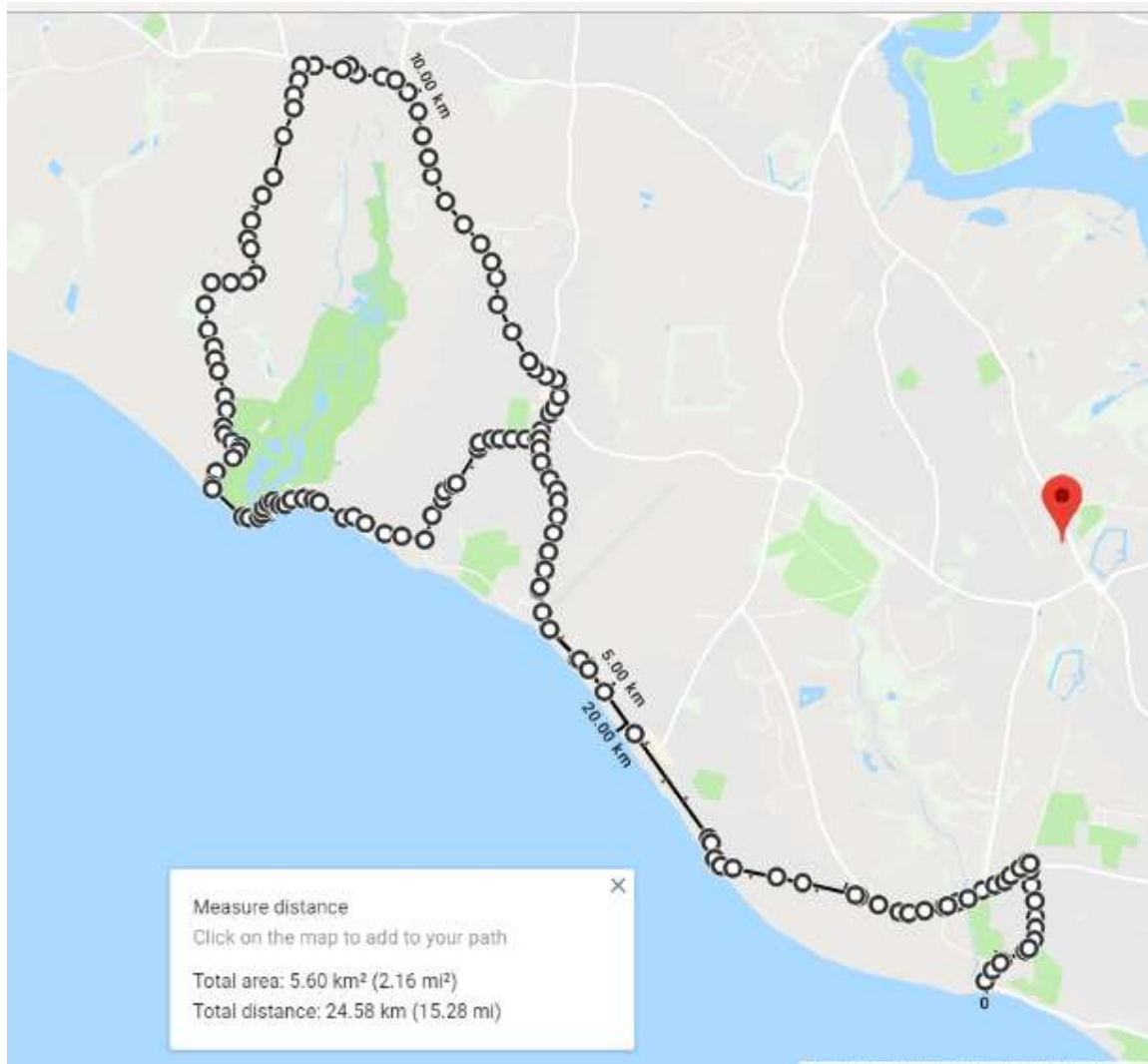
