

# GAELFORCE WEST

IN CASE OF AN EMERGENCY  
CALL 087 9892651  
OR 087 9891613.  
FOR RACE DAY ONLY.



STAGE 1 START RACE

STAGE 4 START CYCLE  
DELPHI BIKE TRANSITION



KILLARY HARBOUR

STAGE 3 START RUN

STAGE 2 START KAYAK

- STAGE 4
- STAGE 3
- STAGE 2
- STAGE 1

- PHOTOGRAPHER
- WATER STATION
- TOILETS
- FIRST AID
- SPECTATOR POINT

0 0.5 1 2 3 4

KILOMETERS

# GAELFORCE WEST

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**RACE FINISH**  
WESTPORT LEISURE CENTRE



WESTPORT BAY

HARBOUR MILL

WESTPORT

**STAGE 5 RUN/WALK TO SUMMIT OF CROAGH PATRICK AND BACK**

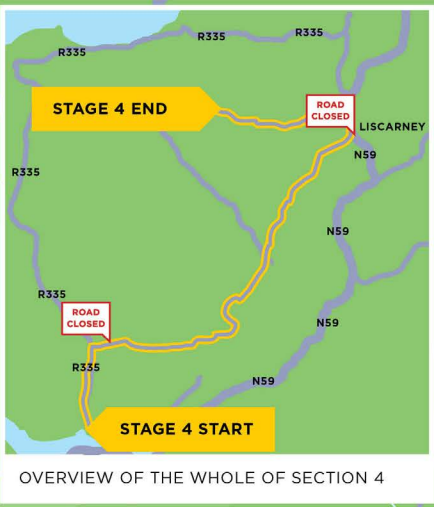
**STAGE 6 START CYCLE**

- FINAL RUN
- STAGE 6
- STAGE 5
- STAGE 4
- WATER STATION
- TOILETS
- FIRST AID
- SPECTATOR POINT

CROAGH PATRICK  
764M

LOUGH NACORRA

LOUGH MOHER



OVERVIEW OF THE WHOLE OF SECTION 4



**FINAL SECTION OF STAGE 4**



## GAELFORCE WEST COURSE

### The breakdown of discipline distances within the 66km total course:

1. Running/walking: 22km approx 2. Cycling: 43km approx 3. Kayaking: 1km max

#### The detailed breakdown:

##### STAGE 1: BEACH, TRAIL AND ROAD RUN (13.5km)

Start line at Glassilaun beach in Connemara. Continue by road around Little Killary Harbour and then over the hillside into Killary Fjord. Make your way along the old Famine greenway, muddy and uneven underfoot, to the shore below Killary Adventure Centre and the kayak transition area.

##### STAGE 2: KAYAKING ACROSS KILLARY FJORD (1km)

Kayak from the southern shore of Killary Fjord to its northern shore in a two-man sit-on-top with the next competitor to you.

##### STAGE 3: TRAIL AND ROAD RUN (4km)

Disembarking onto the foothills of Mweelrea, with tufted long grass and boggy holes underfoot. Next on to a laneway and eventually a narrow road leading you to the Delphi Bike transition.

##### STAGE 4: CYCLING (32km)

Leaving the Delphi valley and heading for Drummin, spectacular hills to climb and extreme care needed on the downhills. Expect severe corners and narrow country roads. On to a gradual climb up to the back of Croagh Patrick and the transition area. The final 2km of this section is on a loose-stoned and rough forestry track. Punctures possible on a road bike.

##### STAGE 5: MOUNTAIN RUN/HIKE (4.5km)

Croagh Patrick. Stay on the path and take care on the top section of this mountain as it has a lot of loose stones. If you do not reach the transition here by 14:30 you will not be allowed to ascend the mountain and you will be short coursed back to Westport.

##### STAGE 6: CYCLING (11km)

Always obey the rules of the road. Sealed road first and then onto a very rough off-road trail section that is 2 km long. Expect to carry road bikes over parts of this section. Coming off this there is a steep downhill section on a narrow road. Please take care on this section and watch out for traffic and fellow competitors.

**\*\*New in 2017** - Continue along the route R335 until you reach the junction with the N59, turn left and continue to next T-junction turning right into Westport town centre. At the bottom of the hill you will take a sharp left down Church street.

There are ramps on the final decent and you will be asked by our marshals to slow down and dismount before you turn down Church street. Refer to location map to see where these ramps are.

**All competitors must obey this for safety reasons.**

##### STAGE 7: FINAL RUN

Bring your bike on to the green area to final bike drop and make the final short run to the finish line in Westport Leisure Park in Westport town centre

