



**Ty Gwyn** ABERSOCH  
HOTEL · SPA · APARTMENTS

# ABERSOCH 10K

2024

**KEY**

- | 10K Course
- K Distance in Kilometers
- D Key Map Reference Point
- XX Medic Positions
- 18 Marshal Point
- WC Public Toilet

Always look out for fellow runners who may be in trouble and report to the next marshal or medic.