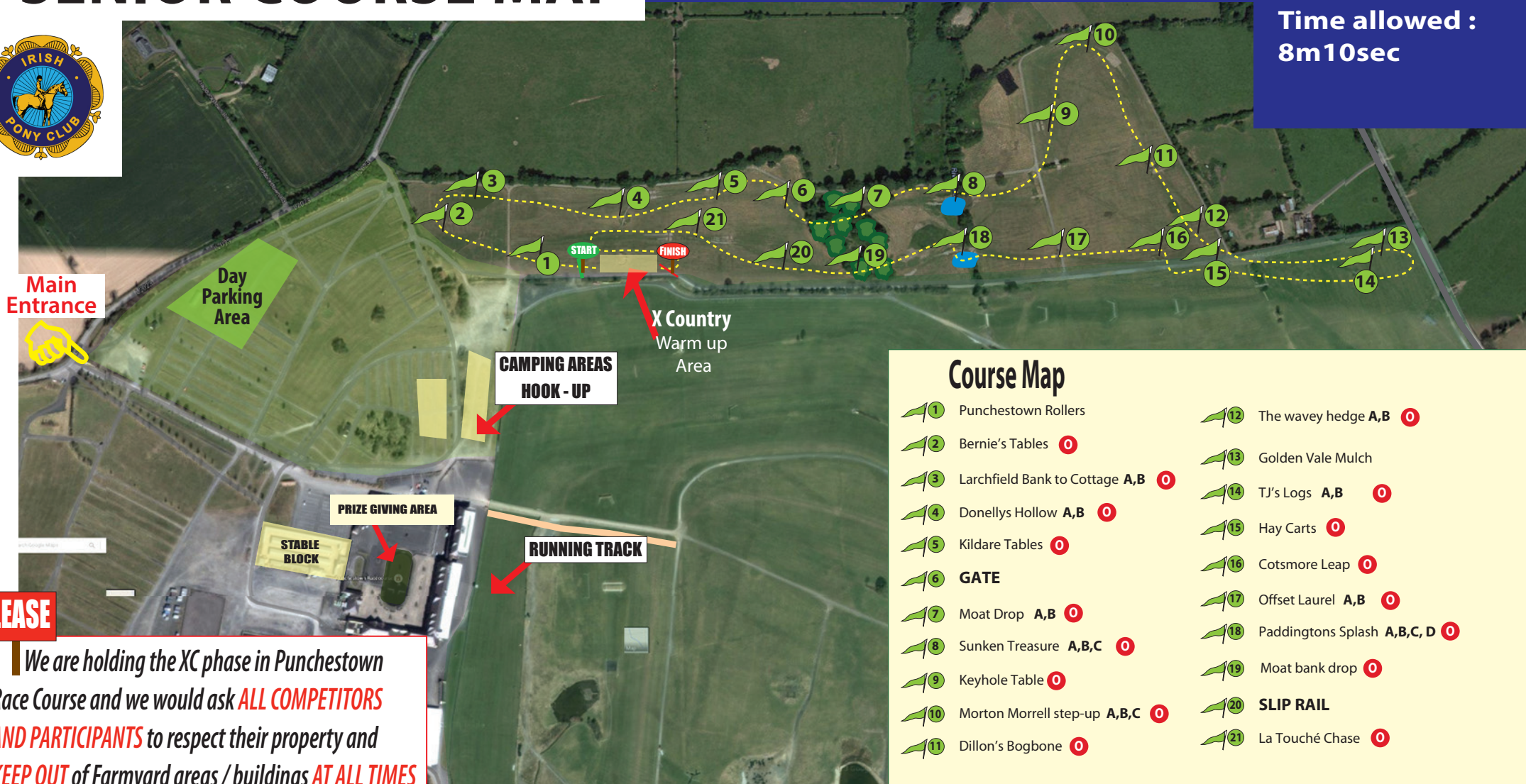


# Defender- IPC National Tetrathlon Championships 2025

## SENIOR COURSE MAP



Time allowed :  
8m10sec



**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.