

GAELFORCE DUBLIN

COURSE DESCRIPTION 49KM

THE BREAKDOWN OF DISCIPLINE DISTANCES WITHIN THE 49KM COURSE:

1. Running/walking: 15km approx

2. Cycling: 33km approx

3. Kayaking: 1.5km max

STAGE 1 RUN (1KM)

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

STAGE 2 CYCLING (16.5KM)

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 (***DESCENT 1**) which you follow until you hit the R114.

Here you take a right and after 500m you turn left into the Coillte forest taking the gravel road for 4km up hill! This is an uneven surface and will require you to be comfortable on your bike.

At the end of this you rejoin the R114 for a swift descent (***DESCENT 2**) to the entrance to the Bohernabreena reservoir. You cycle up to the end of the first lake where you drop your bike.

STAGE 3 KAYAKING ON RESERVOIR (1.5KM)

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. 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. The boats are tandem sit-on-top kayaks.

STAGE 4 KIPPURE MOUNTAIN RUN/WALK (13KM)

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 a track at the 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 (16.5KM)

Back on your bike you follow the road up along the reservoir again until the gate. Turning left again until the

Y junction where you take the left fork. This first section of the cycle is on the same road you ran out on so it is gravel, take care with your tyres.

After about 200m there is another left turn towards Glenasmole community centre. At the centre you turn right heading up hill towards the Military road. This is probably one of the hardest climbs of the race as you head uphill for almost 2km.

Once you meet the Old Military road you turn left for 1 km before turning left down the hill (***DESCENT 3**) towards Friarstown. At Friarstown you keep going until you meet the R114 heading 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.

