

START

SPORT Run1, 7km
3.5km Out & Back

SPORT Bike1, 12km
To Highfield Transition

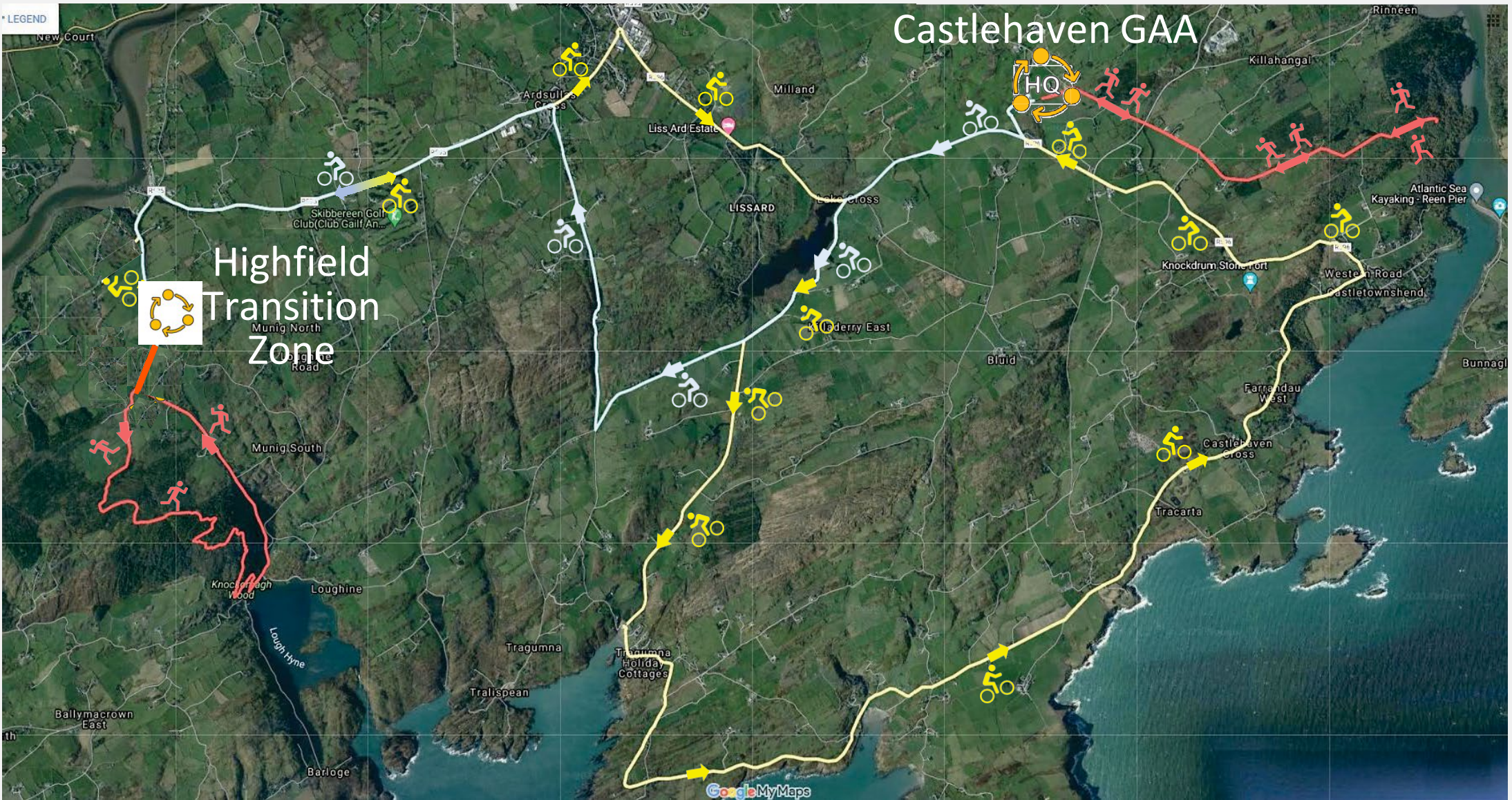
SPORT Run2, 7.5km
Lough Hyne Hill loop

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

