



INTRO ROUTE CARD

Location	Run Distance (Km)	Swim Distance (Km)	Cumulative Distance (Km)
Race Start - Gorey Castle Green			
Anne Port	0.9		0.9
L'Archirondel		0.9	1.8
Belval Beach	1.6		3.3
St. Catherine's Breakwater		0.7	4.1
St. Catherine's Breakwater	0.1		4.2