



Ireland



Northern Ireland



Scotland



England



Wales



***** Award Winning Coach *****

10 Triathlons 10 Countries 24 Hours



4km



200km



50km

2024



France



Belgium



Netherlands



Luxembourg



Germany

Overview Map Of The TEN Proposed Triathlon Locations



Part 1 - Home Nations & Ireland

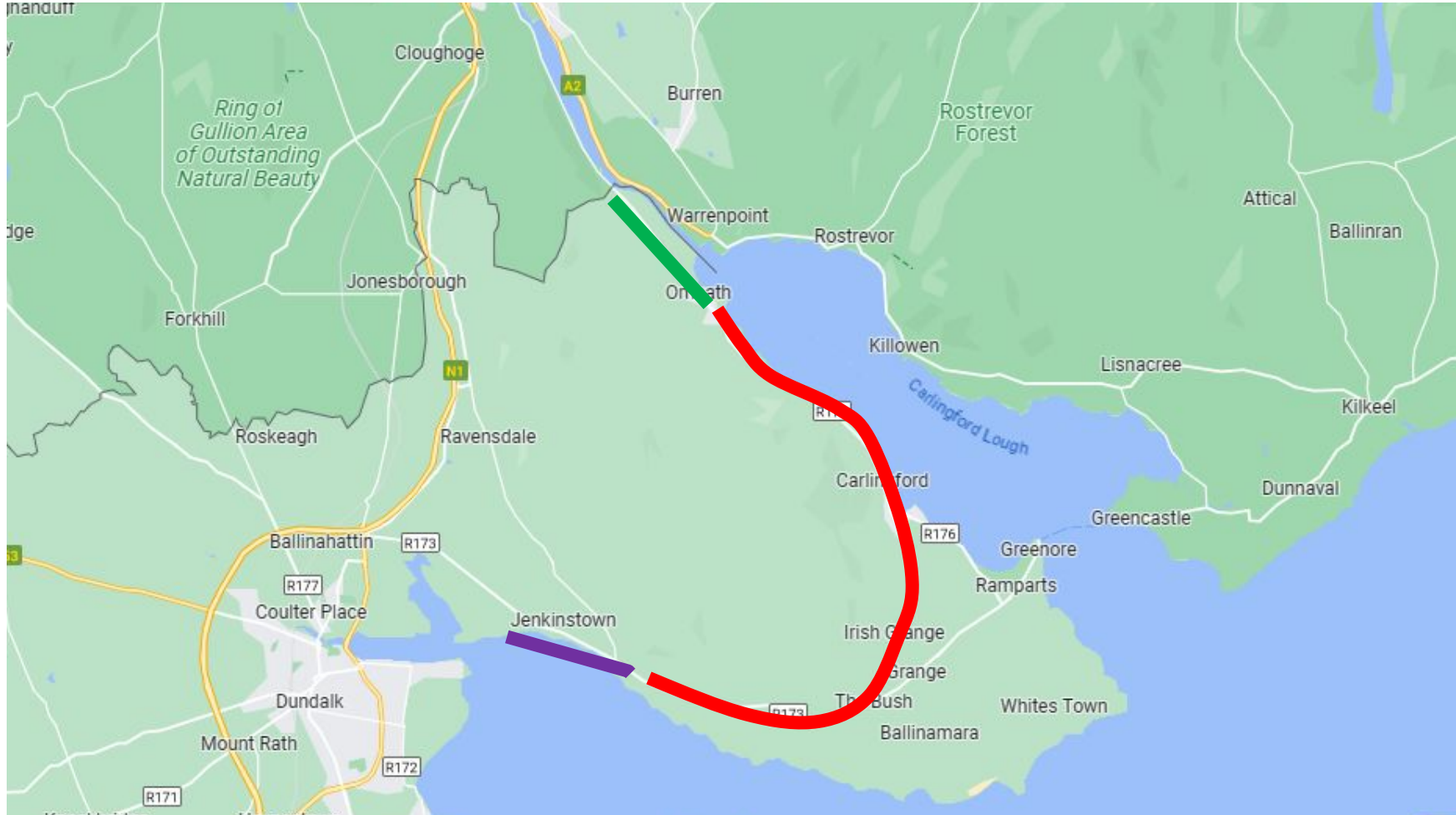
1. Ireland
2. Northern Ireland
3. Scotland
4. Isle of Man or England
5. Wales

