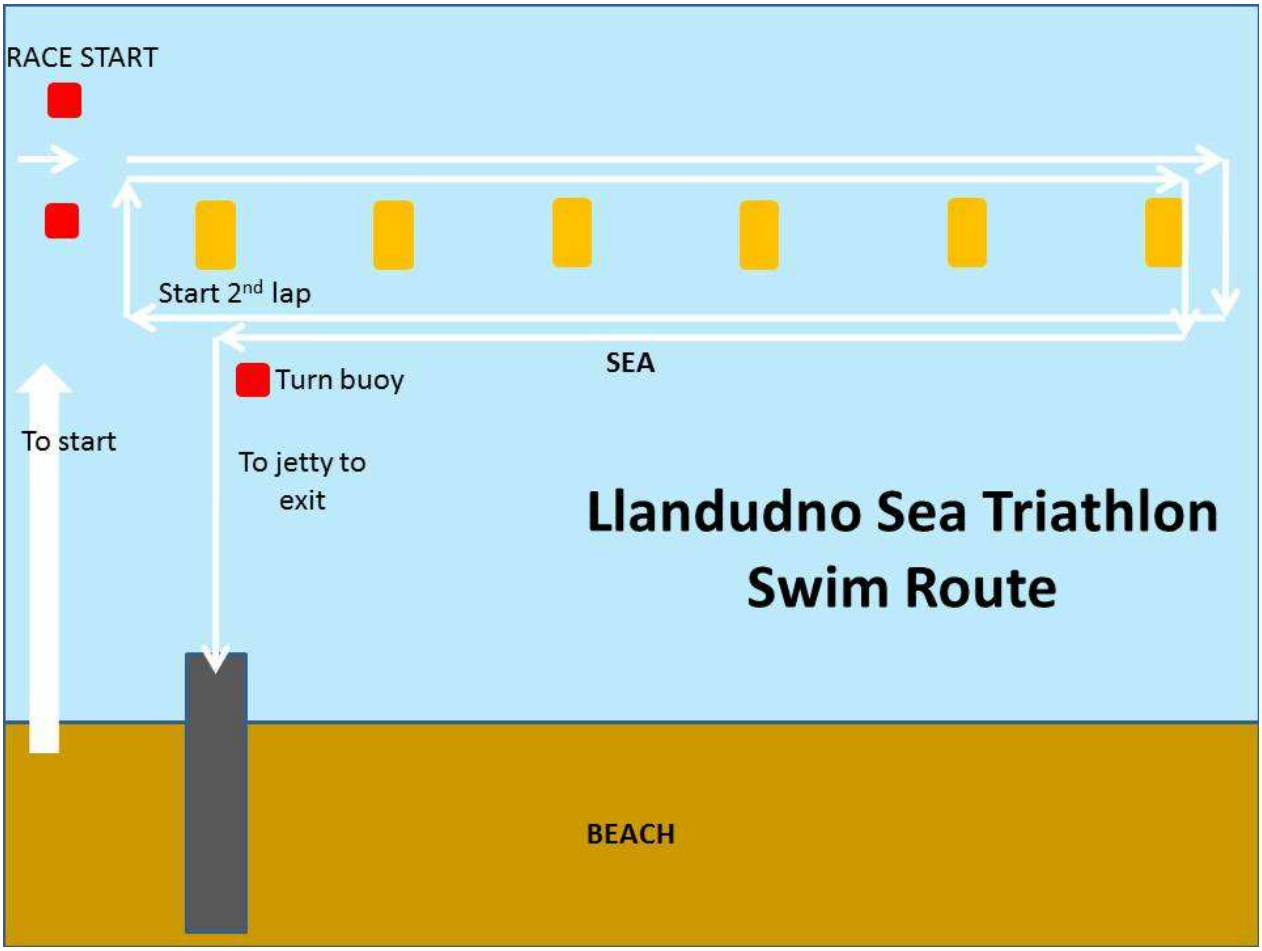
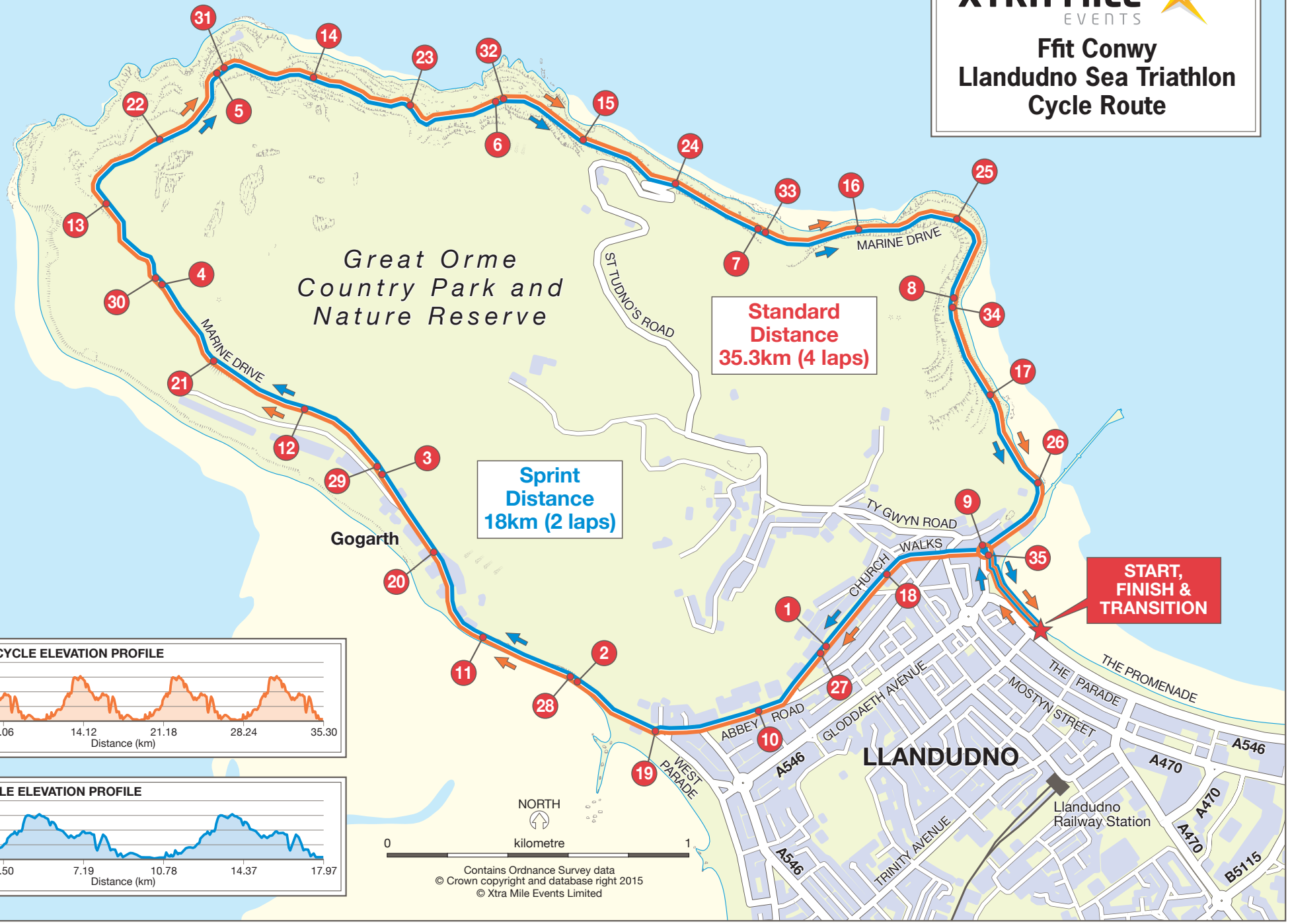
Swim Route

