



## STANDARD ROUTE CARD

Location	Run Distance (km)	Swim Distance (Km)	Cumulative Distance (Km)	Checkpoints
Race Start - Gorey Castle Green				
Anne Port	0.88		0.9	
L'Archirondel		0.9	1.8	
Belval Beach	1.55		3.3	
St. Catherine's breakwater		0.7	4.1	
Le Couperon	2.56		6.6	CP 1 - 4.7km from start
Rozel Harbour		0.7	7.3	
Fort Leicester, Bouley Bay	4.93		12.3	CP 2 - 11.8km from start
Hardtack Beach		1.5	13.7	
Giffard Bay	2.66		16.4	
Bonne Nuit Harbour		1.0	17.4	
Octopus Pools	10.16		27.5	CP 3/4 - 19.4/26.2km from start
Greve de Lecq		0.4	27.9	
Finish - Grosnez Castle	5.5		33.4	