

Dunmow Triathlon 13th September 2009 - Bike Course

Road	Distance - Miles	Distance - KM	Details
Parsonage Down	0	0	Start Out at Parsonage Down
B184 - Dunmow Road	0.08	0.13	Turn Left onto the B184
Mill End	5.39	8.28	Straight on
B1051 - Park Street	5.53	8.91	Turn Left into Park Street
Unnamed Road	8.95	14.4	Turn Left into Unnamed Road
Unnamed Road - Road Closure	9.15	14.73	Turn Left
Towards Tilty - Road Closure	9.53	15.33	Turn Left towards Tilty
Duck Street	11.06	17.8	Turn Right
B184 - Dunmow Road	13.65	21.97	Turn Right onto B184
Parsonage Down	14.2	22.85	Turn Right Into Parsonage down
Finish	14.29	22.99	