

Gemau Cymru Triathlon, IRC qualification event, Bike Course



**Course distances**

Youth and Juniors: Three laps then follow road into transition (10km)

TriStar 1 & TriStar 2: One lap then follow road into transition (4km)

TriStar 3: Two laps then follow road into transition (7.1km)

\*Due to using the same section of road for an out and back to transition cut off times apply for swim and there is a bike lap rule for safe running of event.