

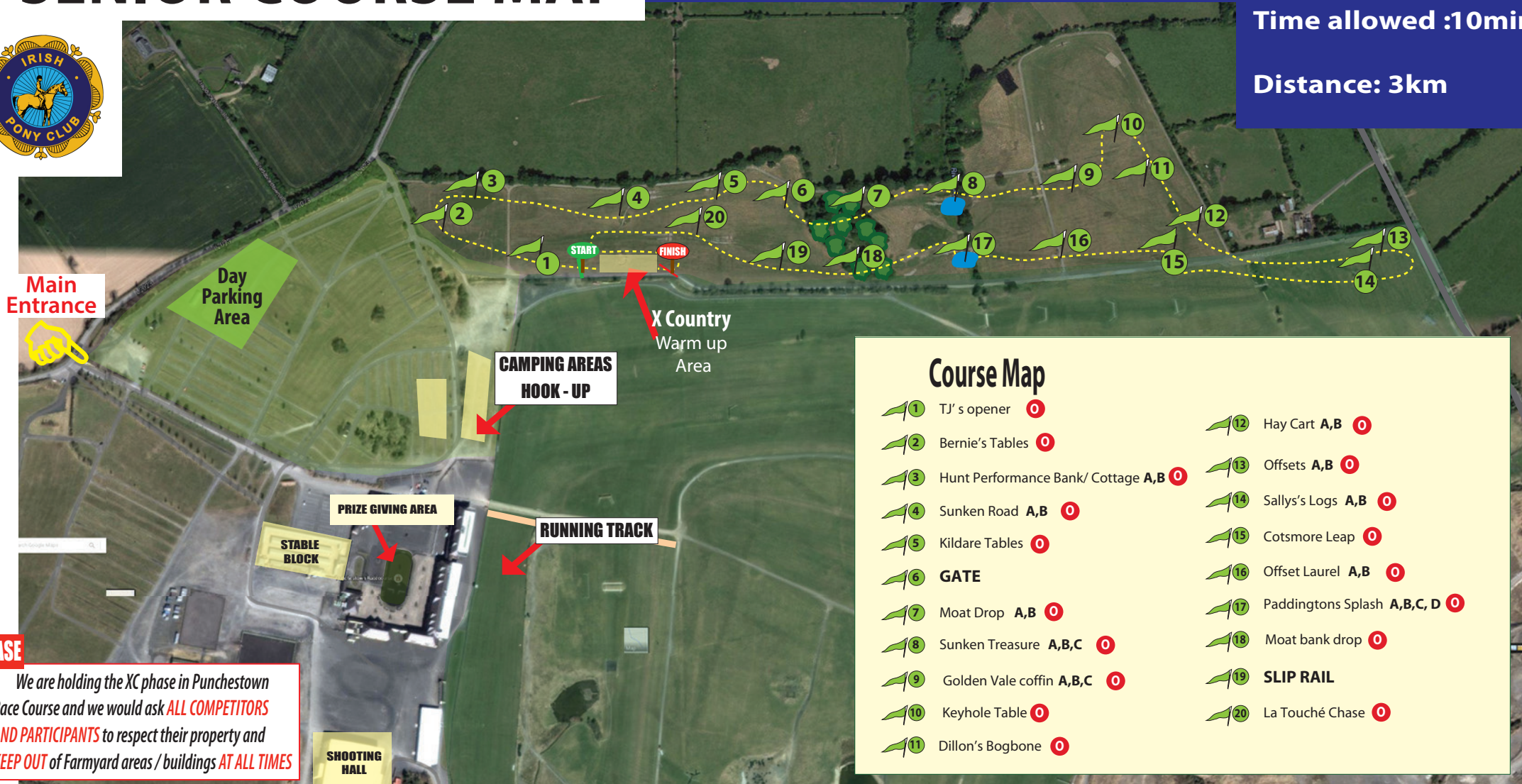
Conlans DEFENDER - IPC National Tetrathlon Championships 2026

SENIOR COURSE MAP



Time allowed :10min

Distance: 3km



ALL COMPETITORS ARE ADVISED TO WALK THE COURSE IN ADVANCE OF COMPETITION.

OPTIONAL FENCES 0 'O' Option available at fence.

