

GAELFORCE NORTH

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



	CYCLE		KAYAK
	RUN		SPRINT
	TRANSITION SPRINT		
	TRANSITION FULL		
	WATER		FIRST AID
	TOILETS		SPECTATOR POINT



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CRONALAGH MALAIGH NA LEACH

MIDDLETOWN

RACE FINISH BUNBEG



MEENAMILLAR

SHESKINBEG



SPRINT STAGE 5 CYCLE

MEENACUNG
MIN NA CUNGE

N56



STAGE 5 CYCLE

SPRINT STAGE 4 KAYAK

LOUGH
NACUNG

STAGE 5 KAYAK

MONEY
MORE

STAGE 4 RUN TO SUM-

SPRINT ST 3
MTN RUN/WALK

STAGE 5 CYCLE

SPRINT ST 4 CYCLE



ERRIGAL
MOUNTAIN (751M)












GROGAN
MORE

N56

N56

R251

R251

-  CYCLE
-  RUN
-  KAYAK
-  SPRINT
-  TRANSITION
-  TRANSITION FULL
-  2 WAY RACE TRAF-
-  WATER STA-
-  TOILETS
-  FIRST AID
-  SPECTATOR POINT



THE BREAKDOWN OF DISCIPLINE DISTANCES

FULL COURSE 62/60KM

1. RUNNING/WALKING: 19.5KM APPROX

2. CYCLING: 40.5KM APPROX

3. KAYAKING: 2KM MAX

STAGE 1

TRAIL AND ROAD RUN (15.5KM)

Starting at the southwest end of Glenveagh Valley running along a narrow path through the Bridle Pass, into the grounds of Glenveagh Castle and up and over Gartan Mountain (200m height) to Gartan Lake. This is a remarkable run through the valley and past Lough Veagh. Watch out for the Golden Eagles!

STAGE 2

CYCLING (24KM)

Cycling on sealed tarmac roads through Glenveagh National Park and alongside the Derryveagh Mountains, to Errigal Mountain.

STAGE 3

ERRIGAL MOUNTAIN RUN/WALK (4KM)

A marked route is followed up and down Mount Errigal. Terrain is varied, often boggy and wet under foot on the lower parts with screed further up.

Competitors must reach the base of Errigal by 1.30pm otherwise they will not be allowed to climb.

STAGE 4

CYCLE AND KAYAK (2KM)

From the bottom of Errigal it is a short cycle to Dunlewy Centre and the Kayak transition. There is a time out at the kayak transition except for those in Wave 1 competing for a podium position. The boats are tandem sit-on-top kayaks. You will paddle a looped course on the lake.

STAGE 5

CYCLING AND FINAL RUN (13.5KM)

For the final stage you will cycle back on to the R251 turning left. At the next T Junction you will turn left on to the N56.

After approx 3km in Gweedore you will turn right on to the R258 into Bunbeg.

Turn right at the T-junction and follow marshals and sign posting to Inishcool Beach.

The race ends with a short run along the dunes to the finish line.

PLEASE FOLLOW SIGNS AND
INSTRUCTIONS FROM
MARSHALS AS THE ROUTE
MAY CHANGE DUE TO
SITUATIONS OUTSIDE OUR
CONTROL



#EntertheElements

SPRINT COURSE 43/42KM

1. RUNNING/WALKING: 12KM APPROX

2. CYCLING: 30KM APPROX

3. KAYAKING: 1KM MAX

STAGE 1

TRAIL AND ROAD RUN (10KM)

Starting at the southwest end of Glenveagh Valley running along a narrow path through the Bridle Pass, passing through the grounds of Glenveagh Castle and to the bike transition in the car park.

STAGE 2

CYCLING (14km)

Cycling on sealed tarmac roads through Glenveagh National Park, alongside the Derryveagh Mountains, to Errigal Mountain.

STAGE 3

ERRIGAL MOUNTAIN RUN/WALK (2KM)

Up to the shoulder (approximately half way up) of Mount Errigal and back down. Terrain is varied, including bog nearer the base and scree further up.

Competitors must reach the base of Errigal by 1.30pm otherwise they will not be allowed to climb.

STAGE 4

CYCLE AND KAYAK (1KM)

From the bottom of Errigal it is a short cycle to Dunlewy Centre and the Kayak transition. There is a time out at the kayak transition except for those in Wave 1 competing for a podium position. The boats are tandem sit-on-top kayaks. You will paddle a looped course on the lake.

STAGE 5

CYCLING AND FINAL RUN (13.5KM)

For the final stage you will cycle back on to the R251 turning left. At the next T Junction you will turn left on to the N56.

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