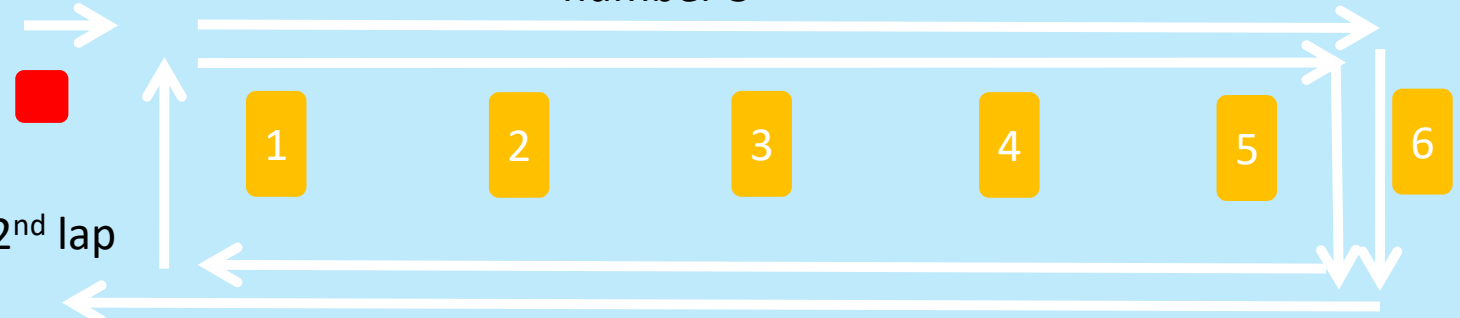


Sprint distance 1 lap, round buoy number 5
Standard distance, 2 x laps twice round buoy number 5

RACE START



To start

Start 2nd lap

Turn buoy

To jetty to exit

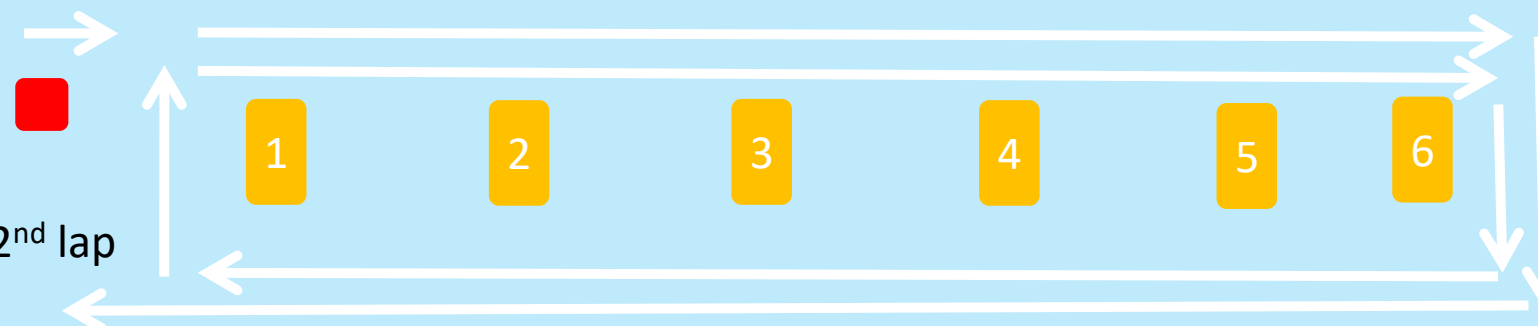
SEA

Llandudno Sea Triathlon Swim Route

BEACH

Middle distance, twice round buoy number 6

RACE START



To start

Start 2nd lap

Turn buoy

SEA

To jetty to exit

Llandudno Sea Triathlon Swim Route

BEACH



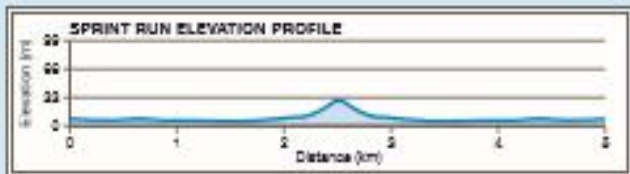
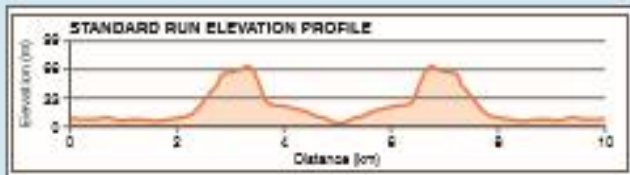
Ffit Conwy Llandudno Sea Triathlon Cycle Route



XTRA MILE
EVENTS



**Ffit Conwy
Llandudno Sea Triathlon
Run Route**



LLANDUDNO SEA TRIATHLON TRANSITION DIAGRAM

THE PARADE (THE ROAD)

