

**START** At Castlehaven GAA HQ

**SPORT Run1, 7km** 3.5km Out & Back

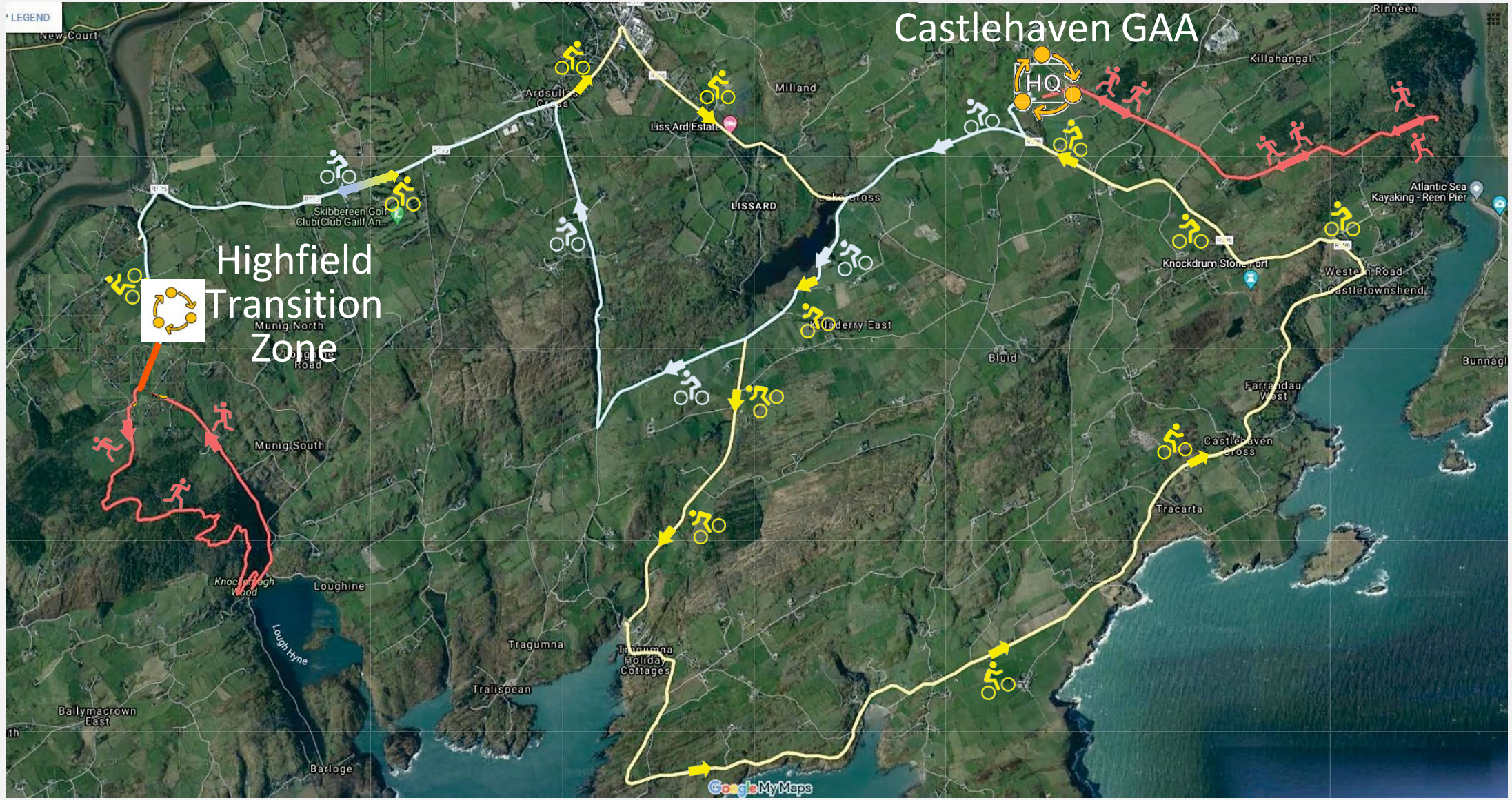
**SPORT Bike1, 12km** To Highfield Transition

