

GAELFORCE WEST

IN CASE OF AN EMERGENCY CALL MONA ON
087 6679231 OR 087 9891613.
FOR RACE DAY ONLY.



STAGE 1 START RACE

STAGE 4 START CYCLE
DELPHI BIKE TRANSITION

STAGE 3 START RUN

STAGE 2 START KAYAK

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

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



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GAELFORCE WEST COURSE

The breakdown of discipline distances within the 68km total course:

1. Running/walking: 22km approx 2. Cycling: 45km approx 3. Kayaking: 1km max

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 (764m). 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 2.30pm, you will not be allowed to ascend the mountain and you will be short coursed back to Westport.

Killary Gaelforce would like to acknowledge and thank all of the land owners of the Croagh Patrick mountain for the continued support of Gaelforce West, without which the event could not happen. Killary Gaelforce would like to share the ethos of care on Croagh Patrick with you our competitors. We ask that all competitors ensure that they 'Leave No Trace' on the mountain and that what they bring up with them MUST come down. We also encourage you to read the Mayo Mountain Rescue Safety Guidelines when climbing Croagh Patrick.

STAGE 6: CYCLING (13km)

Always obey the rules of the road. Sealed road all the way back to the N59 for approx 6km. Turn left for Westport and continue for another 6.5km. Once you approach Westport town you will come to another T-junction turning right into the town centre for a further 500m.

At the bottom of the hill you will take a sharp left down Church street. Note there are speed ramps on the final descent. You will be asked to slow down and dismount before you proceed down Church Street

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