

# START

At Castlehaven  
GAA HQ

RELAY Bike1 6km

To Tragumna via Lake Cross

RELAY Run 6km

Tragumna-Tralispean Loop

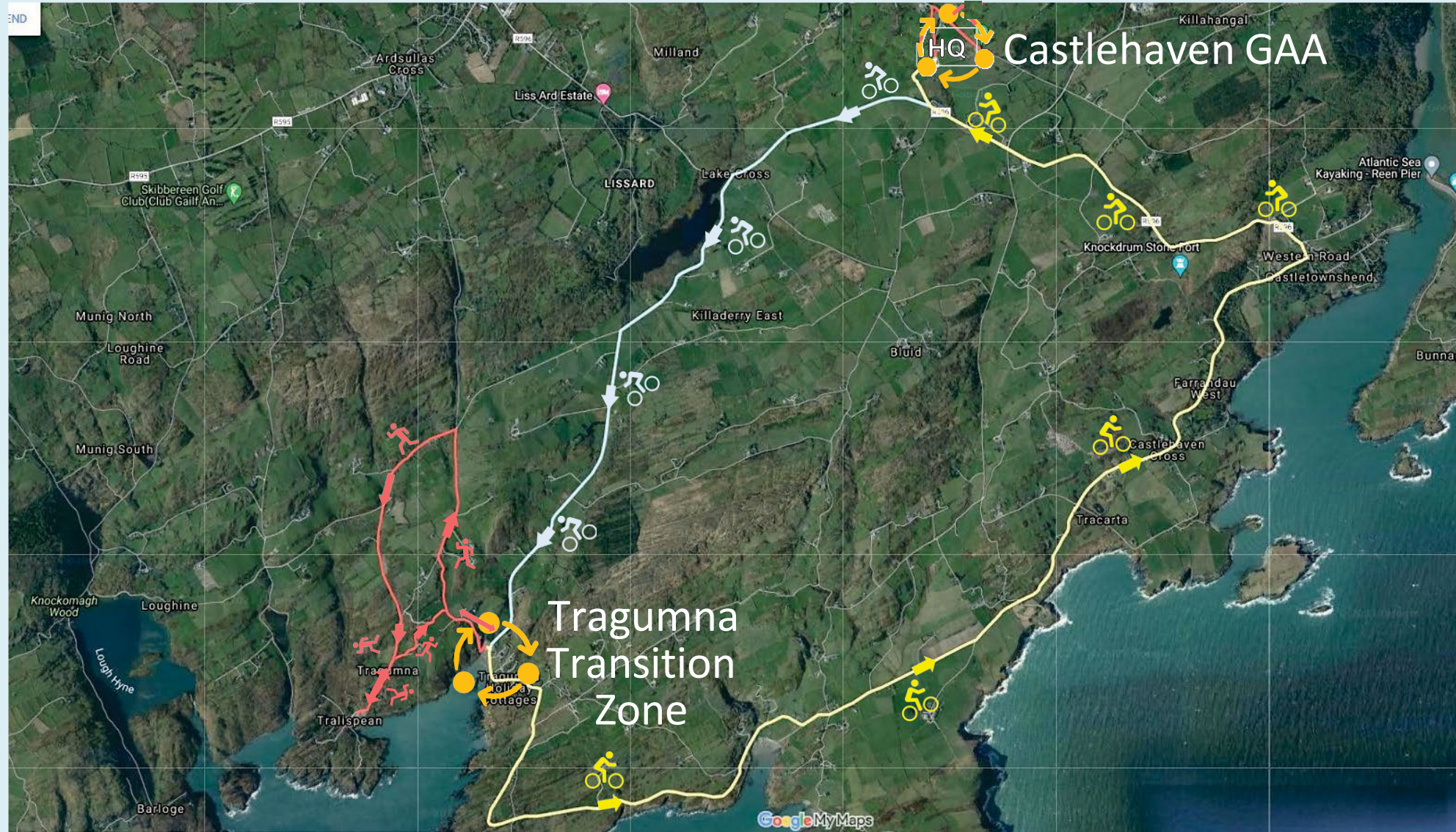
RELAY Bike2 14km

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