0200hrs

Swim Bike Run Road Sea - - - Air - - -

Leg 1 - Ireland

Location - DunDalk/ Omeath



Swim 400m -

In Jenkinstown Bay

Bike 20km -

Jenkinstown to
Omeath

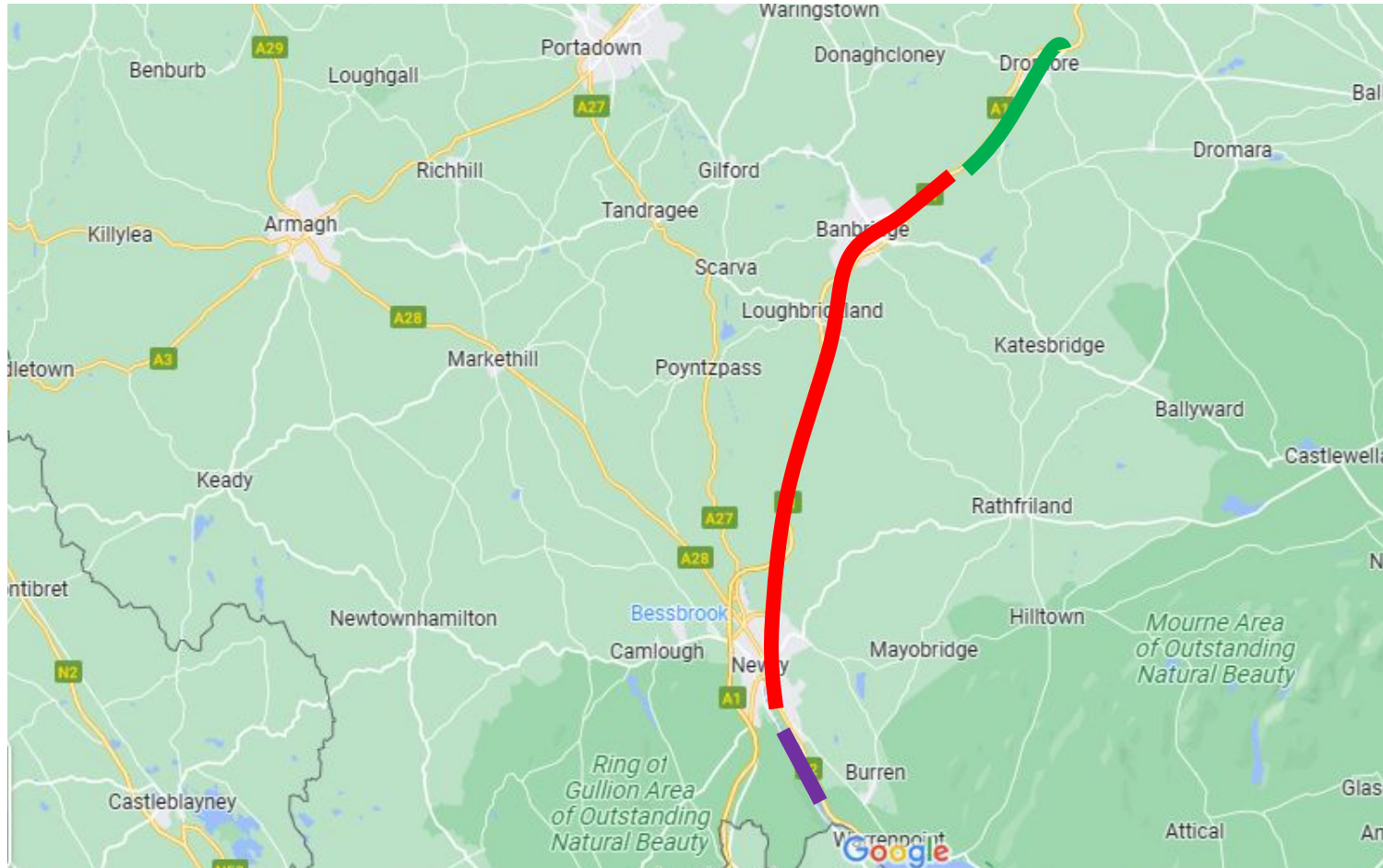
Run 5km -

from Omeath to
border

0310hrs

Swim Bike Run Road Sea - - - Air - - -

Leg 2 - Northern Ireland Location - Newry/Dromore

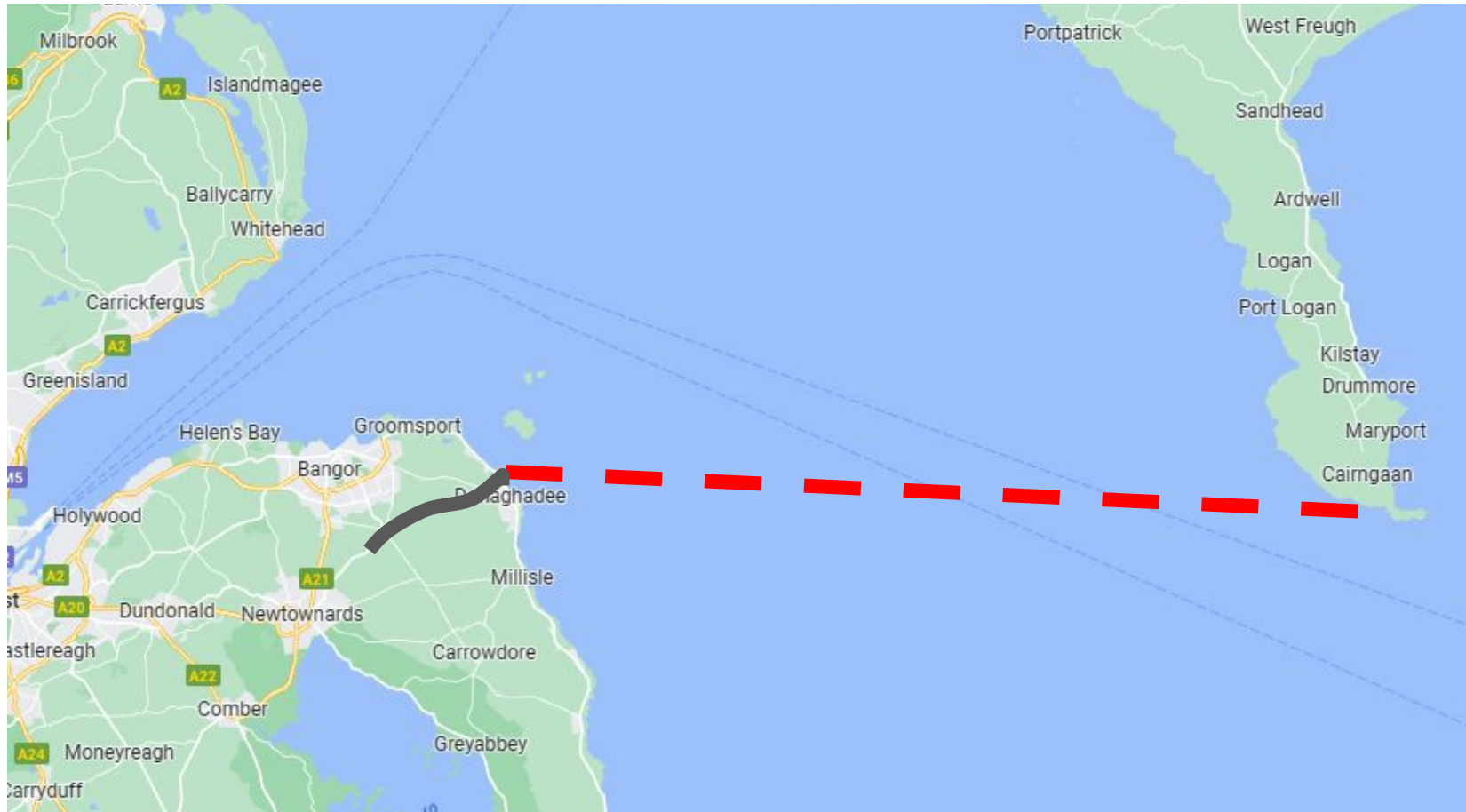


Swim -
400m Newry River
Bike -
20km from Newry
towards Dromore
Run -
5km Banbridge
towards Dromore

0430hrs

Swim Bike Run Road Sea - - - Air - - -

Leg 2 to Leg 3 Travel - Ireland to Scotland



Car will then take Matt + two support people from Dromore to the East coast of N.Ireland near Donaghee to take a high speed boat crossing, 23 nautical miles, to Cairngaan in Scotland, (Mull of Galloway).