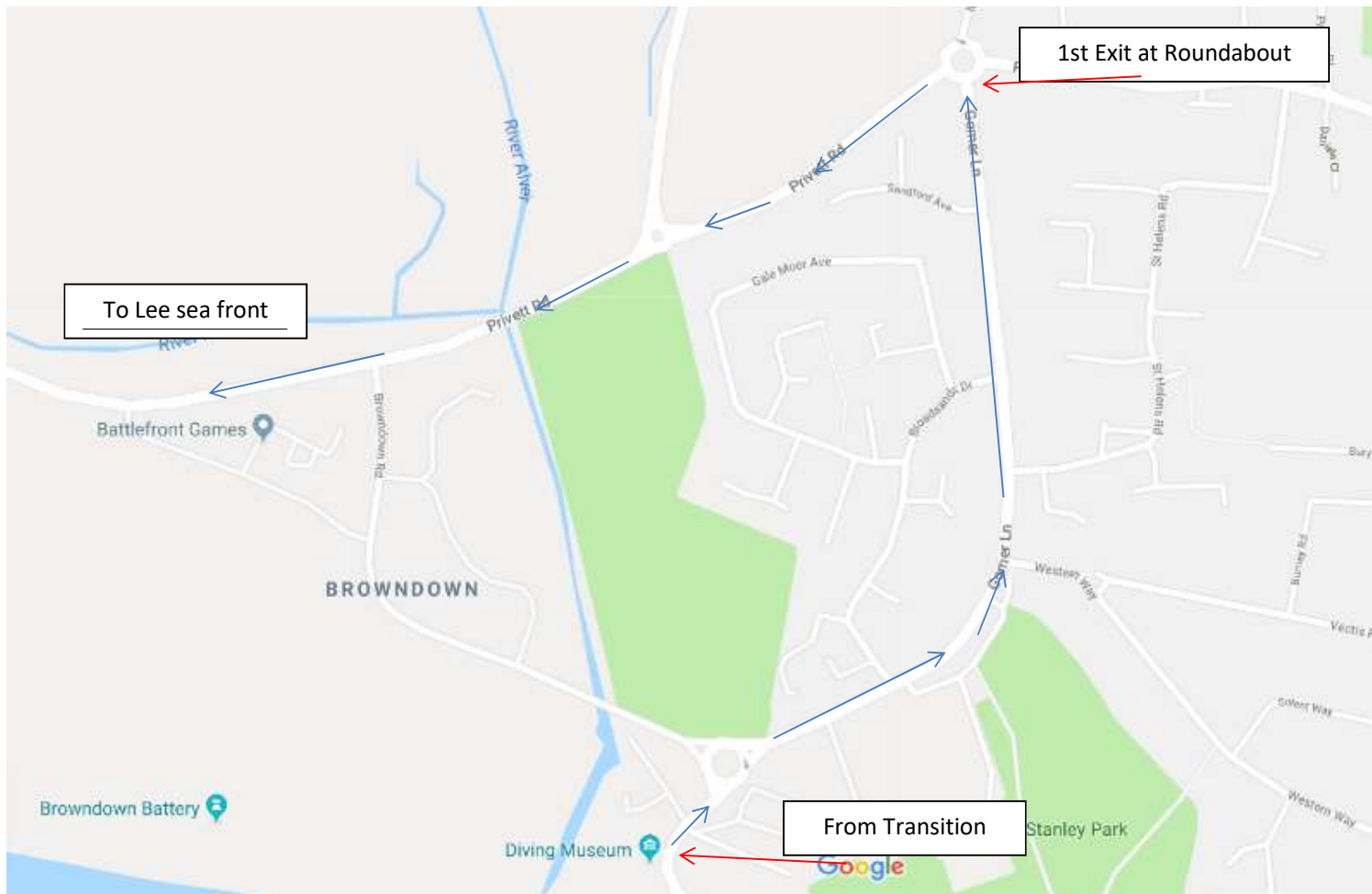


