

12KM



Together We Thrive 17/05/25



**GAELFORCE**  
**GREAT RIVER SWIM**

**LANESBOROUGH**

Swim in the mighty River Shannon,  
Ireland's longest and largest river.

# COMPETITOR IMPORTANT INFO

Welcome to the

## Gaelforce Great River Swim 12km

The information below covers everything you need to know about participating in this event.

For those whom we may lose with too much detail, the tables below will summarize the info. For those who delight in the detail keep reading!

WAVES	PARK BY	BUS TO START LINE LEAVES	START TIME
1	5:25am	6:55am	7:45am

<b>Location</b>	The River Shannon, <a href="#">Lanesborough, Co. Longford</a>
<b>Parking</b> ( <b>€3.00 donation to St Faithleach's GAA</b> )	Event parking is at <a href="#">St Faithleach's GAA</a> , there is a <b>€3.00 donation that goes towards the club, please pay beforehand <a href="#">here</a></b> & show your proof of payment when leaving. <b>You must park by your allocated time to make your bus. Do not be late - if you miss your bus, you miss your race!</b>
<b>Transport</b>	Public transport is minimal. Advisable to use your own transport and carpool where possible.
<b>Registration</b>	<ul style="list-style-type: none"><li>• <b>On the day at the information desk.</b></li><li>• <b>Race Pack</b> will be at the information desk on the day.</li><li>• <b>Race numbers</b> are available on our website.</li><li>• Race number SMS to your phone on day before race.</li><li>• Please go to the information desk at the St Faithleach's GAA club house <b>as soon as you have parked</b> on event day to allow enough time to be processed.</li></ul>
<b>Cut off</b>	Halfway point (5.8km) by <b>2hrs 15min &amp; 5hrs to finish</b> . If you do not make the cut offs you will be transported to the finish line.
<b>Getting ready</b>	No changing facilities before the race. Please change at your car before getting on the bus. Shoes & bags will be transported to the finish line. Flip flops/shoes don't need to worn to the start as there is grass to walk on
<b>Tow Float &amp; GPS tracker</b> (collection morning of the event only)	You will collect your tow float & GPS tracker from the team at the St Faithleach's GAA club house <b>BEFORE getting on the bus</b> . Please know your race number when collecting. <b>These will need to be handed back when you cross the finish line</b> otherwise you will be fined. <b>Tracking link:</b> <a href="https://live.primaltracking.com/grs2025/">https://live.primaltracking.com/grs2025/</a>
<b>Toilets</b>	At the parking before getting on the bus, start & finish line.
<b>Shoe &amp; Bag drop</b> (1 bag)	<b>Only one bag is allowed.</b> Drop off the labeled bag (name, distance & race no.) <b>before getting on the bus</b> . Please drop in trailer beside transfer bus in St Faithleach. Drop valuables in an envelope at the information desk in the St Faithleach's GAA club house.
<b>Halfway point food station</b>	At the halfway point (5.8km) there will be a floating pontoon in the river with water, electrolyte juice, flapjacks and bananas.
<b>Prizes</b>	Prize giving at <b>11am</b> . Must be in <b>Wave 1 / first start</b> .
<b>Spectators</b>	Welcome at the finish line area, the <a href="#">Gaelforce River Fest</a> will be happening at the finish line from 10am with plenty to do so bring the clan!
<b>Water stops</b>	In the St Faithleach's GAA club house before you get onto the bus and at the halfway point. <b>NONE at start line.</b>

<b>Safety</b>	<b>Race cap, wet suit and tow float are mandatory. Be aware that weather conditions are variable</b>
<b>Rules</b>	<ul style="list-style-type: none"><li>- Wear a tow float</li><li>- No headphones</li><li>- Anyone found littering will be disqualified</li><li>- On entering competitor have agreed declaration to waive liability, confirm acceptance of rules and to share images on social media</li><li>- Race Directions decisions are final</li></ul>





# EVENT DETAILS - 12KM

## HOW TO GET HERE

Location: [Lanedborough, Co. Longford.](#)

## BY CAR

We advise that you use your own transport, as public transport is minimal. Please carpool where possible. Parking is limited for this event, so leave plenty of time to get here to avoid stress!

## PARKING & DROP OFF

### WAVE 1 park by 5:25am

**Please arrive at 90 minutes before your bus departure time to park** your car in your allocated space.

**There is a €3.00 donation to the club. Please pay here.** Please show your proof of payment when leaving

When you arrive in Lanesborough there will be event marshals in orange high vis on each approach road. Please stop briefly and ask them where to park. The parking is at [St Faithleach's GAA](#) club 1km out the Roscommon road, information desk and bag drop off area is there also.

