

Castle Triathlon Series, Lough Cutra Castle Triathlon, Mixed Relay and Irish Super Series

NOTE
Super Series is 6 laps of the 6.1 km course outside the main entry gate of the castle.

MAIN ENTRY GATE

TURNING POINT

TRIATHLON CAR PARK

CAMPSITE

REGISTRATION

TRANSITION

TURNING POINT

ENTRY TO CAR PARK

Key

- Mixed Relay Swim Route (250m)
- Super Series Swim Route (1500m)
- Mixed Relay Cycle Route (5km)
- Super Series Cycle Route (40km)
- Mixed Relay Run Route (1.5km)
- Super Series Run Route (5km)
- Swim Start/Finish
- Swim Finish/Start