

Rathlin Run Course Terrain

Rathlin, which lies 6 miles off the coast of Ballycastle in Northern Ireland, represents a variety of topography and the route of the race will take participants through a series of steep climbing hills. The majority of the runs will be on tarmac roads but in parts this will alternate with dirt and gravel tracks.

Regular water stops are provided and mobile first-aiders will be on hand to offer assistance if required. Each run should only be attempted by those with a reasonable fitness level and who have already completed a similar distance elsewhere.