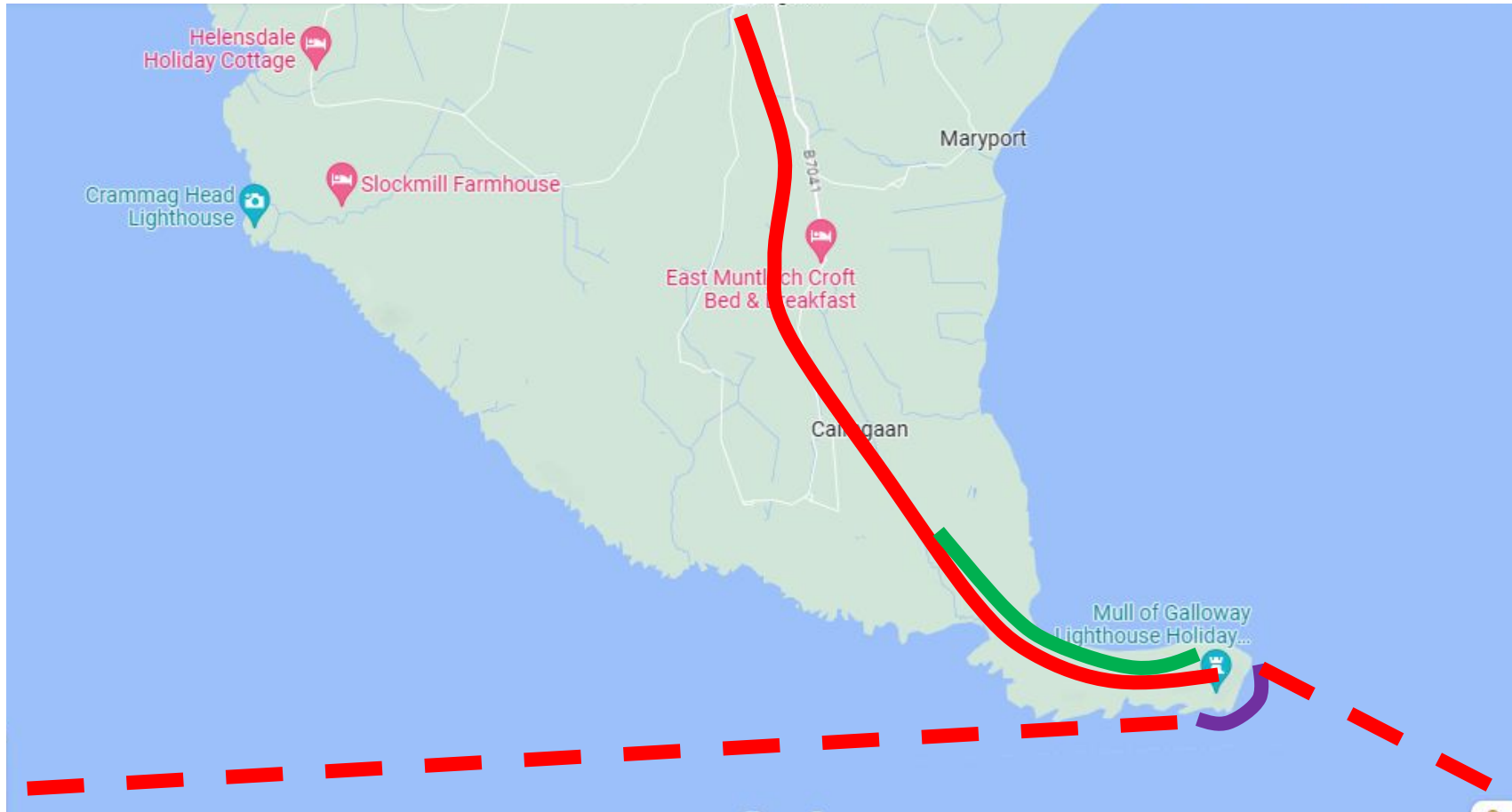
20 nautical miles

0530hrs

Swim Bike Run Road Sea - - - Air - - -

Leg 3 - Scotland

Location - Cairngaun/ Mull of Galloway



Swim 400m -

Along coast of
Cairngaun near Mull of
Galloway Lighthouse.

Bike 20km -

Out and back from
beach back to Mull of
Galloway Lighthouse.

Run 5km -

Out and back, from
and to Mull of
Galloway Lighthouse.

0645hrs

Swim Bike Run Road Sea - - - Air - - -

Leg 3 to Leg 4 Travel - Scotland to Isle of Man



Speed boat will be prepared to leave Mull of Galloway 1hr and 10 mins after arrival and travel 20 nautical miles to the north coast of the Isle of man near Smeale Beach (The Lhen).

23 Nautical miles

0745hrs

Swim Bike Run Road Sea - - - Air - - -

Leg 4 - Isle of Man

Location - Smeale Beach to (Helicopter Landing Site)



Swim 400m -

Dropped by boat on North coast of Isle of Man near Smeale beach and swim the shore

Bike 20km -

Main road from The Lhem to the south end of the island towards the helicopter site.

