



15+

* 350 meter Swim (7 lengths) at NICC Pool, start Clark-Hatch side

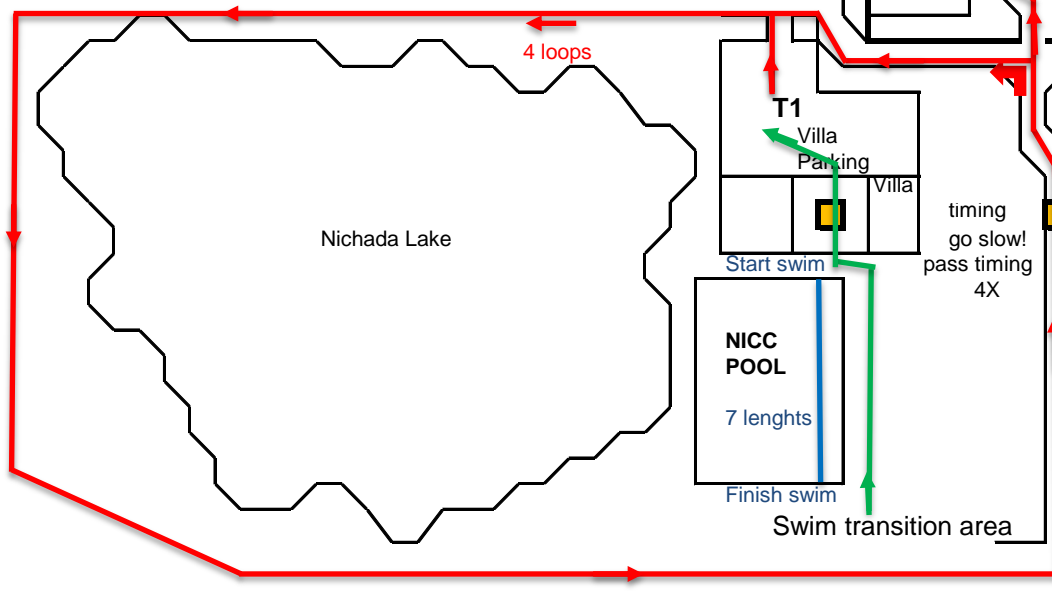
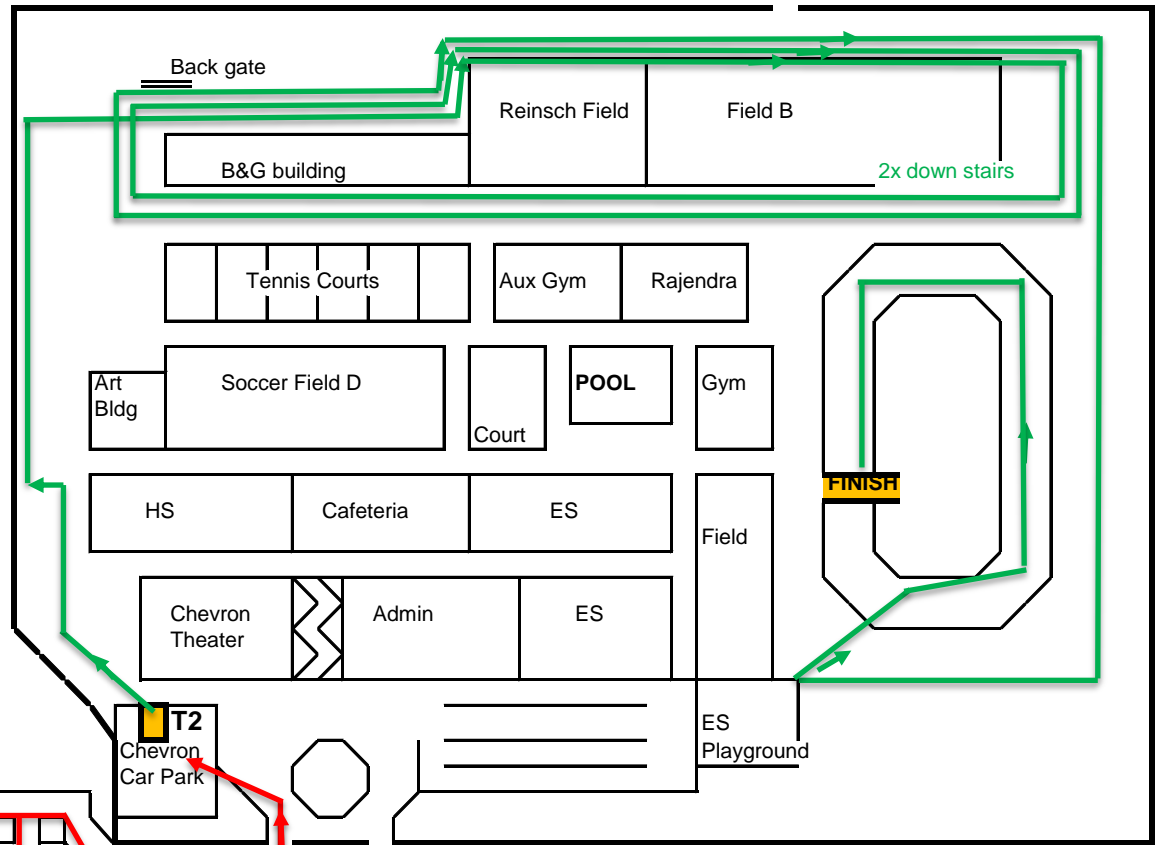
- after swim put on helmet, clothes and shoes on the pool deck
- from the pool run through the tunnel past Villa Market and up to the parking lot to the bike transition T1 (next to mini-golf)

* 9.1 km Bike (four times around the lake)

- bike out of transition near Bumrungrad clinic. Turn left, stay left
- bike 4 times around the lake (counter clock-wise)
- after passing the cc timing mat 4x go towards school
- enter ISB through the left gate
- enter transition at Chevron Car Park

* 2.9 km Run

- from transition follow the road that leads to the back of school
- before the new art building turn left into cross country path
- follow the X country path to the marked stairs at field B
- go along fields, tennis courts, up to X country path at B&G
- do same loop as before
- in 3rd loop follow X country path all the way to ES playground
- go down on track and turn right
- finish counterclockwise on track



You need to bike 4 loops around the lake!

Map not to Scale