IRONMAN
WALES CYMRU
PEMBROKESHIRE SIR BENFRO

arena

N NORTH

Tenby

Carmarthen Bay

0.5 mi

1.5 mi

0.25 mi

1.75 mi

1.25 mi

0.75 mi

2 loops

START

Aussie Exit around Goscar Rock

Goscar Rock

2.0 mi

The Croft

St. Johns Hill

Swim Exit

Deer Park

2.25 mi

1.0 mi

Warren Street

Crackwell St.

Tenby Castle

Park Road

Upper P. Road

High St.

Trafalgar Road

Bike out

Transition

Esplanade

St. Catherine's Island

0 mi   0,2 mi

Swim course   1.0 mi Miles

to Transition

Bike course