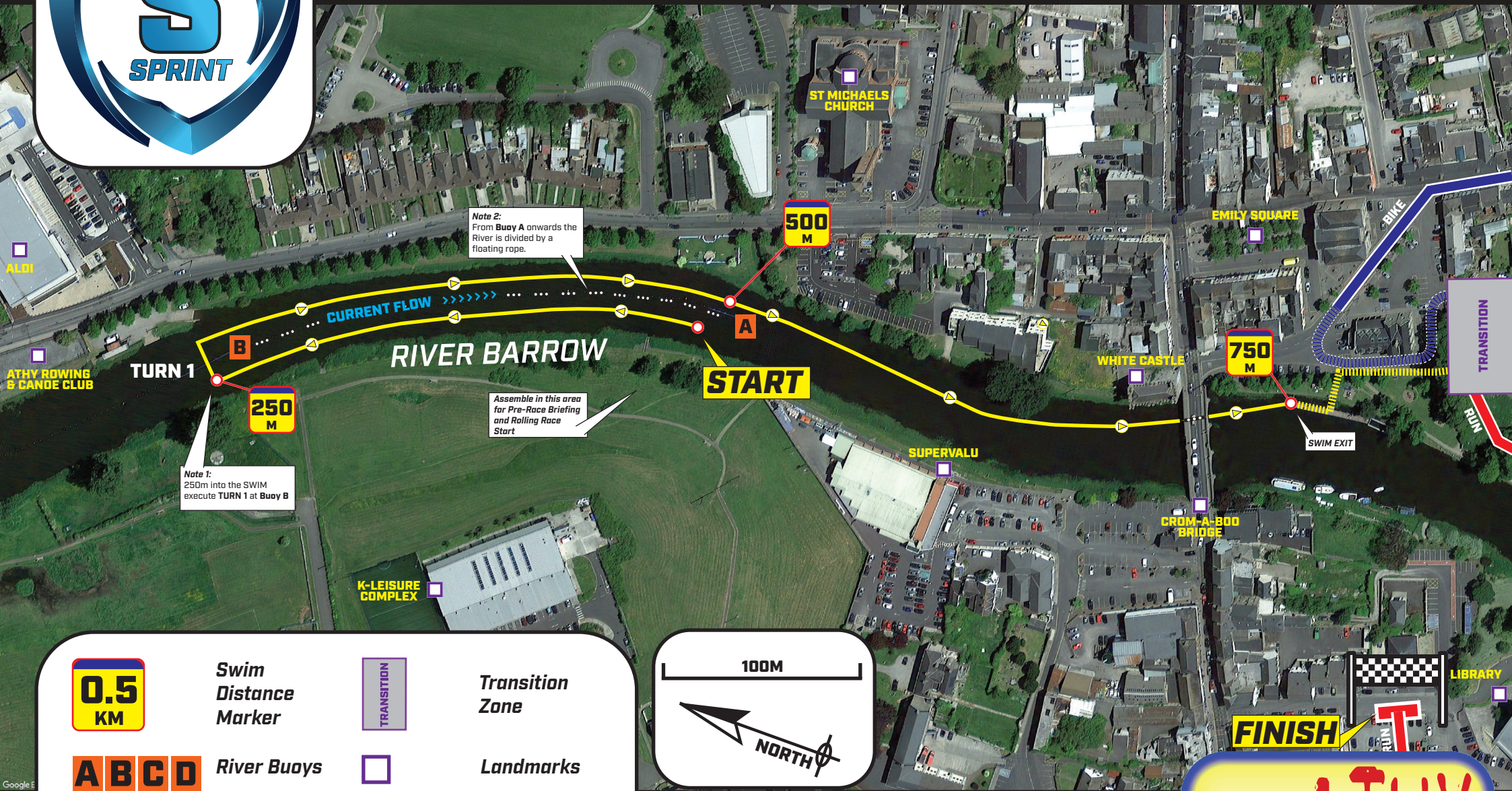




750m



Note 2: From Buoy A onwards the River is divided by a floating rope.

Note 1: 250m into the SWIM execute TURN 1 at Buoy B

Assemble in this area for Pre-Race Briefing and Rolling Race Start

0.5 KM

Swim Distance Marker

TRANSITION

Transition Zone

A B C D

River Buoys

□

Landmarks

Swim Route

Swim Route

T1 IN Route

T1 IN Route

Cycle Route

Cycle Route

T1 OUT Route

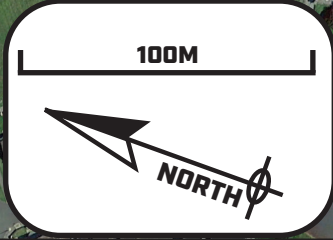
T1 OUT Route

Run Route

Run Route

T2 OUT Route

T2 OUT Route



SWIM

TRIATHY
FORTITUDINE-VINCIMUS
30th MAY 2026