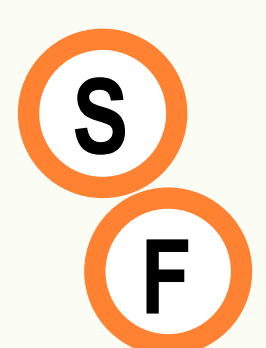


speedo®

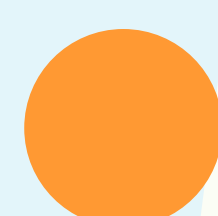
BIG
SWIM

NOTTINGHAM

MAP KEY



START AND
FINISH
MARKERS

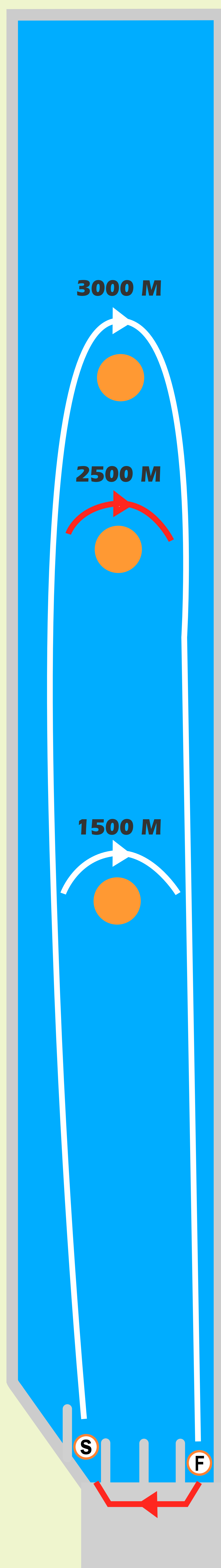


TURNING BOUYS

1500m = 1 Lap

3000m = 1 Lap

5000m = 2 Laps of 2500m:
swim 2500m get out,
run in front of
transition & back in
water for 2nd lap



Adbolton Lane