The start line is accessible by the Gaelforce event bus only. **If you miss your bus departure you miss your race!** There is absolutely no drop off for spectators at the start line.

## REGISTRATION

**Is on the morning of the event. All competitors will need to come to the [St Faithleach's GAA](#) club house the morning of the event to collect your race hat, tow float and GPS tracker.** You must be registered to take part in this event.

Please know your race number, wave, and bus departure time before you arrive.

## RACE PACKS & NUMBERS

**Race pack will be collected the morning of the event** at the information desk in the [St Faithleach's GAA](#) club house. Your Race pack includes your race number & swimming cap. Please put your cap on top of anything else you might be wearing on your head and make sure it is visible at all times during the event. Your race number cap your automatic timing chip.

If your number doesn't appear online, please come along to our information desk to collect it on Event Day.

## TOW FLOAT & GPS TRACKER

We will be providing you with a tow float that is fitted with a GPS tracker so that your progress can be tracked in real time. Please note that these two items will need to be handed back at the finish line to the tracking team otherwise you will be fined.

When you arrive to park, come to the St Faithleach's GAA club house and give your race number to the team. They will verify your identity and give you your tow float with the GPS tracker inside. Please note that you will need to use this tow float for the event and you may not use your own one. There will be space in the tow float to store a few snacks and gels should you need but please keep in mind that the GPS tracker needs to stay dry at all times.

Here is the tracking link that will be updated the morning of the event: <https://live.primaltracking.com/grs2025/>

# EVENT DETAILS - 12KM (CONTINUED)

## HALFWAY POINT FOOD STATION

At the halfway point (5.8km) there will be a floating food station on a pontoon. Gaelforce will be providing water, electrolyte juice, flapjacks and bananas. There will be a rope around the pontoon that you can hold on to while you are getting the refreshments. This station will be manned by a marshal but as far as possible it will be self-service. If need assistance please don't hesitate to get the marshals attention.

Please throw any rubbish onto the pontoon, our no litter policy does apply and if you are caught you will be immediately disqualified from the event, no exceptions.

## CHANGING, BAG & KEY DROP

**Competitors must be parked one hour before bus departure time.**

Please get changed at your car and bring your finish line bag to the St Faithleach's GAA club house near the gate. Please ensure your bag is compact and everything is secured, and you have attached your baggage tag with your name and race number. Valuables may be left at the information desk (in the St Faithleach's GAA club house). You must supply your own envelope, with your name and mobile number on it.

**All items are left at your own risk. We are not responsible for lost items.**

## TRANSFER BUS & START LINE

Please walk to the transfer bus for your allocated departure time. Bus departs from where you park your car. If you need to wear sandals to the bus from your car, they will be left in club house for you. Trailer for your bag drop will be beside the bus. **If you miss your bus departure you miss your race!**

You do not need to wear flip flops or shoes to the start line as there is grass to walk on. Please drop off your flip flops/shoes before getting on the bus.

**You must be tagged before you get on the bus. Please listen to the marshals' directions.**

## TOILETS & WATER

Toilets are located near the St Faithleach's GAA club house BEFORE you get on the bus and at the start/finish line, we do advise to go before you get on the bus.

There will be water at St Faithleach's GAA club house, the halfway point food station and the finish line.

## MANDATORY KIT

**Tow float – you will not be allowed to take part without a tow float.** You can bring your own or hire one from us.

**Gaelforce Great River Swim hat** – this contains your timing chip.

**Wet suits are compulsory for this event**

## RECOMMENDED KIT

- Goggles.
- Finish line bag with towel & warm clothes for changing into after the race.
- Swimming gloves, booties or socks.

You are **not allowed to wear fins** for this event

# EVENT DETAILS, FINISH LINE - 12KM

## FINISH LINE

The finish line is located on the River Shannon shoreline. You can pick up your finisher's goodies with refreshments and a shirt at the information desk and food tent after passing the finish line.

There will be water, fruit, soup & rolls, hot whiskey, tea, coffee & flapjacks available, and some fantastic traditional Irish music playing.

We will also have donation buckets in aid of our charity partner Jigsaw. 100% of your donation goes to this great charity.

