

3.5KM



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 3.5km

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	BAG DROP	BUS TO START LINE LEAVES	START TIME
1	10:30am	11:20am	11:30am	12:00pm
2	10:45am	11:35am	11:45am	12:15pm

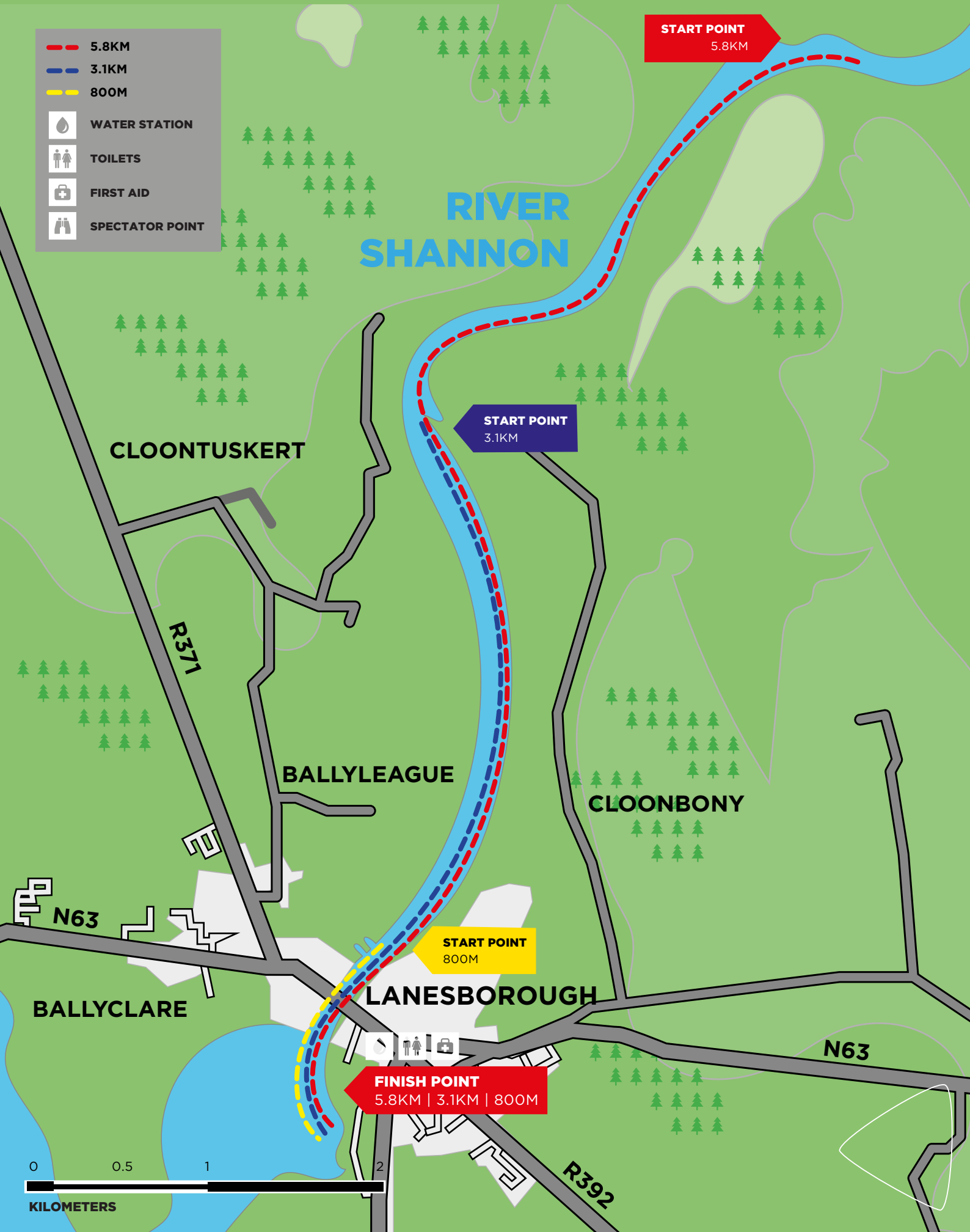
<b>Location</b>	The River Shannon, <a href="#">Lanesborough, Co. Longford</a> .
<b>Parking (€3.00 donation to St Faithleach's GAA)</b>	Event parking is at <a href="#">St Faithleach's GAA</a> , there is a <b>€3.00 donation that goes towards the club, please pay beforehand <a href="#">here</a></b> & show 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>By post.</b></li><li>• <b>Race Pack</b> will arrive by 15 May 2025.</li><li>• <b>Race numbers</b> are available on our website.</li><li>• Race number texted to phone on day before race.</li><li>• If you don't have a Race Pack, go to information desk at finish line <b>40 mins before your bus departure time</b> on event day.</li></ul>
<b>Cut off</b>	Finish by <b>90 minutes</b> . Boat to finish line.
<b>Getting ready</b>	No changing facilities before the race. Please change at your car before getting on the bus. Bags will be transported to the finish line. Please drop in trailer beside transfer bus in St Faithleach. Flip flops/shoes worn on the bus will be transferred to the finish line. Skins swimmers may wear light fleece to be transferred to the finish line.
<b>Bag &amp; key drop (1 bag)</b>	Before you get on the bus. <b>Only one bag is allowed</b> . Drop off the labelled bag (name, distance & race no.) before getting on the bus. Drop valuables in an envelope at the information desk in the St Faithleach's GAA club house.
<b>Toilets</b>	At the parking before getting on the bus & the finish line. There are <b>NO toilets at the start line</b> .
<b>Prizes</b>	Prize giving at <b>2pm</b> . Must be in <b>Wave 1 / first start</b> .
<b>Water stops</b>	In the St Faithleach's GAA club house before you get onto the bus. & the finish line. <b>NONE at start line</b> .
<b>Spectators</b>	Welcome at the finish line area, the <b>Gaelforce River Fest</b> will be happening at the finish line from 10am with plenty to do so bring the clan! <b>No spectators at start line.</b>