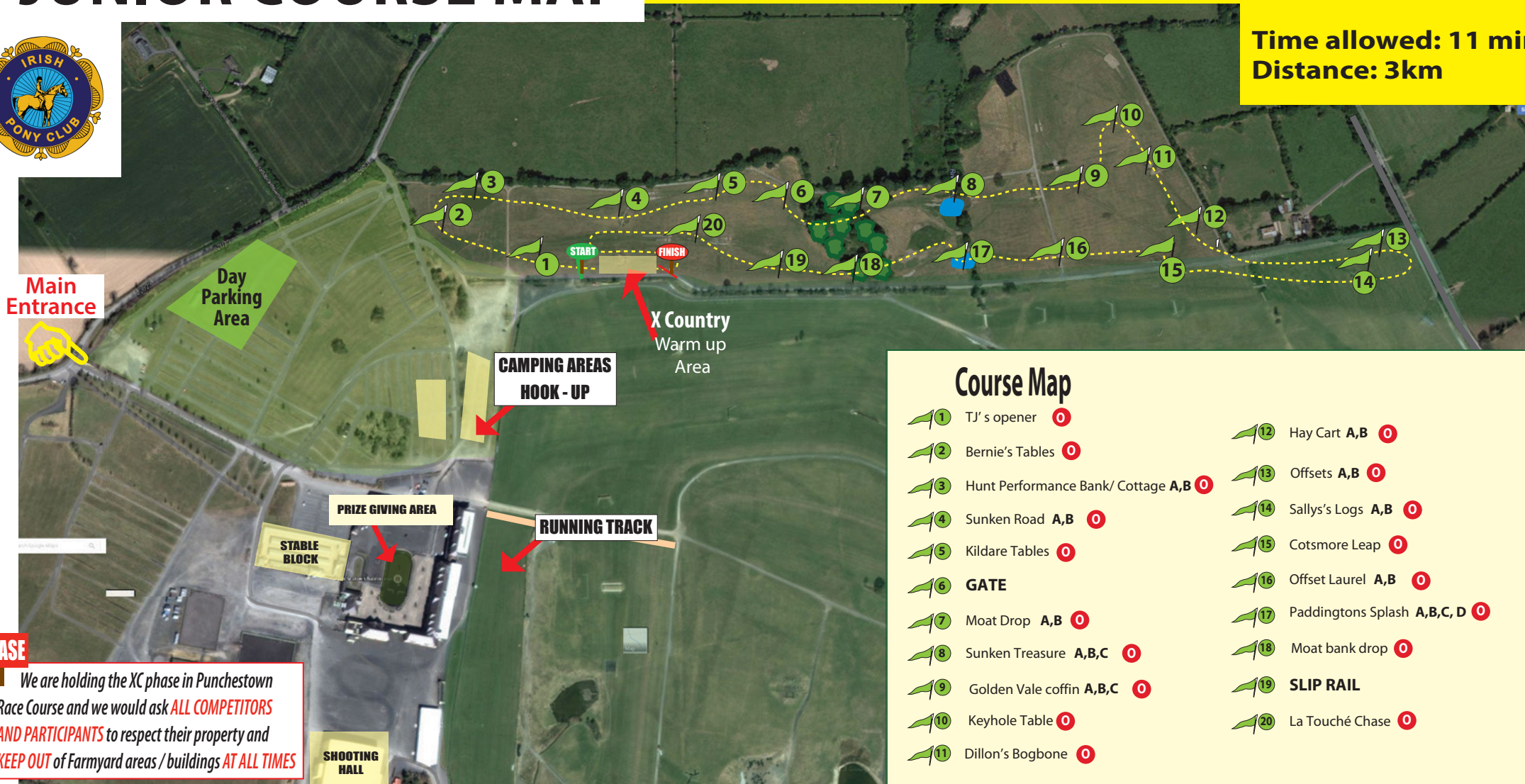
COURSE MAP: Course may be subject to change following final course safety inspection.

Conlans DEFENDER - IPC National Tetrathlon Championships 2026

JUNIOR COURSE MAP



Time allowed: 11 min
Distance: 3km



PLEASE

We are holding the XC phase in Punchestown Race Course and we would ask **ALL COMPETITORS AND PARTICIPANTS** to respect their property and **KEEP OUT** of Farmyard areas / buildings **AT ALL TIMES**

ALL COMPETITORS ARE ADVISED TO WALK THE COURSE IN ADVANCE OF COMPETITION.

OPTIONAL FENCES 0 'O' Option available at fence.

COURSE MAP: Course may be subject to change following final course safety inspection.