## PRIZES

Prize giving takes place at **11am** at the finish line. If you are a prize winner and can't make it to prize giving, please arrange for someone to pick your prize up for you. **You must compete in Wave 1/first start to be eligible to win a prize.**

## SPECTATORS

Spectators are very welcome at the finish line. The **Gaelforce River Fest** will be happening the same time as the event at the finish line from 10am. There will be food and artisan vendors alike and plenty of activities to keep the little ones busy with all the proceeds going to the local community. So bring the family and make it a fun day out!!

Please remember that the Gaelforce food tent refreshments are for competitors only!

## RESULTS & EVENT PHOTOS

**Event results** will be available on our website the day after the event.

**Photos of the event** will be posted on our Facebook page on the Wednesday after the event.





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For all Great River Swim participants for the month of May book a Micil distillery experience with 10% OFF or FREE DELIVERY on any bottle orders over €50 within Ireland with the code 'GREATRIVERSWIM'.

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- Jenny, April 2025

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# SAFETY AND THE RULES

## SAFETY

We will have a safety team on the water at all times during the event. There is also a medical team at the finish line.

Due to the cold water temperatures in the River Shannon at this time of the year - **typically 9.5-11 degrees Celsius** - hypothermia can set in quickly, especially for anyone swimming in skins. It is essential that swimmers monitor how they feel in the water. If in doubt, **act quickly** and alert our safety staff on the water who will ensure you get the treatment you need.

If at any time our safety team does not feel that you are capable of meeting the cut-off time, or they are concerned for your safety, you will be removed from the water. These decisions are always made with your safety in mind. The Water Safety Director's decision is final.

If you have a medical condition that we need to be aware of, please drop us an e-mail in advance of the event: [info@gaelforceevents.com](mailto:info@gaelforceevents.com).

**You are responsible for your own safety.** We advise that competitors organise their own personal insurance.

Please do not attend this event if you have Covid-like symptoms.

## THE RULES

This is an unsupported race. This means that you may not get food, drink or other equipment from spectators or helpers along the way, unless you have permission from the Race Director due to a medical condition.

For reasons of fairness, safety, and responsibility, all competitors are expected to abide by our Event Rules. We ask all competitors to:

**Follow all event rules, instructions & signage.**

**Wear a tow float.** You will not be allowed to race without it.

**Respect the environment & local inhabitants.** We are very lucky to have access to these stunning routes.

**Do not litter anywhere** on the route. You will be disqualified immediately with no exceptions.

**Respect & help your fellow competitors.** You are all in this together

**Listen to our marshals.** They are there for your safety.

**On entering, competitors agree** to a declaration to waive liability, confirm acceptance of the rules & agree to the release of personal images to the media and for event promotion purposes.

**International competitors** must have the appropriate travel documents, visas & comprehensive medical insurance in place for this event.

## The Race Director's decisions are final.

Rules may be modified to deal with unforeseen circumstances, at the discretion of the race organiser

GAELFORCE EVENTS, Leenane, Co. Galway, Ireland, H91 PY61.  
[info@gaelforceevents.com](mailto:info@gaelforceevents.com) [www.gaelforceevents.com](http://www.gaelforceevents.com)







# **GAELFORCE GREAT RIVER SWIM FESTIVAL**

**LANESBOROUGH - BALLYLEAGUE**

**16 & 17 May 2025**

## ***Friday - 16 May***

**From 6:30pm**

- Riverside Sauna
- Sunset Kayaking

**9pm**

- Live Music at St. Faithleach's GAA Club

## ***Saturday - 17 May***

**From 8am**

Gaelforce Great River Swims

**From 10am**

Festival Area Opens

- Food & Artisan stalls
- Riverside Sauna - 10:30am
- Family Fun Area - 11am
- Live music - 12pm

**8pm** - BBQ & Live music in Clarke's Bar & Lounge



SCAN FOR  
MORE INFO

**WWW.GAELFORCEEVENTS.COM**



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### Gaelforce Great River Swim

**Dive in at Lanesborough**

**DATE: 17 May 2025**

### Gaelforce Great Lake Swim

**Dive in at Lough Derg**

**DATE: 12 July 2025**

### Gaelforce Great Fjord Swim

**Dive in at Killary Fjord**

**DATE: 13 September 2025**

[www.gaelforceevents.com](http://www.gaelforceevents.com)

## **JIGSAW**

We are proud to work with Jigsaw, our exclusive Charity Partner.  
Jigsaw provides free, confidential mental health supports for young  
people aged 12 to 25 in communities around Ireland. Support them at  
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[www.jigsaw.ie](http://www.jigsaw.ie)

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