

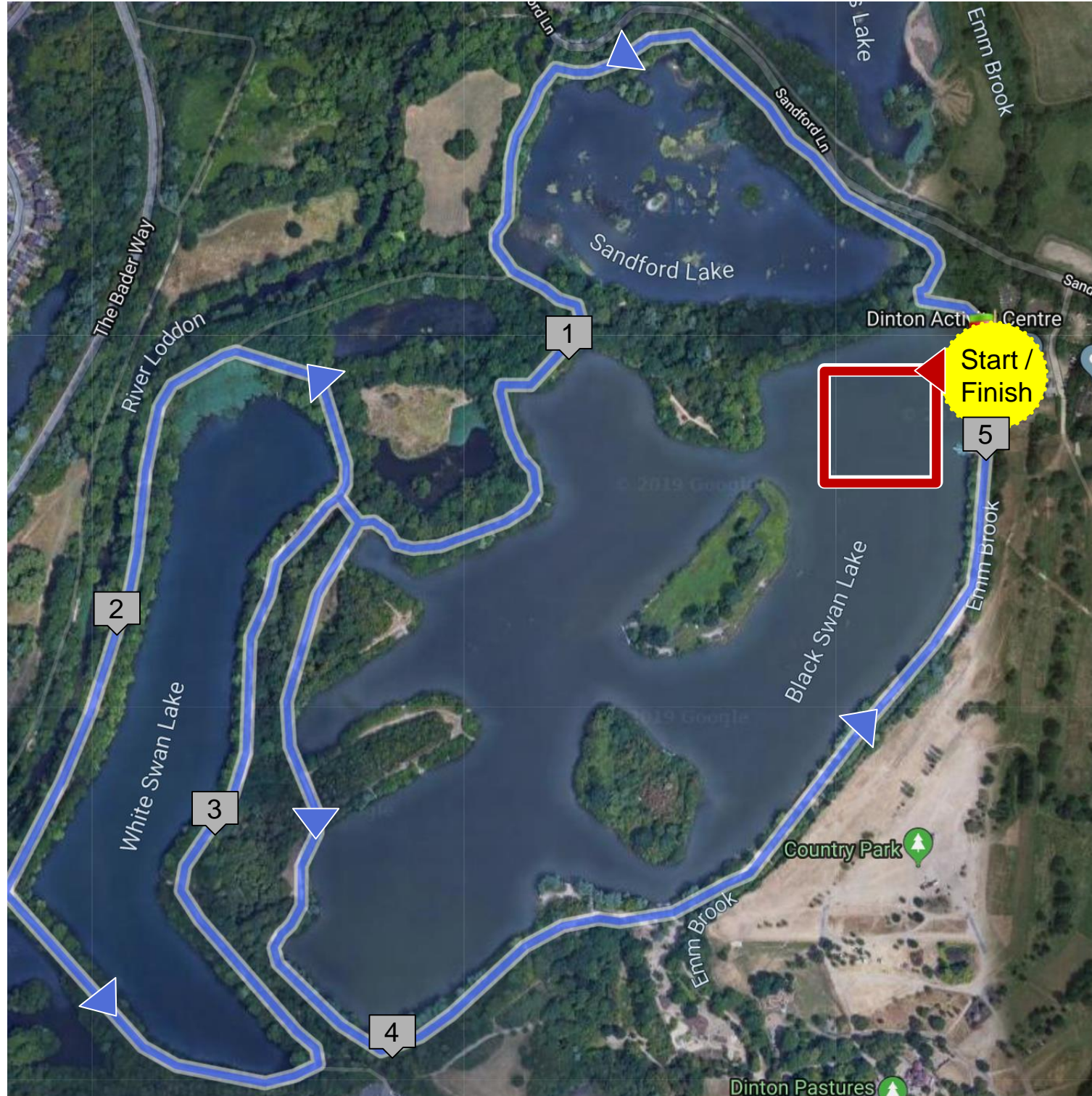


ROUTE

DINTON SUPATHLON

1KM SUP - 5KM RUN

SUNDAY 14 JULY
09:30AM START
DINTON ACTIVITY CENTRE,
SANDFORD LANE,
HURST,
RG10 0SU



- SUP – 2 laps 500m = 1km
- Run – 1 lap = 5km