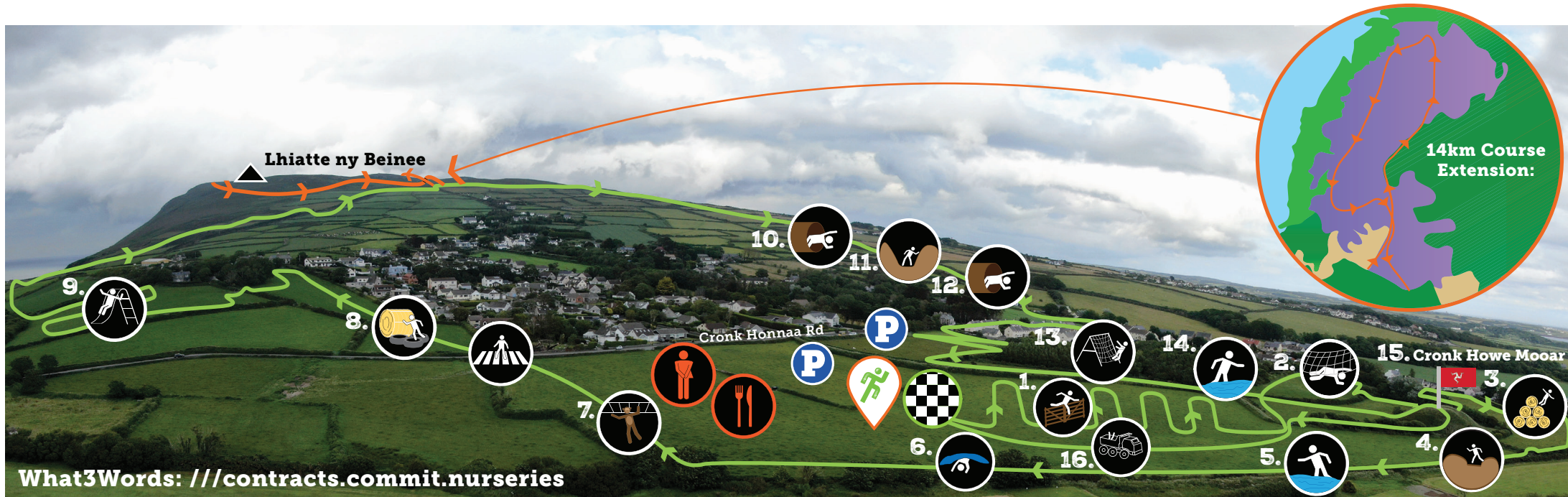




2025 COURSE MAP



ISLE LISTEN



Main Course (8km):



Extension (14km Long Course):



- P** : Parking : Start/Finish
 : Toilets : Catering
 : Registration, Information, First Aid & Wellbeing

OBSTACLES:

- | | |
|-------------------|----------------------------|
| 1. Gatecrashers | 9. Whoppin' Slide |
| 2. Cargo Crawl | 10. Tunnel 1 |
| 3. Cronk Stack | 11. The Ditches |
| 4. Mud Hump | 12. Tunnel 2 |
| 5. Wades of Glory | 13. The A Frame |
| 6. Tarp Vader | 14. Losing Moat-ivation |
| 7. Monkey Bars | 15. Cronk Howe Mooar |
| 8. Tyred & Baled | 16. Ross 'Pain' Plant Hire |

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