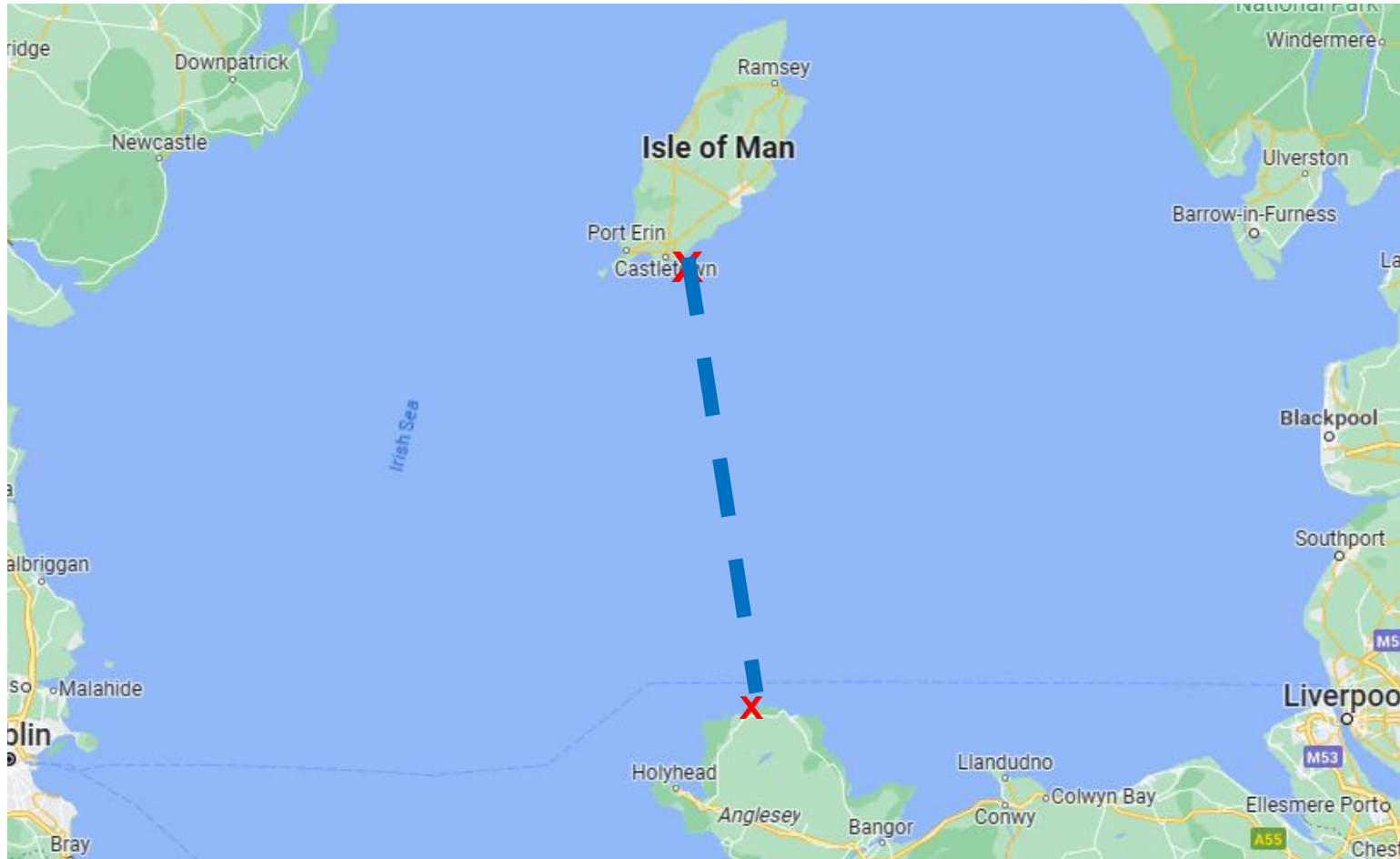
Run 5km -

Continuing the bike/road route as close to helicopter site as possible. Car will take the final distance.

0900hrs

Swim Bike Run Road Sea - - - Air - - -

Leg 4 to Leg 5 Travel -Isle of Man to Wales



Helicopter will be waiting at predesignated point on the south of the island to take Matt + 2 support to the next point. Wales.

