



Together We Thrive 12/07/25



GAELFORCE
GREAT LAKE SWIM

LOUGH DERG

Swimming in Lough Derg, one of Ireland's
biggest lakes, a very special experience.

COMPETITOR IMPORTANT INFO

Welcome to the **Gaelforce Great Lake Swim**

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 on the next two pages will summarize the info. For those who delight in the detail keep reading!

3.9KM TIMES

Waves	Park by	Walk to start line	Briefing at Start Line	Start Time
1	9:45am	20min walk	10:50am	11:00am
2	10:00am	20min walk	11:05am	11:15am

750M TIMES

Waves	Park by	Walk to start line	Briefing at Start Line	Start Time
1	11:45am	20min walk	12:50pm	13:00pm
2	12:00pm	20min walk	13:05pm	13:15pm

2KM TIMES

Waves	Park by	Walk to start line	Briefing at Start Line	Start Time
1	12:30pm	20min walk	13:35pm	13:45pm
2	12:45pm	20min walk	13:50pm	14:00pm

COMPETITOR IMPORTANT INFO

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

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GAELFORCE
GREAT SWIM TRILOGY

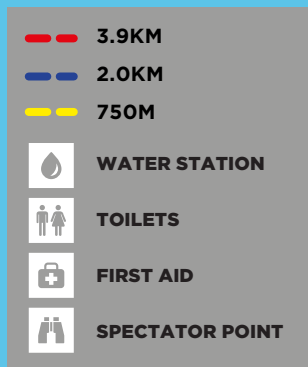
RIVER | LAKE | FJORD



GAELFORCE
POWERED BY KILLARY

Location start & finish line	Mountshannon Sea Eagles Harbour, Lough Derg, Co. Clare, V94 29P8
Parking	There is NO PARKING at the start/finish area. Event parking is 1km from the start area, please see location here . There is a €3.00/car CASH donation towards the local town renovation, please bring cash there is no card facilities, there is. Marshals in Mountshannon town will direct you.
Transport	No public transport. Please use your own transport and car pool where possible. Don't be late! Make sure you park at your allocated time to allow time to change & walk to start.
Registration	<ul style="list-style-type: none">• By post. Race pack should arrive by Wednesday, 9 July.• Information desk open on event day for any queries.• International competitors or race pack didn't arrive - collect your race pack at the information desk on morning of event from 10am.• Race numbers are available on our website & sent by text to your phone on day before event.• On-the-day registration is available for late entries.
Cut off	3.9km: 45 mins to half way, 1 hour 45 mins to finish. 2km: 1 hour 30 mins to finish. 750m: 40 mins to finish.
Getting ready	Male and female changing tents at start & finish area.
Bag drop	In the changing tents. All items left at your own risk.
Prizes	Prize giving at 13:00pm (3.9km), 14:00pm (750m) and 15:30pm (2km) . You must compete in Wave 1/first start to be eligible to win a prize.
Spectators	Welcome at the start and finish line area. NO PARKING AT START/FINISH. Spectators must use competitor parking 1km from start line area please see location here and there is a €3.00/car CASH donation towards the local town renovation, please bring cash.
Water	Near the finish line. Bring your own vessel.
Toilets	Located at start and finish line area.

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



EVENT DETAILS - All distances

HOW TO GET HERE

Mountshannon Sea Eagles Harbour, Lough Derg, Co. Clare.

[Google Maps](#) | Eircode: [V94 29P8](#)

BY CAR

Please be advised that parking is limited so carpool where possible. Leave plenty of time to get here to avoid stress!

PARKING & DROP OFF

There is limited parking for this event. **Please arrive 75 mins minutes before your start time**, to park your car in the allocated event parking, please see location [here](#) and walk to the start line area.

There is a **€3.00/car donation** that will go towards the local community development. **Please bring it in cash and pay on arrival.**

REGISTRATION

Registration is by post. Your Race Pack will be sent to the address you provided as part of your online entry. You must be registered to take part in this event. **There will be registration on the day for late entrants - tell your friends!**

Please know your race number, wave and start 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 always visible during the event. Your race number 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 Event Day. If your number doesn't appear online, please come along to our information desk to collect it on Event Day.

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 on the day.
- **Gaelforce Great Lake Swim hat** - this contains your timing chip.

RECOMMENDED KIT

- Wetsuit - you can swim with or without a wetsuit.
- 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.

BAG & KEY DROP

There are male and female changing tents at the start/finish line. You may leave your bag there ready to collect when you finish.

There is a key drop area at the information desk.

Please bring an envelope to put your car keys in and write your name, your race number and your car registration on the envelope. Do not leave anything else at the key drop area.

Bag & Key drop closes at **15:45pm** sharp. All items are left at your own risk. We are not responsible for lost items.



GAELFORCE **GREAT LAKE SWIM** LOUGH DERG

MOUNTSHANNON - CO CLARE

11 & 12 July 2025

Friday - 11 July

From 6:30pm

- Sunset Kayaking
 - 6:30pm & 7:30pm
 - €10.00 per person
- Birchwood Sauna
 - 6:30pm to 9:00pm
 - €10.00 per person for 30min session



Saturday - 12 July

From 11am

Gaelforce Great Lake Swims

From 10am

Festival Area Opens

- *Food & Artisan stalls*
- **11:00am** - Birchwood Sauna
- **11:30am** - Family fun area (face painting & circus games) All for **FREE**
- **12:00pm** - Live music, Amazing Apples

Evening - Live music in the pub

WWW.GAELFORCEEVENTS.COM

EVENT DETAILS (CONTINUED)

FINISH LINE

The finish line is located on the [Mountshannon Sea Eagles Harbour shoreline](#). You can pick up your finisher's goodies with refreshments and shirt at a the information desk after passing the finish line. There will be water, fruit, rolls, hot whiskey, tea, coffee & flapjacks as well as live traditional Irish music by the [Amazing Apples](#) band.

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 **13:00pm (3.9km), 14:00pm (750m) and 15:30pm (2km)** 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.

TOILETS

Portaloos and public toilets are available at the start and finish line area.

SPECTATORS

Spectators are very welcome at the start and finish line areas. **There is no parking for spectators at the start/finish line.** Spectators must use competitor parking areas 1km from the start/finish area, please see location [here](#). There is a **€3.00/car donation** that will go towards the local community development.

For their own safety, spectators must not follow competitors past the start line gantry and must stay outside the barriers at the finish line.

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 the Tuesday after the event.

Excellent
★★★★★
★ Trustpilot

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GALWAY, IRELAND

EXCEPTIONAL
IRISH SPIRITS

SIX GENERATIONS AND
170 YEARS IN THE MAKING

Patrick O'Grady, John O'Grady



Small text: Micil Distillery is owned by family of six great great great grandfathers, the O'Grady family, who began making whisky in 1848 on a Connemara Island. For six generations and over 170 years our family have preserved the craft, creating extraordinary spirits made using family recipes, local knowledge and time-honoured techniques.

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

SAFETY, RESULTS 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.

Although it's July and water temperatures should hopefully be up to 16 degrees Celsius, hypothermia is still a risk 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.

GAELFORCE EVENTS, Leenane, Co. Galway, Ireland, H91 PY61.
info@gaelforceevents.com www.gaelforceevents.com

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



THE MAGIC OF OPEN WATER ON LOUGH DERG

GAELFORCE

GREAT SWIM TRILOGY / Dive in

Experience the best Ireland's
Iconic waterways. Swim all three
to complete your Gaelforce
Great swimming journey
for 2025.

Gaelforce Great River Swim

Dive in at Lanesborough

DATE: May 2026

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



#TOGETHERWETHRIVE