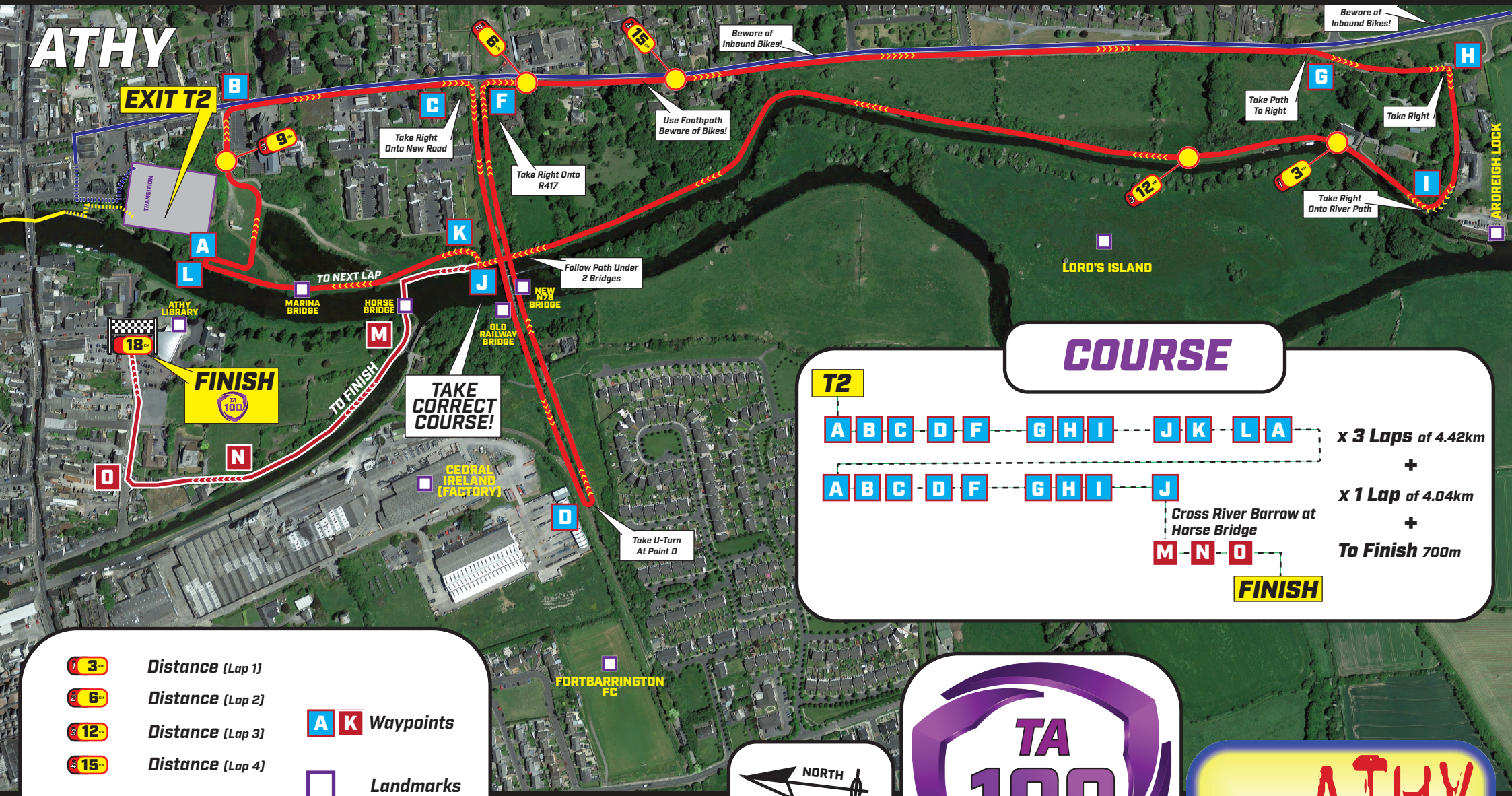
RUN

18km



COURSE

T2

A B C D F G H I J K L A

x 3 Laps of 4.42km

+

A B C D F G H I J

x 1 Lap of 4.04km

+

Cross River Barrow at Horse Bridge

M N O

To Finish 700m

FINISH

- 3km Distance (Lap 1)
- 6km Distance (Lap 2)
- 12km Distance (Lap 3)
- 15km Distance (Lap 4)
- Swim Route
- Cycle Route
- Run Route
- A K Waypoints
- Landmarks
- TRANSITION Transition Zone

TA 100

TRIATHY
FORTITUDINE-VINCIMUS
30th MAY 2026