40 nautical miles

0950hrs

Swim Bike Run Road Sea - - - Air - - -

Leg 5 - Wales

Location - Caemes (Helicopter Landing Site)



Swim 400m -

Dropped by helicopter to closest point to shore. Bay Swim in Caemes

Bike 20km -

Main road ride, out and back to helicopter site

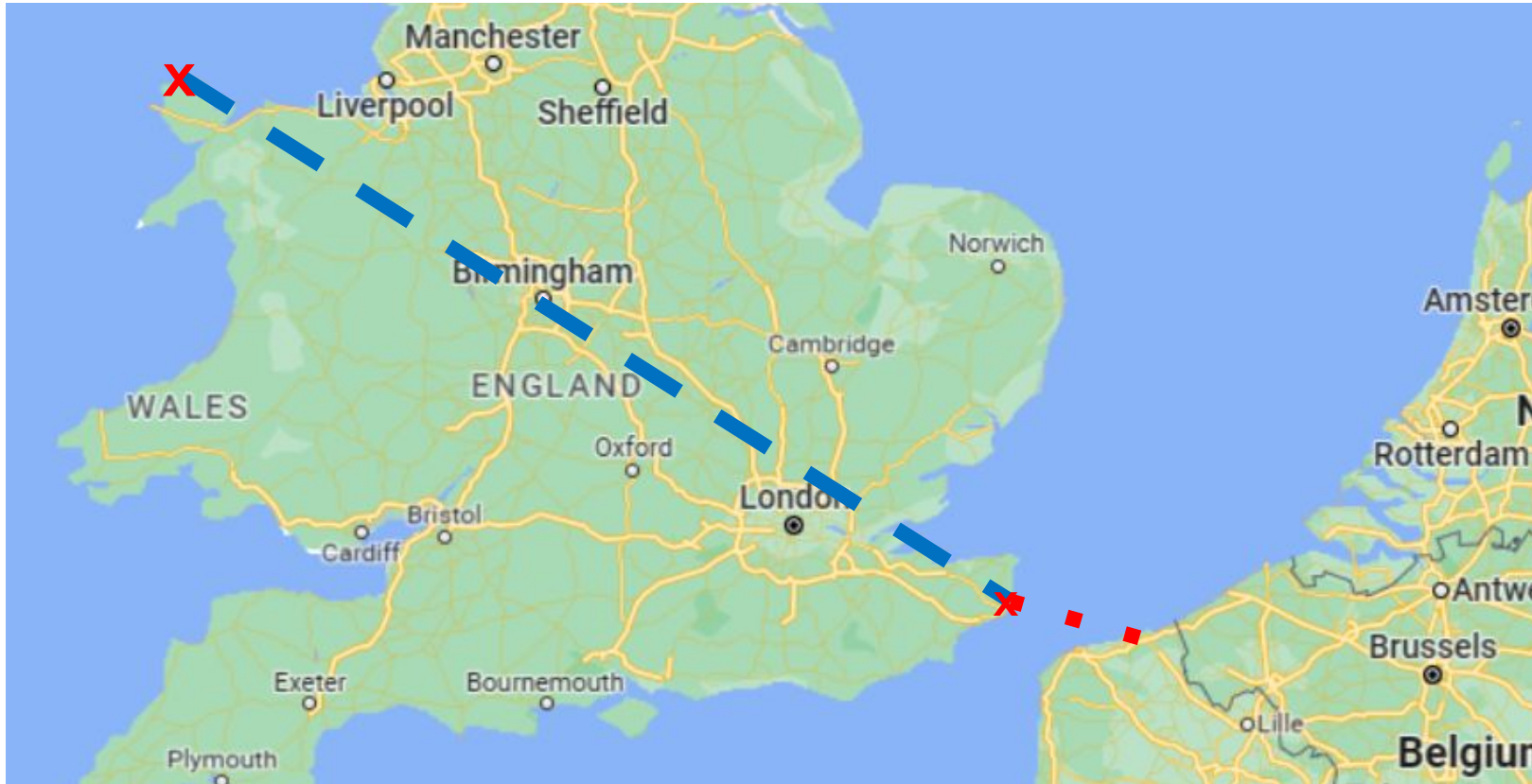
Run 5km -

Out and back run from and to helicopter landing site

1100hrs

Swim Bike Run Road Sea - - - Air - - -

Leg 5 to Leg 6 Travel -Wales to Dunkirk



Helicopter will be waiting at predesignated point near Caemes, Wales and will undertake the journey to the Kent coast near Dover. This will be followed by a high speed power boat crossing to Dunkirk, France.

