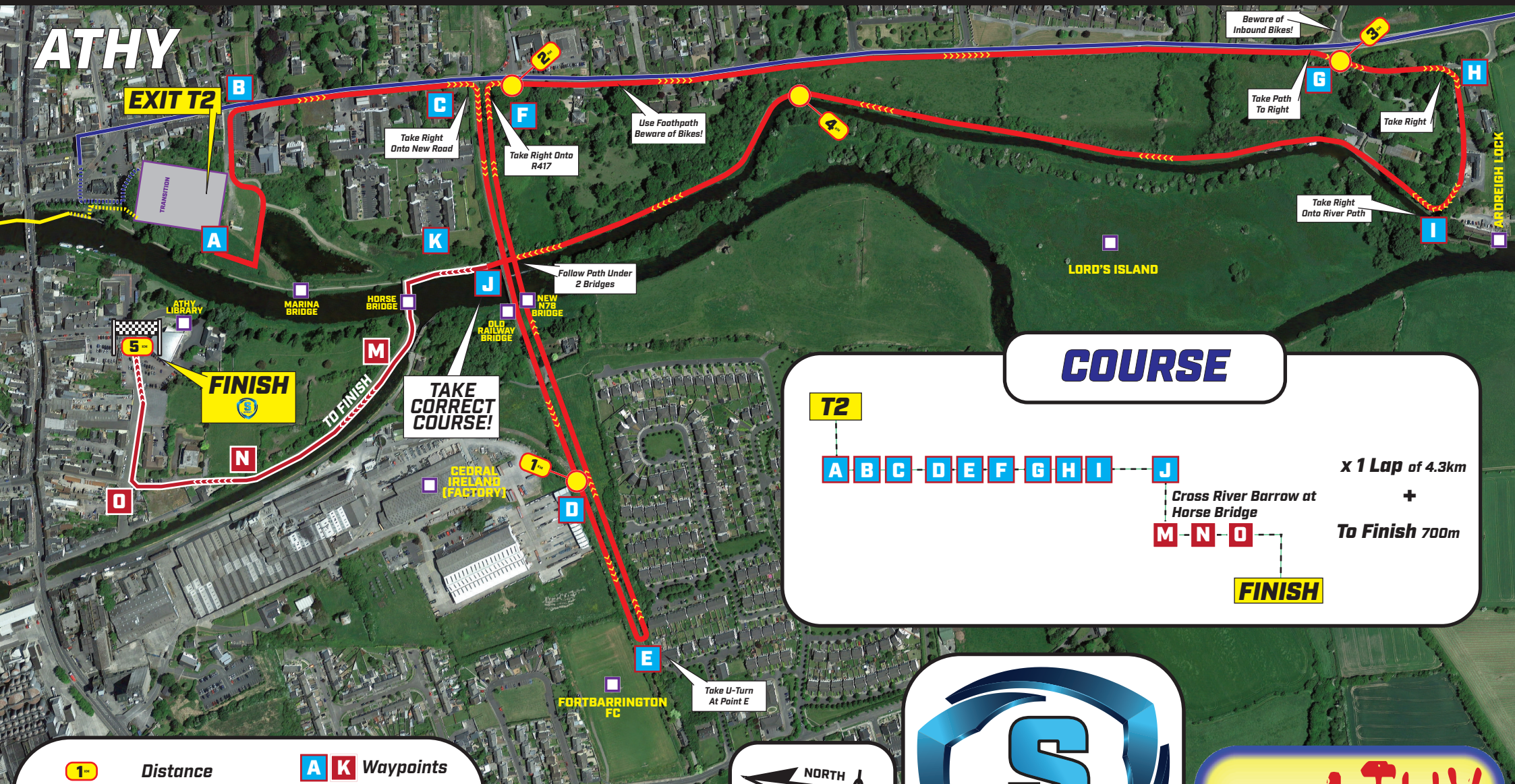


# RUN



# 5km



## COURSE

T2

A B C D E F G H I J

Cross River Barrow at Horse Bridge

M N O

FINISH

x 1 Lap of 4.3km + To Finish 700m

**1-** Distance

**A K** Waypoints

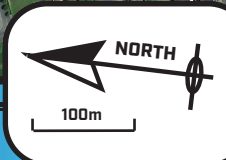
**Swim Route**

**Cycle Route**

**Run Route**

**Landmarks**

**Transition Zone**



**TRIATHLY**

FORTITUDINE-VINCIMUS

30th MAY 2026