

**FEED 3**

**FINISH**

**GLENMORE FOREST PARK**

**THE QUEEN'S FOREST**

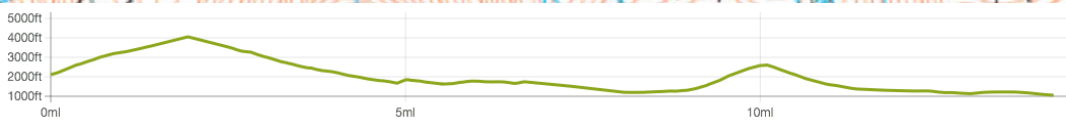
**STAR MAN**  
NIGHT TRIATHLON  
**RUN**

**SHORTCOURSE 1**  
**SHORTCOURSE 2**  
**NO CAIRN GORM SUMMIT**

**START (T2)**

**FEED 1&2**

**RUN DIRECTION**



**Final route my differ**

**CAIRN GORM**