Helicopter - 250 miles

Boat - 35 nautical miles

Part 2 - Mainland Europe

6. France

7. Belgium

8. Holland

9. Luxembourg

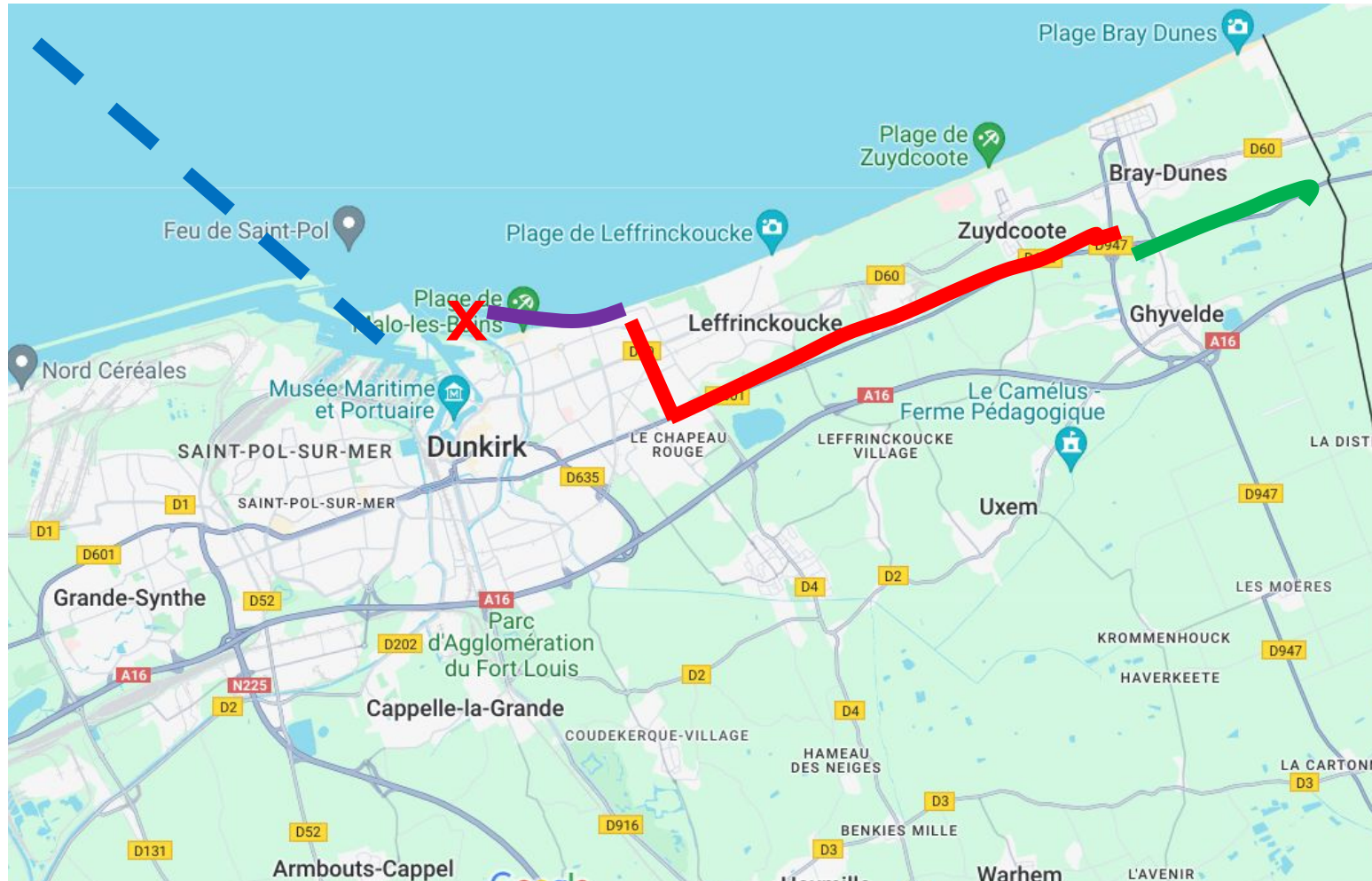
10. Germany

1300hrs

Swim Bike Run Road Sea - - - Air - - -

Leg 6 - France

Location - Dunkirk



Swim 400m -

Dropped by helicopter
in the
Graveline/Dunkirk
Port Swim off the
Dunkirk coast/bay

Bike 20km -

Main road towards
Belgian coast (Possibly
need to out and back
due to shortness of
road)

Run 5km -

Run is measured to
take us to the border
of Belgium as close as
possible

1430hrs

Swim Bike Run Road Sea - - - Air - - -

Leg 7 - Belgium

Location - De Panne



Swim 400m -

Swim off coast at
nearest convenient
spot.

Bike 20km -

Main road towards
Main Road
North/East towards
the Holland border

Run 5km -

Run off bike towards
Holland border and
coast near Cadzand

1540hrs

Swim Bike Run Road Sea - - - Air - - -

Leg 8 - Netherlands

Location - Cadzand



Swim 400m -

Swim off coast at
nearest convenient
spot to border.

Bike 20km -

Main road towards
North/East to
closest point to
Luxembourg

Run 5km -

Run off bike towards
Belgian border and
coast.

