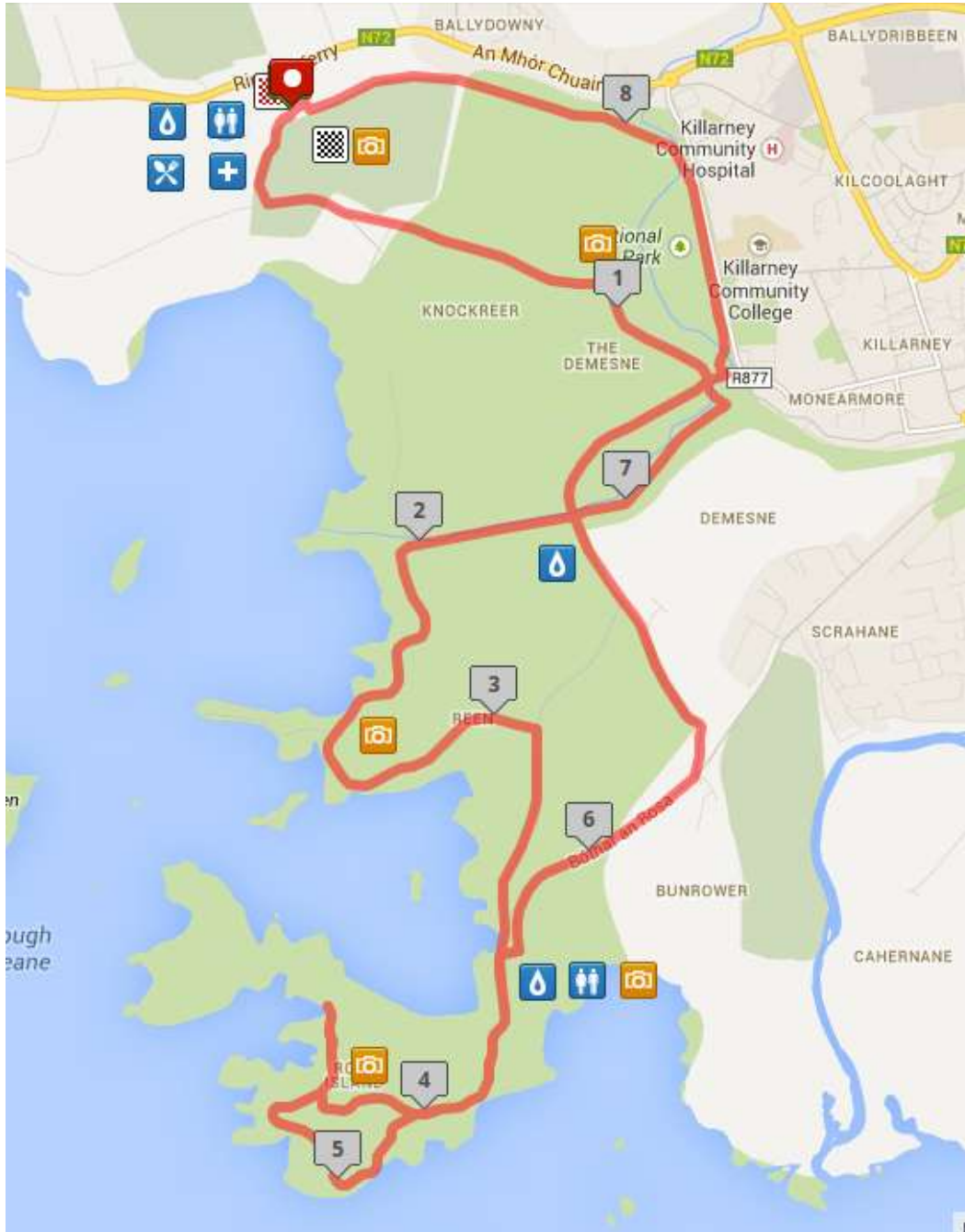


HARDMAN

SWIM·CYCLE·RUN **KILLARNEY 2013**

Detailed Route Guide: Hardman Run



Hardman Triathlon

Run Course Start at Castlerosse Hotel, Victoria Cottage, then 3 laps of the circuit taking the road Knockreer, Deenagh Lodge, River Walk, Reen, Ross Castle, Ross Island, Ross Castle, Ross Road, Reen Cottage, River Walk, Deenagh Lodge, and then the Fossa Way back to the Castlerosse Hotel each lap. There is a dog-leg section of 300m towards the Library Point each lap with a turn-around point on the road



Hardman Triathlons 2013 Run Route

Start Castlerosse Hotel 24th August 2013

					15 min mile	8 min mile	5 min mile
km	Miles		Instruction		00:00	00:00	00:00
0.0	0.0	Finish Area	Straight on	Hydration Station, Toilets Lap counting assistance First Aid Station	00:00	00:00	00:00
0.0		Victoria Lodge	Keep Right		00:00	00:00	00:00
1.2	0.8	Cattle grid	Straight on		00:11	00:05	00:03
1.6	1.0	Knockreer house	Straight on		00:15	00:07	00:05
2.0	1.2	Deenagh lodge	Keep Right		00:18	00:09	00:06
2.4	1.5	Cattle grid	Straight on		00:21	00:10	00:07
2.7	1.7	Queen's bridge	Keep Right	Hydration Station,	00:24	00:12	00:08
5.0	3.1	T-junction	Keep Right		00:46	00:23	00:15
5.8	3.6	Ross castle	Straight on	Hydration Station, Toilet	00:53	00:26	00:17
6.6	4.1	Y-junction	Keep Right		01:00	00:30	00:20
7.0	4.3	Library point turn-off	Keep Right		01:04	00:32	00:21
7.2	4.4	Turn around point	Turn around				
7.3	4.5	Library point turn-off					
7.8	4.8	Governor's rock turn-off	Straight on		01:12	00:36	00:24
0.0		T-junction	Keep Right				
8.3	5.1	Y at copper mines	Straight on		01:16	00:38	00:25
8.5	5.2	Y-junction	Straight on		01:18	00:39	00:26
8.8	5.4	Ross castle	Keep Right	Hydration Station, Toilet	01:21	00:40	00:27
10.1	6.2	Reen cottage	Turn Left		01:33	00:46	00:31
10.6	6.5	Sewage treatment	Straight on		01:37	00:48	00:32
10.7	6.6	T-junction	Straight on		01:39	00:49	00:33
11.1	6.8	Queen's bridge	Keep Right	Hydration Station,	01:42	00:51	00:34
11.7	7.2	King's Bridge	Turn Left				
11.9	7.3	Deenagh cottage	Keep Right		01:49	00:54	00:36
12.2	7.5	Playground	Straight on		01:52	00:56	00:37
13.5	8.3	Crossing for horses	Straight on		02:04	01:02	00:41
14.0	8.6	End of new path	Straight on		02:09	01:04	00:43
14.1	8.7	End of Lap	Straight on	Hydration Station, Toilets Lap counting assistance First Aid Station	02:10	01:05	00:43

Repeat the lap twice more

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