



Support/competitor feeding area by tents

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S100

1 mile
1.609Km

T = toilets

Competitors and supporters car parks in yellow.

Note the grass car park on the A5 will not be accessible after 13:00 when the road is made one way.
Cars left there cannot be removed until the race has concluded.

Limited changing and shower facilities at Southern Swimming Pool (Sunday 8am -2pm)

Race HQ
(Castletown Commissioners' offices)

Start/finish line
2 miles / 3.218 km

Official feeding station
by Castletown Square

100m loop

loop

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