1700hrs

Swim Bike Run Road Sea - - - Air - - -

Leg 8 to Leg 9 Travel -Holland to Lux



This transition from Holland to Luxembourg has not yet been defined. The SLOWEST route is via car at 3.30 hrs duration. It is hoped that local knowledge will prevail and get us across Belgium in a quicker time. Motor bike club?

2130hrs

Swim Bike Run Road Sea - - - Air - - -

Leg 9 -Luxemburg

Location - Weiswampach TBC



Swim 400m -

Bike 20km -

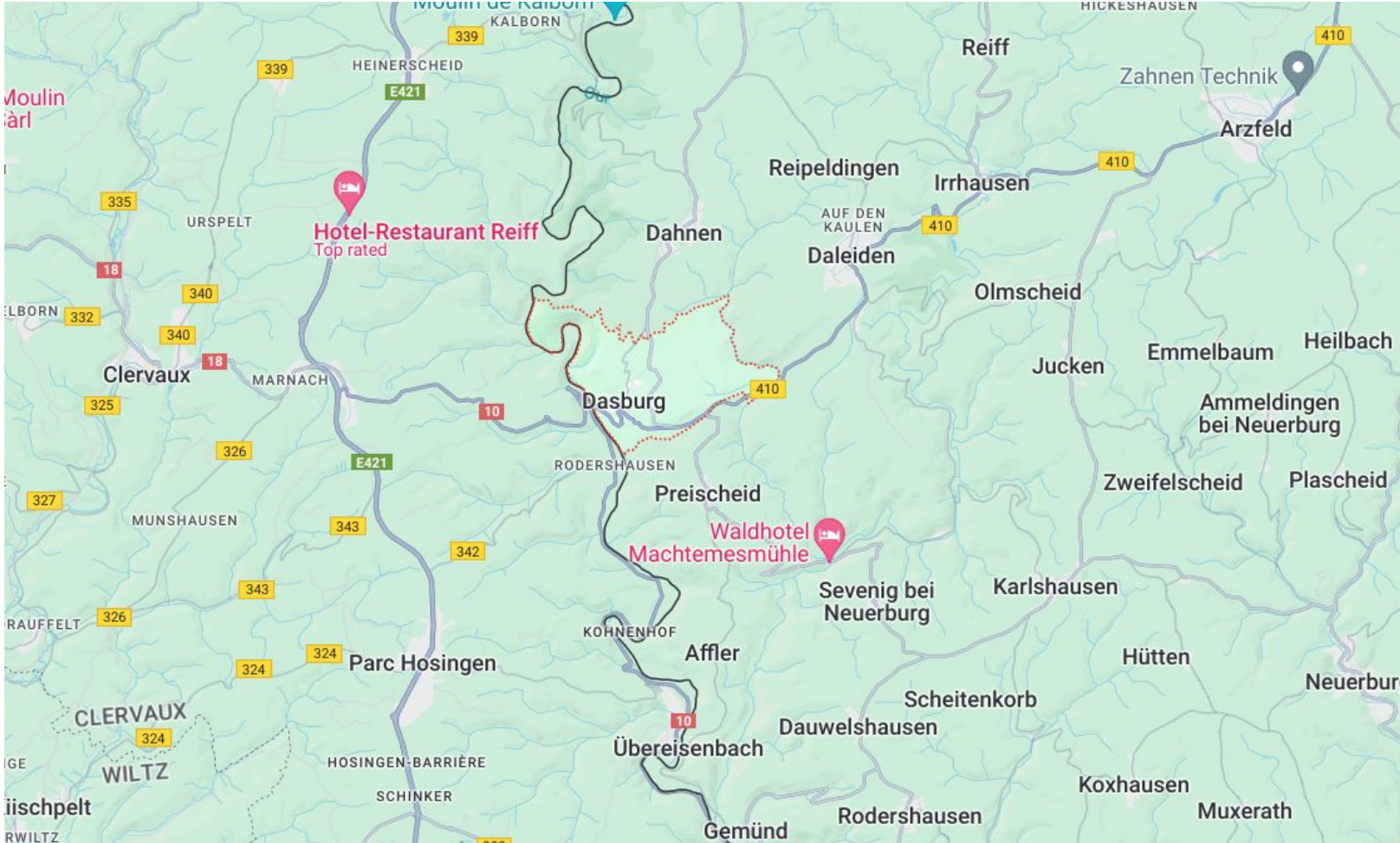
Run 5km -

2245hrs

Swim Bike Run Road Sea - - - Air - - -

Leg 10 - Germany

Location - Dasburg? TBC



Swim 400m -

Bike 20km -

Run 5km -