Bayside Autumn Duathlon 2019 - Cycle Route

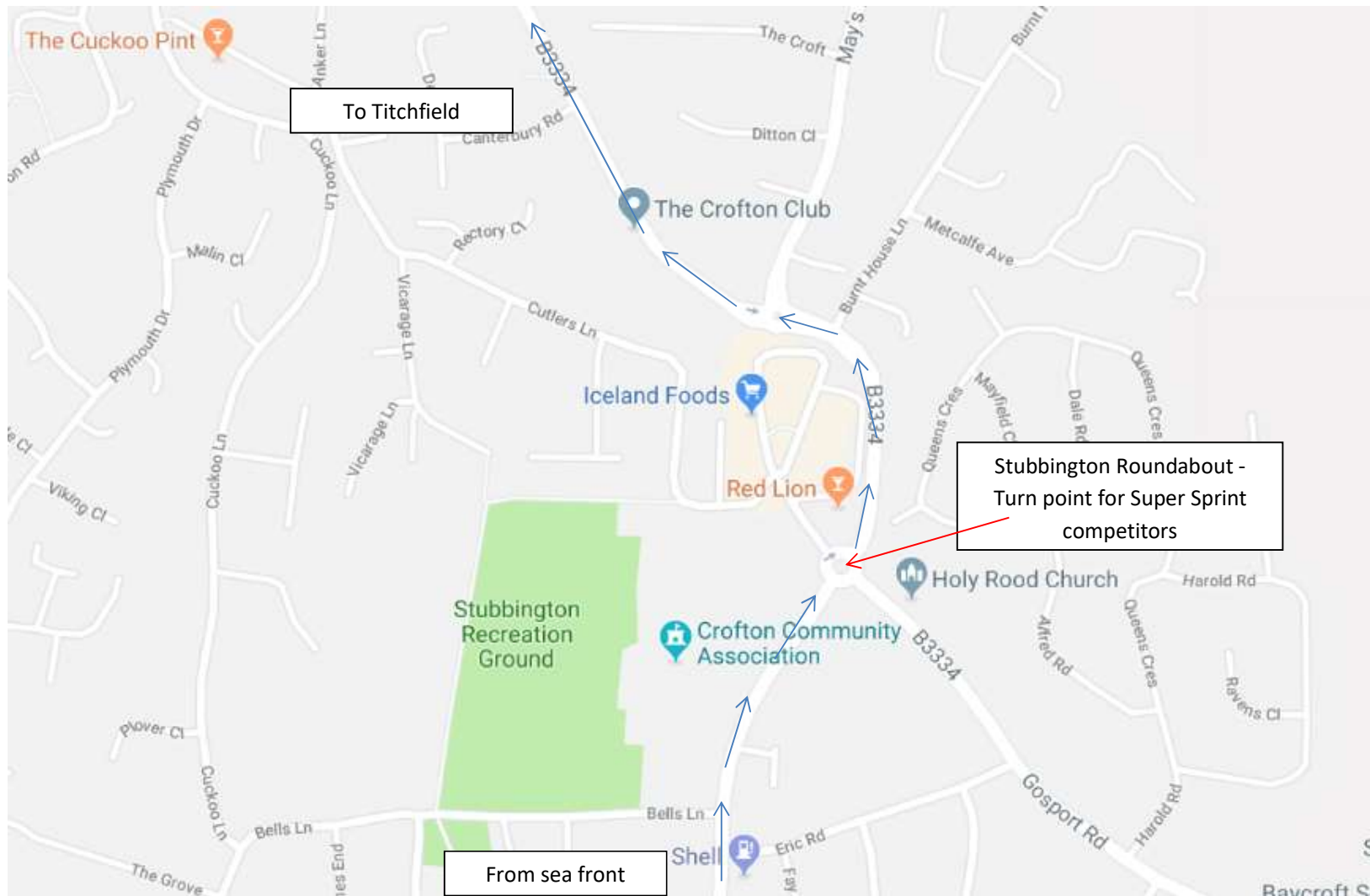
The Course - a single lap of approx. 25km sees cyclists head along Lee seafront to Stubbington, over the roundabout where the Red Lion pub is and along Titchfield Road, here cyclists will pick up the route of the Stubbington 10km road race. The one hill sees competitors go up Coach Hill in Titchfield before going down the country lane (Posbrook Lane) towards Titchfield Haven. Competitors will re-join Stubbington Lane at the junction of Bells Lane (as shown below), this does result in a right turn across traffic.



For Super Sprint distance competitors will turn at Stubbington roundabout, resulting in a 15km cycle leg.



Competitors will leave transition and head up towards the Cocked Hat Pub roundabout. They will take the first exit and continue all the way along the seafront to Stubbington. There are a number of traffic lights along the sea front and competitors will be required to adhere to normal traffic regulations.



