

TASTER

START
At Castlehaven
GAA HQ

TASTER Run1, 1km
Around Stadium



TASTER Bike1 6km
To Tragumna via Lake Cross



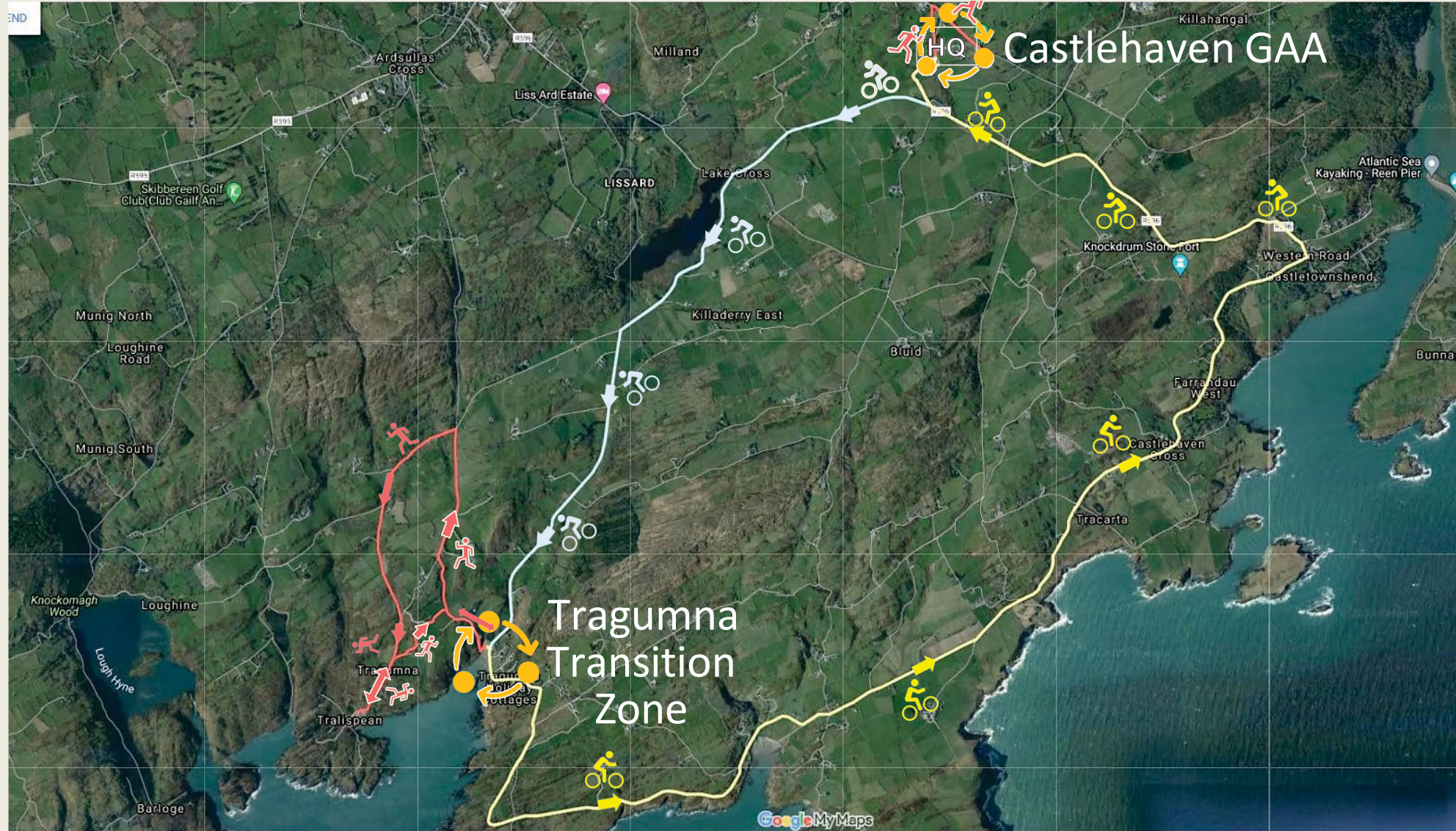
Taster Run2 6km
Tragumna-Tralispean Loop



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