**SPORT Run2, 7.5km** Lough Hyne Hill loop

**SPORT Bike2, 25.5km** To Castlehaven HQ via Coast Road

**SPORT**

Routes subject to change at discretion of Race Director



Two Transition Zones in SPORT Course

1. Castle Haven Stadium (Start & Finish)
2. Highfield (Lough Hyne Hill)

**2025 START TIME 9.30am**

**Registration Desk Open 7.30am ; Close 8.45am**



# TASTER

**START**  
At Castlehaven  
GAA HQ

**TASTER Run1, 1km**  
Around Stadium



**TASTER Bike1 6km**  
To Tragumna via Lake Cross



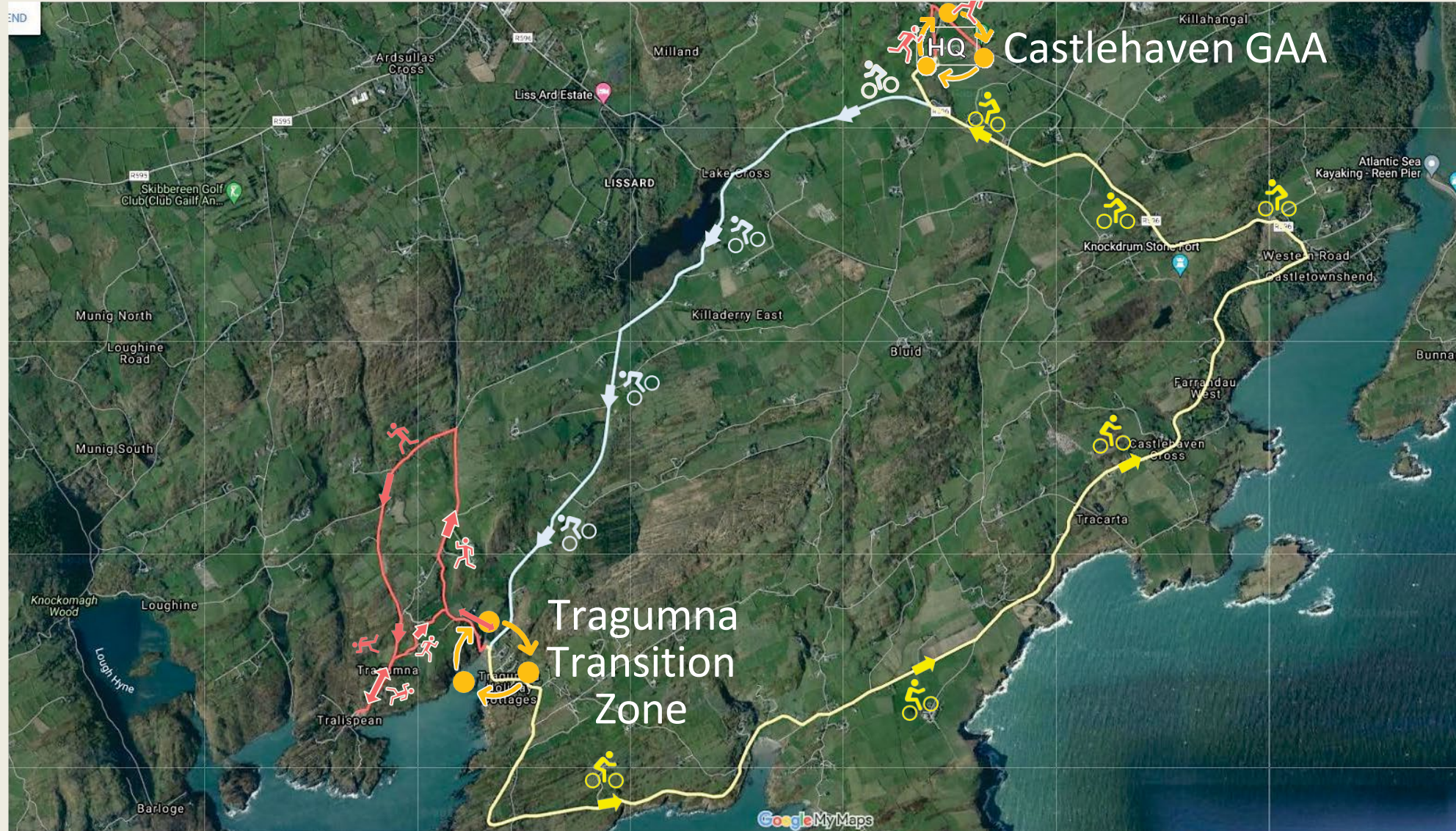
**Taster Run2 6km**  
Tragumna-Tralispean Loop



**TASTER Bike Home (14km)**  
To Castlehaven HQ via Coast Road



Routes subject to change at discretion of Race Director



Two Transition Zones in Taster Courses ;  
• Castle Haven Stadium (Start & Finish)  
• Tragumna Car Park