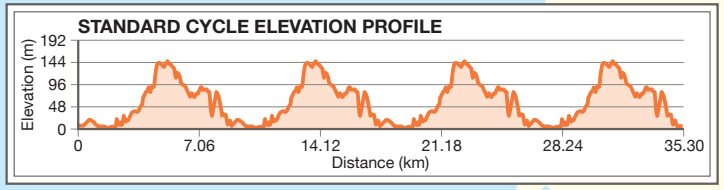


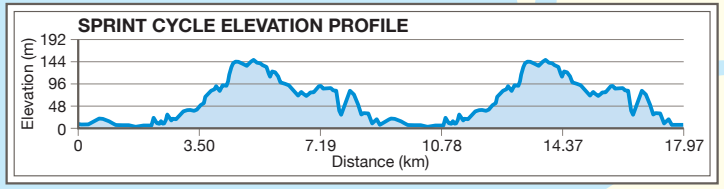
Swim route
Standard distance – 2 laps
Sprint distance – 1 lap

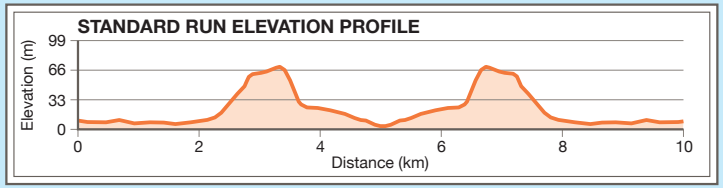
Ffit Conwy Llandudno Sea Triathlon Cycle Route

