

 **750m = 1 lap**

 **19km = 4 laps - 4 Lapiau**

 **5km = 3 laps - 3 Lapiau**

Swim Out - Nofio Allan
 ●●●●●

Bike Out/In - Beic Allan/Beic Mewn
 ●●●●●

Run Out/In - Rhedeg Allan/Rhedeg Mewn
 ●●●●●

▶◀ **Turning Point - Man Troi**

➤ **Directional Arrows - Arwyddion Cyfarwyddo**

World Triathlon Para Series Route - Llwybr

