

LLANDYRNOG TURN POINT 1



BROOKHOUSE MILL ROUNDABOUT

DENBIGH LEISURE CENTRE



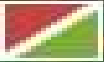
DENBIGH LEISURE CENTRE START AND FINISH



RUTHIN TURN POINT 2

ESSO GARAGE

**RUTHIN TRI STARS – BIKE ROUTE DENBIGH SPRINT 2018**



28  
20

8

6

Llangwyfan

26  
12

Llanrhaeadr  
Rhydri  
Llanrhaeadr

Cwrt-y-Castell  
Llanfynydd

1<sup>ST</sup> OUT AND BACK SECTION TO  
LLANDYRNOG 2<sup>ND</sup> EXIT OFF  
BROOKHOUSE MILL ROUNDABOUT  
FROM RUTHIN ROAD/LEISURE  
CENTRE

BROOKHOUSE MILL  
ROUNDABOUT

2<sup>ND</sup> OUT AND BACK SECTION TO  
RUTHIN 1<sup>ST</sup> EXIT OFF BROOKHOUSE  
MILL ROUNDABOUT WHEN  
RETURNING FROM LLANDYRNOG  
OUT AND BACK

waen

20  
18

Llanbedr

Llanbedr-Dyffryn

Ruthin

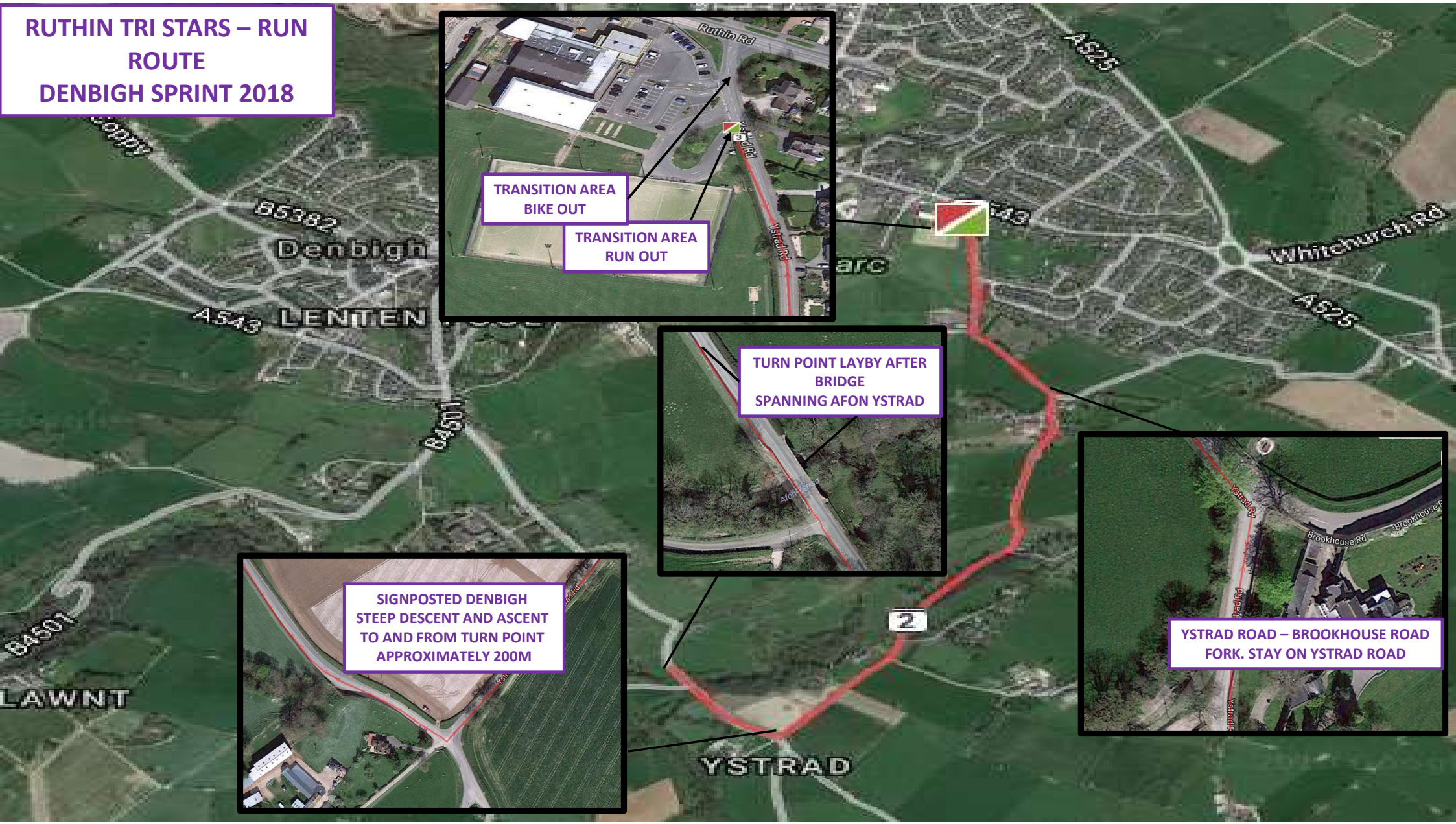
Bontuchel

Llanfwrog

RUTHIN TRI STARS – BIKE  
ROUTE  
DENBIGH SPRINT 2018



**RUTHIN TRI STARS – RUN  
ROUTE  
DENBIGH SPRINT 2018**



**TRANSITION AREA  
BIKE OUT**

**TRANSITION AREA  
RUN OUT**

**TURN POINT LAYBY AFTER  
BRIDGE  
SPANNING AFON YSTRAD**

**SIGNPOSTED DENBIGH  
STEEP DESCENT AND ASCENT  
TO AND FROM TURN POINT  
APPROXIMATELY 200M**

**YSTRAD ROAD – BROOKHOUSE ROAD  
FORK. STAY ON YSTRAD ROAD**