

Registration Details

Pre-Registration Required
Registration Fee is €30

Please return the completed registration form with fee to:

Jerry Lalor, "Shangort", Tavnaghmore,
Corofin, Co. Galway H54KH24

By Tuesday 14th of August.

Cheques to be made payable to
Galway Walking Club

Registration Form
Full Marathon / Half Marathon

Name:

Address:

Email:

Mobile No.:

Emergency Name:

& Contact No.:

Please mark the correct walk

Full Marathon

Half Marathon

How did you hear about this marathon?
.....
.....

Signed:

Date:

Souvenir Medal for all participants



Marathon Co-ordinator
Jerry Lalor - 087-2153689
Email: jerrylalor@gmail.com

Chairperson, Galway Walking Club
Tom O'Connor - 087-2507482
PRO, Galway Walking Club Marathon
Ellen Looby - 087-9291329
ellen.looby@loobyonline.com

Galway Tourist Office
Forster Street, Galway
091-537700

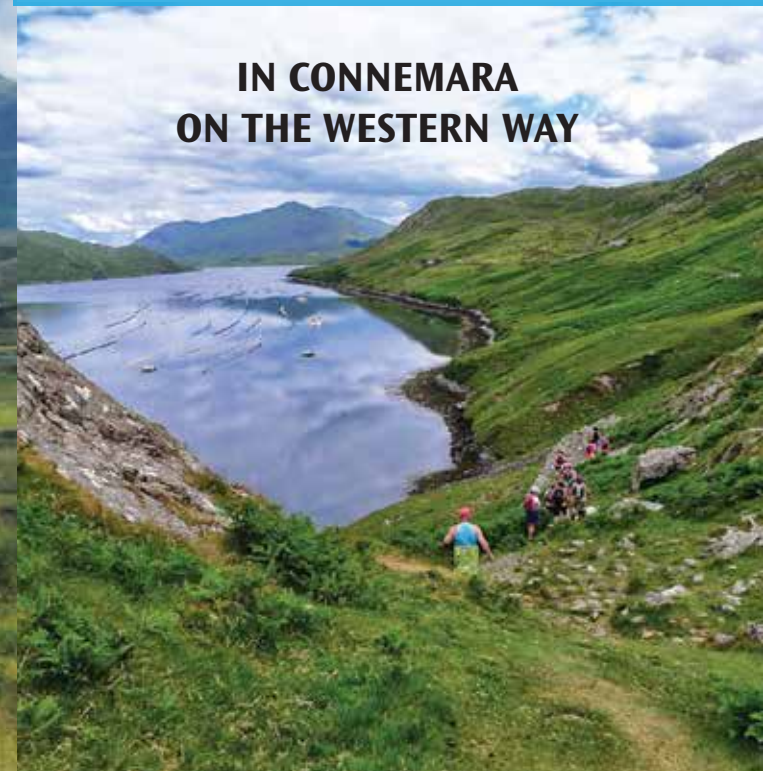
For further information on the marathon please
contact the marathon organizers or see
<http://galwaywalkingclub.wordpress.com/>



Galway Walking Club

22nd Annual Marathon & Half Marathon

IN CONNEMARA ON THE WESTERN WAY



SATURDAY 18th AUGUST, 2018

Club Website:
galwaywalkingclub.wordpress.com
galwaywalkingclub@gmail.com

>> STAGE 1

Checkpoint 1 is at Killary Youth Hostel (L770650 - 5 miles from the start). From there the route heads roughly east-ward along the southern and very scenic shore of Killary Harbour until the main Leenane to Kylemore Road (N59) and turn left. This is a busy road, care must be taken, groups of 20 walkers should walk on the LEFT and smaller groups should walk in single file on the RIGHT.

>> STAGE 2

Checkpoint 2 is in a small quarry just around the first bend near the Bunowen River (L822607, approximately 10 miles from the start). From here the general direction is south along the Western Way.

>> STAGE 3

Checkpoint 3 will be near the Tooreenacoona River. The Half Marathon begins here (L824572 - 13 miles from the start). To the west rise the Twelve Bens range with Benbaun (Binn Bán), the highest mountain in Co. Galway, being its tallest peak (729 meters). On your left (east) is the Maunturk range with Letterbreckaun or Binn Briochán being the most prominent peak from this viewpoint although not the highest (667 meters).

>> STAGE 4

Checkpoint 4 is at Illion (An Uileann) L85934 - 17 miles - where the Western Way rejoins the paved road. Travel south along the road to get to the next stop.

>> STAGE 5

Checkpoint 5 is at the car park west of Máuméan Pass (Mám Éan). (L892495 - 20 miles approx). This is the highest point of the walk with an initial steady climb to the mountain chapel at a height of 259 meters.

>> STAGE 6

Checkpoint 6 is located where the track from Máuméan meets the road. (L922519 - 22 miles approximately).

The last section starts with a steep uphill road walk. Aill na gCat is the steep cliff face to the north. Turn right after approximately one and half miles at An Chorr (L935532 - 24 miles approx) and head south east until the main R236 is reached.

A Gardá (Police) Station with tower, school and football pitch mark the junction. The Marathon Route turns right (south) along the main R336 road to return to the finish at the Community Centre where all participants must Check-In.

GENERAL INFORMATION

Pre-registration for both the Full and Half Marathon is required and the fee of €30 applies to both options.

Registered participants can collect their numbers from the Community Centre, Maum Bridge at the following times:

Full Marathon: Between 7 and 7.55 a.m.

Half Marathon: Between 8.30 and 9.25 a.m.

Walkers will be taken by bus to the start of the walk. The bus for the Full Marathon departs at 8.00 a.m. and the Half Marathon bus departs at 9.30 a.m.

All participants should bring a packed lunch and water and have walking boots and rainwear. Runners for the road sections is also an option.

For safety reasons please let those manning the nearest checkpoint know if you wish to drop out at any stage of the walk and transport will be arranged back to the centre to "Check In."

CHECKPOINT 5 WILL BE OUR CUT OFF, 5.00 P.M. SHARP

A meal will be provided for all participants at the Community Centre on return.

Refreshments and water provided at Checkpoints 2, 3, 4, 5 and 6.

NO DOGS ALLOWED