**2025 START TIME 9.30am**

**Registration Desk Open 7.30am ; Close 8.45am**



# START

At Castlehaven  
GAA HQ

# RELAY Bike1 6km

To Tragumna via Lake Cross

# RELAY Run 6km

Tragumna-Tralispean Loop

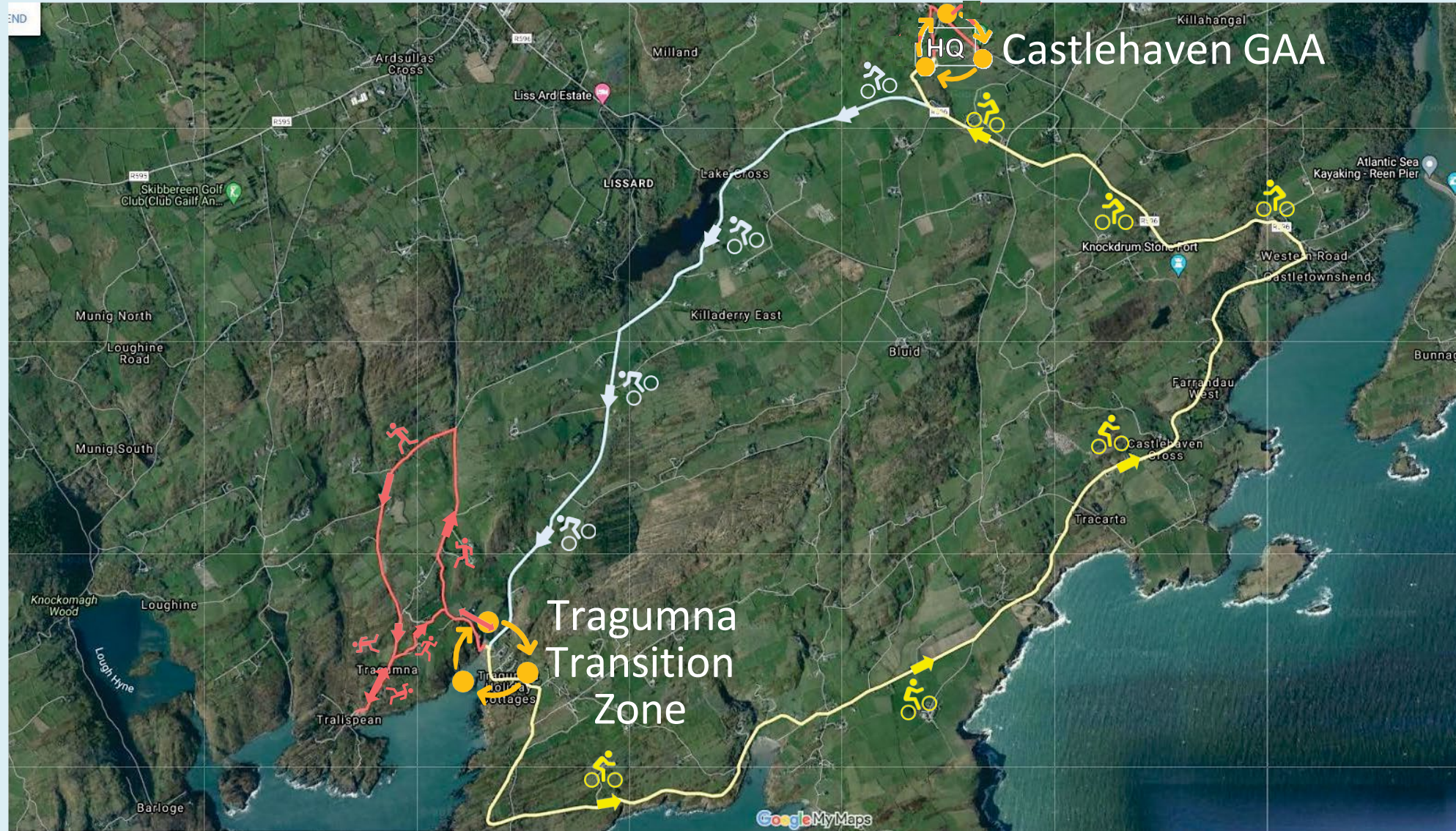
# RELAY Bike2 14km

To Castlehaven HQ via Coast Road

# RELAY.



Routes subject to change at discretion of Race Director



- Two Transition Zones in RELAY Course
- Castle Haven Stadium (Start & Finish)
  - Tragumna Car Park

2025 START TIME 9.30am

Registration Desk Open 7.30am ; Close 8.45am

