



TBAC 5K Time Trial Route

From Start (A) runners head away from the car-park, turning left at the first turn on the left (main vehicle route). Runners turn at (B) and head back to the start (A). This completes one lap. This route is followed two more times (total three laps) then the runners turn left at (A) and follow the outside of the car-park to the finish (via two right turns).