

Castle Triathlon Series, Lough Cutra Castle Triathlon

Key

Cycle Route

Starter Tri Cycle Route

Gauntlet Run Route (7km)

The Lough Cutra Running Route (5km)

The Prendergast & Viscount Gough Running Route, Children's Cycle Route (4km)

Starter Tri and Cormorant Running Route (2.4km)

Teal Running Route (1.8km)

The Widgeon Running Route (800m)

Swim Route

Gauntlet Swim Route

Swim Start

Swim Finish

Buoys

Water Point

Running Route Marshall Points

Feed Station

