

800M



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 800M

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	BRIEF AT START LINE	START TIME
1	8:10am	8:50am	9:00am
2	8:10am	8:50am	9:05am
3	8:10am	8:50am	9:10am
4	8:10am	8:50am	9:15am
5	8:10am	8:50am	9:20am

Location	The River Shannon, Lanesborough, Co. Longford.
Parking	There will be parking for 800m competitors ONLY at the <u>finish line</u> , please follow the marshal's direction. Do not be late! Make sure you park at your allocated time to allow time to change, walk to bag drop area & the final walk to start.
Transport	Public transport is minimal. Advisable to use your own transport and carpool where possible.
Registration	<ul style="list-style-type: none"> • By post. • Race Pack will arrive by 15 May 2025. • Race numbers are available on our website. • Race number texted to phone on day before race. • If you don't have a Race Pack, go to information desk at finish line 40 mins before your start briefing time on event day.
Cut off	Finish by 40 minutes . Boat to finish line
Getting ready	No changing facilities before race. Please change at your car. Flip flops/shoes worn on bus will be transferred to finish line. Skins swimmers may wear light fleece to be transferred to finish line.
Toilets	At finish line area. There are NO toilets at the start line .
Bag drop	Located at the finish line. Only one bag allowed . Drop off labelled bag (name & race no.) before walk to start line. Drop valuables in envelope at information desk.
Prizes	Prize giving at 11am . Must be in Wave 1 / first start .
Spectators	Welcome at the start and finish line areas. On foot only . The Gaelforce River Fest will be happening at the finish line from 10am with plenty to do so bring the clan!
Water stops	At finish line. NONE at start line .

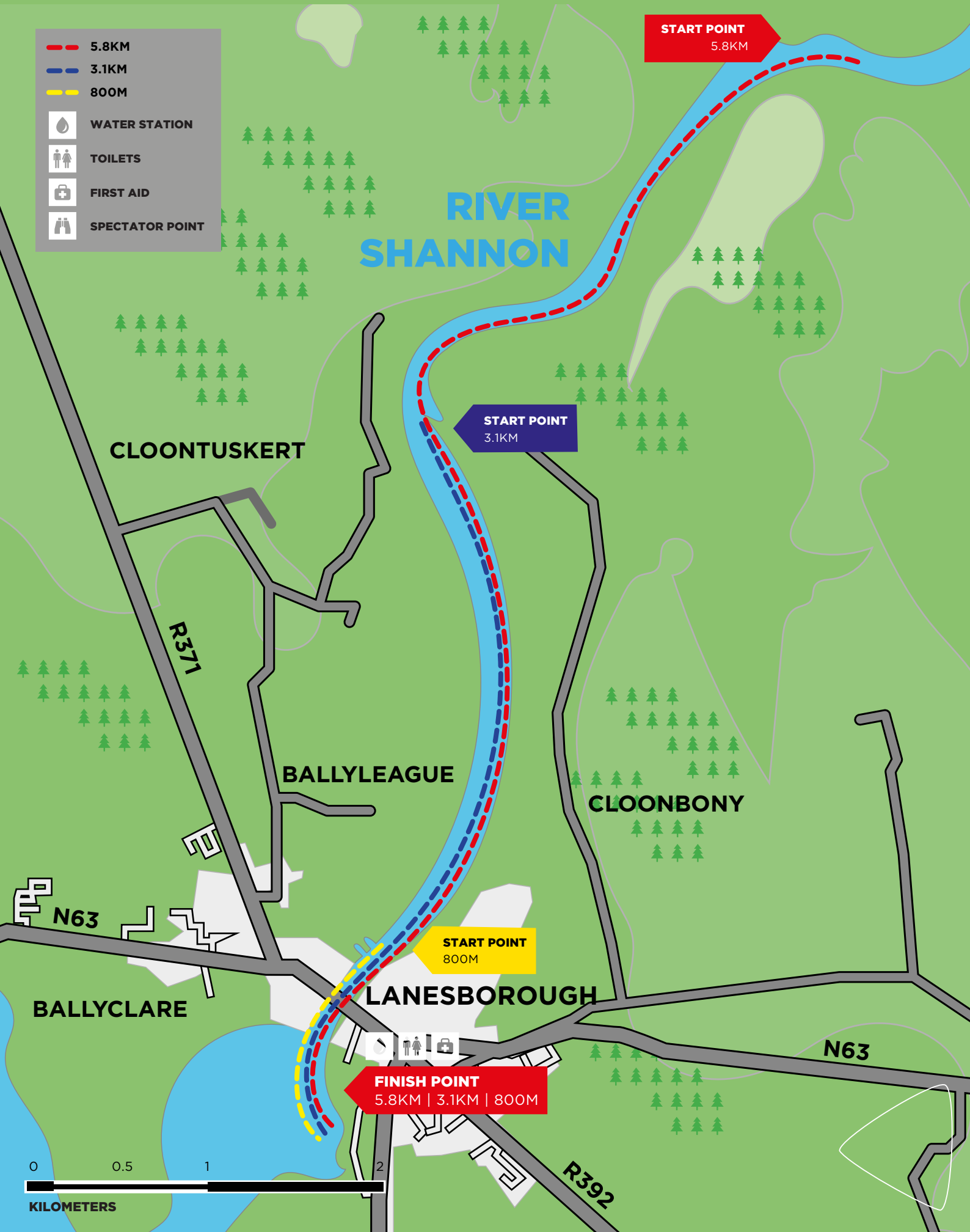
Safety	Race cap and tow float are mandatory, weather conditions are variable
Rules	<ul style="list-style-type: none"> - Wear a tow float - No headphones - Anyone found littering will be disqualified - On entering competitor have agreed declaration to waive liability, confirm acceptance of rules and to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





5.8KM
3.1KM
800M

WATER STATION
 TOILETS
 FIRST AID
 SPECTATOR POINT



EVENT DETAILS - 800M

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

There is limited parking for this event. **Please arrive and park by 8:10am (ALL WAVES).** This gives you time to park, change at your car, walk to the bag drop/finish line area, and a final walk to the start line.

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, as parking areas will change as each area fills. The [parking areas are located](#) a few metres from the finish line tents, information desk and bag drop off area.

Competitors must walk to the start line - no drop off by car is allowed. There is no car access 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 start line briefing time when you arrive.

RACE PACKS & NUMBERS

Race Packs are posted out **before the event** takes place. 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 hat contains your automatic timing chip.

If you don'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 at the finish line area. If your number doesn't appear online, please come along to our information desk to collect it on Event Day at the finish line area.

International competitors – please collect your Race Pack at our information desk on Event Day at the finish line area.

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 - 800M (CONTINUED)

CHANGING, BAG & KEY DROP

Competitors must be parked by 8:10am.

Please get changed at your car and bring your finish line bag to the relevant tent (M/F). 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. 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.

START LINE

There is a 600 meter walk to the start line.

Please wear cheap flip-flop type shoes for the walk. 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 a tag with your 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 start. Please listen to the marshals' directions.

TOILETS & WATER

Toilets and water are located at the finish line area.

THERE ARE NO TOILETS OR WATER AT THE START 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 **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 the **Wave 1 / first start** to be eligible to win a prize.

SPECTATORS

Spectators are welcome at the 800m start line but only on foot - no cars are allowed at the start line.

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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Patricia O'Grady Jim O'Grady



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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'.

www.micildistillery.com

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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.

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 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

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 your next Gaelforce event.

www.jigsaw.ie

Set up your Jigsaw EveryDay Hero Fundraising Page



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