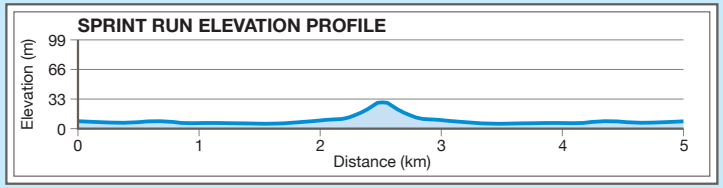
XTRA MILE EVENTS











XTRA MILE EVENTS

Ffit Conwy Llandudno Sea Triathlon Run Route

Llandudno Bay

Little Orme

Penrhyn Bay

START, FINISH & TRANSITION

Sprint Distance 5km

Sprint turnaround point

Standard Distance 10km

THE PARADE
THE PROMENADE
MOSTYN ST
A546
A470
MOSTYN BROADWAY
Llandudno Railway Station
B5115
COLWYN ROAD
MOSTYN AVENUE
CLARENCE ROAD
QUEEN'S ROAD
Craig-y-Don
NANT-Y-GAMAR RD
BODAFON ROAD
CRAIGSIDE DR
BRYN-Y-BIA RD
Craigside
PENRHYN HILL
Penrhyn Bay
GLAN-Y-MOR ROAD
MORFA RD
Rhos on Sea Golf Club
Penrhynside
LLANDUDNO

1 2 3 4 5 6 7 8 9

NORTH

0 kilometre 1

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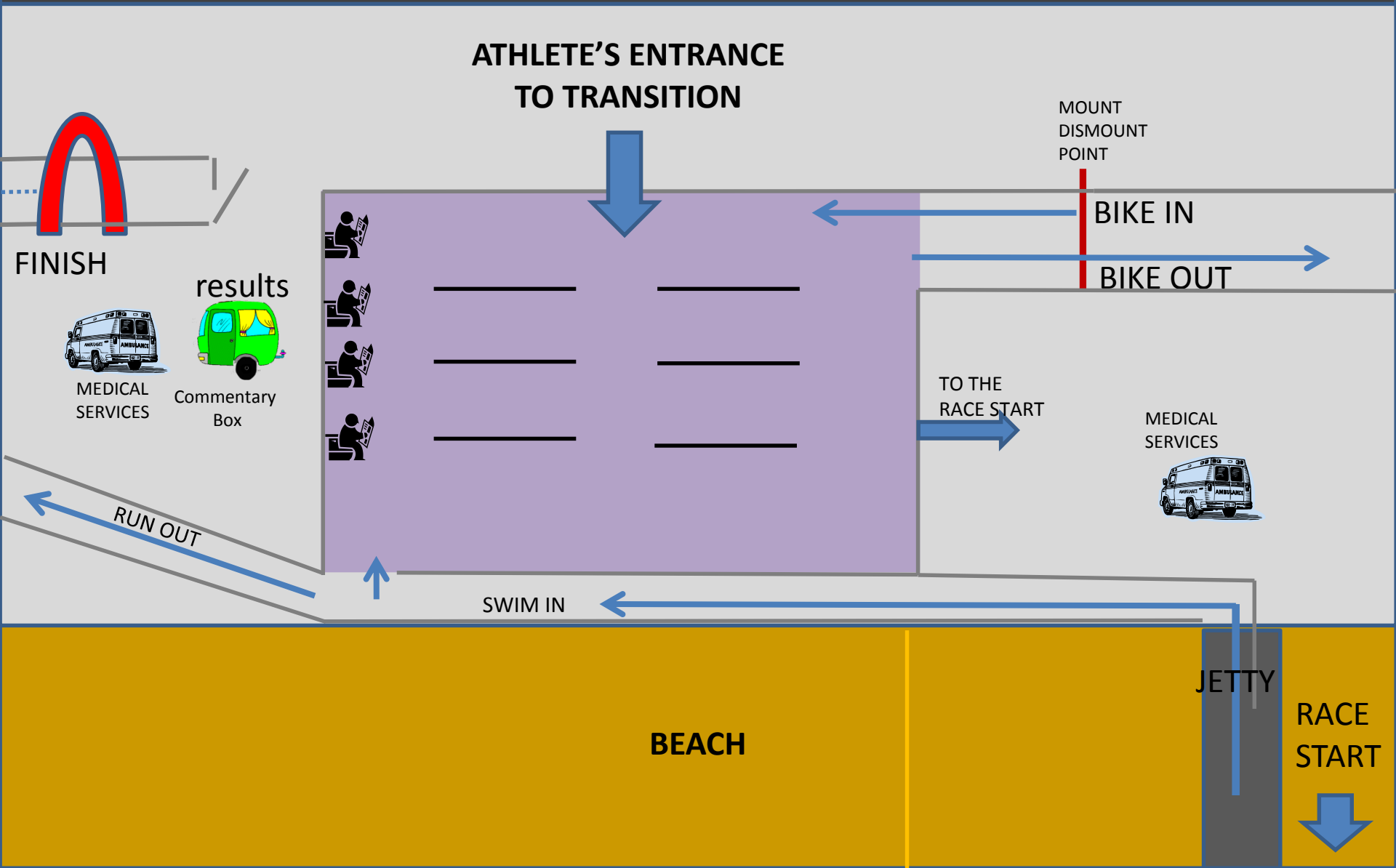
LLANDUDNO SEA TRIATHLON TRANSITION DIAGRAM

THE PARADE (THE ROAD)