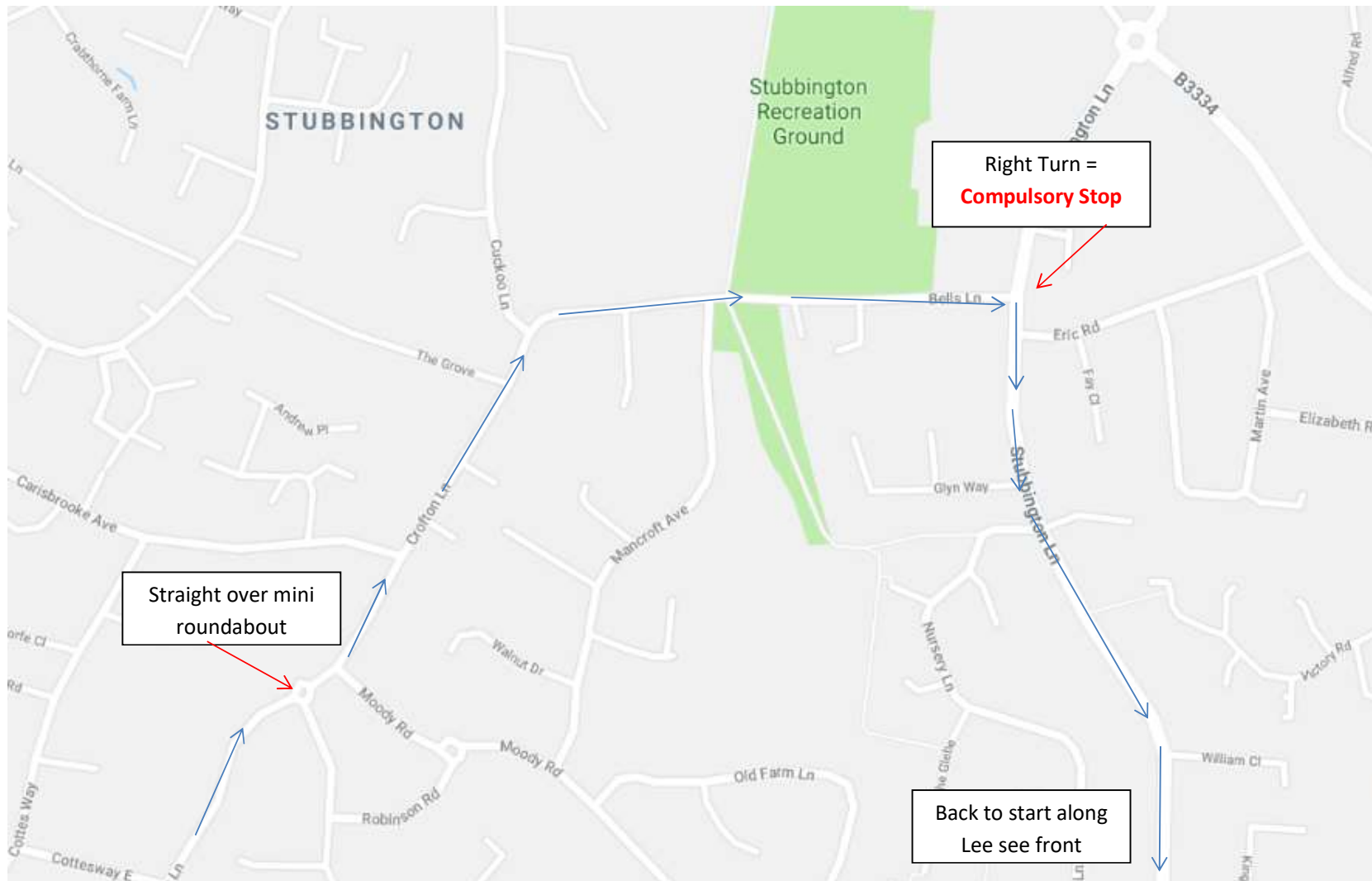
Competitors taking on the Super Sprint distance race will go round Stubbington Roundabout and head back to transition. Sprint distance competitors will follow the signage and head along Titchfield Road (B3334) towards Titchfield.



At the traffic lights competitors will turn left, this is a fairly sharp left turn and competitors are advised to take caution. Competitors to take caution as there is a single lane traffic section (1). From the small roundabout cyclists will take the first exit and head up Coach Hill. Prepare for a short climb here. Competitors will take a left turn on to Posbrook Lane.



Competitors to slow down as they approach a tight left turn and then be aware of the potential of oncoming traffic as they go over the bridge. Race marshals will be positioned here. Follow the road along to Titchfield Haven and then a very short climb after the Titchfield Haven Visitor Centre on to Cliff Road.



In order to get competitors back to transition we need to introduce a right turn across the traffic. We have selected the junction of Bells Lane and Stubbington Lane to do this. Marshals will be located at this position and all competitors will be required to 'touch down' at this junction. Then follow the road back along the sea front to transition.



And back to the start, retracing the route taken out of transition.