FUN TRIATHLON - 2015

Rusheen

Rusheen

Rusheen

Aughrus Beg

Rusheen

samougns

Aughrus More

Aughrus Beg

Aughrus More

Aughrus More

Emlagh

Emlagh

Emlagh

Attigoddaun

Moorneen

Moorneen

Moorneen

Knockbrack

Moorneen

Attigoddaun

Attigoddaun

Attigodd

Women's cycle
(Omit circuit of Aughrus Lake)

Men only around Lake

Aughrus More

Aughrus More

Patches

Registration at:
Claddaghduff Hall

X

Patches

STAR OF THE SEA CHURCH

CYCLE CHANGE OVER &

RUNNERS FINISH LINE

Claddaghduff

Claddaghduff

Claddaghduff

SWIMMING AREA

KEY

SWIM

MEN'S CYCLE — 9.6km

WOMEN'S CYCLE — 6.8km

RUNNER'S — 6.0km