

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



RELAY FULL/SPRINT

**1. RUNNING/WALKING:
FULL 19.5KM/SPRINT 12KM**

**2. CYCLING:
FULL 42KM/SPRINT 32KM**

**3. KAYAKING:
FULL 2KM/SPRINT 1KM**

**THIS INFO IS BASED ON 3 PERSON TEAMS
BUT YOU MAY WISH TO HAVE A TEAM OF 2
OR 4 AS AN ALTERNATIVE.**

**EACH TEAM MEMBER MUST BE IN POSITION
AT TRANSITION POINTS. YOU MAY DRIVE TO
TRANSITION POINTS**

**YOU MUST PASS OVER THE TIMING DEVICE
AT EACH CROSS OVER TRANSITION
MAKE SURE YOU DIB AT EACH TRANSITION
TO ENSURE YOUR TIMES ARE ACCURATELY
RECORDED**

**STAGE 1
TRAIL AND ROAD RUN
FULL - 15.5KM/SPRINT - 10KM**

TEAM MEMBER 1: Get the bus to the starting point at the top of the Bridle Path of the Glenveagh National Park

**STAGE 2
CYCLING
FULL - 24KM/SPRINT - 14KM**

TEAM MEMBER 2: Waits at first cycle transition point for TEAM MEMBER 1.

FULL TRANSITION POINT: Glebe
SPRINT TRANSITION POINT: Glenveagh
You must pass over the timing device.

**STAGE 3
ERRIGAL MOUNTAIN RUN/
WALK**

FULL - 4KM/SPRINT - 2KM

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

MEETING POINT: Bottom of Errigal

TEAM MEMBER 3: Wait for TEAM MEMBER 2 then follow the course up Errigal

**STAGE 4
CYCLE AND KAYAK
KAYAK FULL 2KM/SPRINT 1KM**

From the bottom of Errigal it is a short cycle of approx 3.5km to Dunlewy Centre and the Kayak transition.

TEAM MEMBER 3 will meet TEAM MEMBER 2 at the bottom of Errigal.

TEAM MEMBER 2 cycles to Dunlewy Centre to the kayak transition point.

At this point it is probably easier if TEAM MEMBER 2 completes the Kayak, however it is up to your team how you work this and you may like another member of the team to take part.

**STAGE 5
CYCLING AND FINAL RUN
FULL - 14.5KM/SPRINT 14.5KM**

TEAM MEMBER 2 will continue the final cycle after the kayak on to the finishline at CLG Gha-oth Dobhair. All team members can meet at the final bike drop and cross the finish line together.

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

