



Start. RUN Starts/Finishes at HQ via Donegal Airport- 10km
T1. BIKE Transition leaves HQ via Dungloe onto Hike - 30km
T2. HIKE Transition at Meenaweel Chapel - 2km



BIKE Transition back to HQ via Loughanure & Annagry - 12.5km
T3. KAYAK Transition at HQ - 2km Individual
T4. FINISH Line, short sprint across GAA Pitch to receive your WAAR Medal!