

Sheet1

	SI	Description	Grid Reference	Comments
S	Start	Knoll	V890 887	Start of Forest Run
1	162	Riverside clearing	V936 849	Transition to Paddle
2	163	Path/Road junction	V883 820	Transition to Road Run
3	164	Road end	V808 823	Transition to Trek
4	165	Lakeside plateau	V800 830	Short Course Cut-Off
5	166	Top of gulley	V788 832	Timing Point
6	167	Cathair mountain	V792 838	Timing Point
7	168	Corrán Tuathail	V803 844	Timing Point
8	169	Binn Chaorach	V801 852	Timing Point
9	170	Cnoc Brinea	V810 857	Timing Point
10	171	Hag's Tooth	V815 854	Transition to Abseil
11	172	Ford	V821 854	Transition to MTB
F	Finish	Dunloe Golf Course	V887 900	Finish
	180	Top of Devil's Ladder	V806 836	Timing Point (Short course only)