

GAELFORCE DUBLIN

COURSE DESCRIPTION 29KM

THE BREAKDOWN OF DISCIPLINE DISTANCES WITHIN THE 29KM COURSE:

- 1. Running/walking: 11km approx**
- 2. Cycling: 17.5km approx**
- 3. Kayaking: 750m max**

STAGE 1 RUN (1KM)

Short run from start, around Sean Walsh park, to the bike transition

STAGE 2 CYCLING (9KM)

You will head south along Kiltipper way until you reach Kiltipper road where you take the 3rd exit at this roundabout. After about 500m you take the 2nd left up onto a steep road with no name. This hill has a maximum gradient of 11% and when you reach the end of the tarmac it goes onto a dirt road.

Note this track is private land and access has been arranged by us for race day and at no other time is their access to it. From the end of the track you are back onto sealed road which you follow until you hit the R114. Here you take a left hand turn and descend down a steep windy road until it flattens out where you take a tight hand turn into Boherbreena reservoir. You cycle up to the end of the first lake where you drop your bike.

STAGE 3 KAYAKING ON RESERVOIR (750M)

From the bike drop there is a short run up the hill to the top reservoir where you will find the kayaks set up on the lake. The boats are tandem sit-on-top kayaks. You follow a clockwise route around marker buoys and back to the start where you resume your run. The start of the run is on a gravel path.

STAGE 4 KIPPURE MOUNTAIN RUN/WALK (10KM)

A marked route is followed up and down Kippure mountain. Starting off with a run along the reservoir on the West side until you come to a gate, you then turn left along the road. After 1 km on this road you turn right at the Y junction and follow this to track at bottom of mountain.

You then join this track which is very uneven so watch your footing. The route takes you roughly 2 km up the hill before you turn around. Once you reach the reservoir you turn right to follow the East side of the reservoir back to where you dropped your bike.

STAGE 5 CYCLING (8.5KM)

Back on your bike for the final leg you follow the same road you cycled in on up to rejoin the R114 where you turn Right and head back towards Tallaght.

At the Old mill bar you turn left onto the R113 which you follow until the second set of traffic lights onto Firhouse road West. This takes you back to Kiltipper Way and the final spin back to Tallaght stadium.

RUN TO FINISH

Upon arriving into the stadium car park you drop your bike before running to finish.