<b>Safety</b>	<b>Race cap and tow float are mandatory, 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>



5.8KM  
3.1KM  
800M

WATER STATION  
 TOILETS  
 FIRST AID  
 SPECTATOR POINT





# EVENT DETAILS - 3.5KM

## HOW TO GET HERE

Location: [Lanesborough, 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

### PARKING TIMES:

**WAVE 1 park by 10:30am**

**WAVE 2 park by 10:45am**

Parking for the 3.5km competitors will be at the St Faithleach's GAA in Ballyleague. **Please arrive 60 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 for directions to the [St Faithleach's GAA](#) if you are unsure. The parking areas are located a short 20min walk from the finish line area. The information desk and bag drop off area will be at the St Faithleach's GAA club house.

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. They will be turned away as space is limited.

## REGISTRATION

**There will be no registration on event day.** Your Race Pack will be sent by post to the address you provided as part of your online entry. You must be registered to take part in this event.

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

## RACE PACKS & NUMBERS

Race Packs are **posted out before the event takes place**. Your Race Pack includes your race number and 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 cap contains your automatic timing chip.

If you didn't receive your Race Pack in the post, don't worry, you'll be able to pick one up at the information desk on the Event Day. If your number doesn't appear online, please come along to our information desk to collect it on Event Day at the St Faithleach's GAA club house.

**International competitors** – please collect your Race Pack at our information desk on Event Day.

## 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.

## RECOMMENDED KIT

- Wetsuit – you can swim with or without a wetsuit but due to water temperature we highly recommend you wear one.
- 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.

## TOW FLOAT HIRE

**You must wear a tow float to compete in this event.**

Online entry: €10 to hire (+ €20 deposit)

On the day: €15 to hire (+ €20 deposit)

You can collect your hired tow float on Event Day at the information desk. Please bring a deposit of **€20 (CASH ONLY)** when you collect your tow float. We cannot accept card payments for the hiring deposit.

# EVENT DETAILS - 3.5KM (CONTINUED)

## CHANGING, BAG & KEY DROP

**Competitors must be parked 60 minutes 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.

## TRANSFER BUS & START LINE

### BUS LEAVES TO START LINE:

**WAVES 1 at 11:30am**

**WAVES 2 at 11:45am**

Please walk to the transfer bus for your allocated departure time. Bus departs from where you park your car. **If you miss your bus departure you miss your race!**

Please wear cheap flip-flop type shoes for the bus and the walk to the start line. For competitors swimming in skins, you may wear a very light fleece (not too valuable!) for the journey. Please wrap it around your shoes at the start line. Please put tag with name and number on these before you jump in!! We will do our very best to return them to you.

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

## TOILETS & WATER

Toilets are located at the St Faithleach's GAA club house area BEFORE you get on the bus.

There is water at the in the St Faithleach's GAA club house near the bus departure point and at the finish line.

**THERE ARE NO TOILETS OR WATER AT THE START LINE.** There will also be toilets at the finish line.

## FINISH LINE

The finish line is located on the River Shannon shoreline. You can pick up your finisher's goodies with refreshments and 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 **2pm** 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

There are absolutely **no spectators allowed at the 5.8km and 3.5km start lines** due to extremely limited space. 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 Please remember though, 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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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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