**KEY**

- RUN
- SWIM
- FEED STATION

**S1** SWIM 1 (1170M)

**R1** RUN 1 (5.7KM)

**S2** SWIM 2 (330M)

**R2** RUN 2 (11.1KM)

**S3** SWIM 3 (450M)

**R3** RUN 3 (8.8KM)

**S4** SWIM 4 (270M)

**R4** RUN 4 (1.31KM)

**S5** SWIM 5 (450M)

**R5** RUN 5 (5.56KM)

**S6** SWIM 6 (630M)

**R6** RUN 6 (2.3KM)

**S7** SWIM 7 (760M)

**TOTAL SWIM** 4060M

**TOTAL RUN** 34.77KM

**TOTAL DISTANCE** 38.83KM

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**GREAT SWIMRUN – ENDURANCE COURSE ELEVATION CHART**

- LOWER 41M | HIGHEST 205M | TOTAL ASCENT 1487.50

- START
- FINISH

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**ENDURANCE COURSE MAP**

- BROCKHOLE
- FINISH
- START
- GALE

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**PROVISIONAL ROUTE - SUBJECT TO CHANGE UNTIL DAY OF THE EVENT**