



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 & Annagary - 12.5km



T3. KAYAK Transition at HQ - 1km Individual

T4. FINISH Line, short sprint across GAA Pitch to receive your WAAR Medal!