

WILD
mAYO
300ULTRA



**RACE
BOOKLET**





Contact Details

RACE DIRECTOR: Pdraig Marrey - 087 7992857

ASSISTANT RACE DIRECTOR: Bryan Hyland - 086 1740860

RACE HOTEL: Clew Bay Hotel

Emergency Service Details

EMERGENCY AMBULANCE: 999 / 112

WEST DOC: 1850365000

AN GARDA (WESTPORT): 098 25555

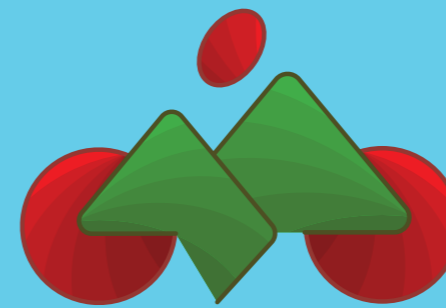
Categories

SOLO UNSUPPORTED

SOLO SUPPORTED

TEAM OF TWO (PAIR)

The Mayo Ultra events are supported by



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RACE MAP



Time Stations Locations

Time Station	Where	Distance	Townland	20km/h average	25km/h average	30km/h average
START	Clewbay Hotel	0	James St. Westport	00:00:00	00:00:00	00:00:00
1	Marian institute. Left hand side	19.4k	Furance	00:58:12	00:46:33	00:38:48
2	Hiney's Londis right hand side	53.1k	Crossmolina	02:39:17	02:07:26	01:46:11
3	Ceide Fields, vistors centre	82.9k	Ceide Fields	04:08:42	03:18:57	02:45:47
4	Spar shop left hand side	121.1k	Barnatra	06:03:18	04:50:38	04:02:12
6	SuperValue shop right hand side <i>After bridge must sign in at Achill Sound</i>	187.7k	Achill Sound	08:13:00	06:34:00	05:29:00
7	Minaun Heights Mast, Highest point of event at 413m TB	212.8k	Minaun Heights TB	10:38:24	08:30:43	07:05:36
8	Turn around arrow	235.5k	Keem Beach TB	11:46:30	09:25:12	07:51:00
9	Centra shop left hand side	288k	Newport	14:24:00	11:31:12	09:36:01
10	Timing finished at top of Minister Hill (Tennis court right handside), relax and cycle easy and safely to finish line	300k	Westport	15:00:00	12:00:00	10:00:00
11	Finish at the Clewbay Hotels left hand side	301.3k	James St. Westport	15:03:54	12:03:07	10:02:36



The chart shown above has "Time in Transit" values according to various average speeds; this will be useful for planning rest periods and for spectators etc. Add in time in hrs:mins to your departure time to give you an estimated arrival time at each check in station.

- All riders *except un-supported* are required to log there details (arrival time and name) at each of the 11 check points listed above.
- Some of these check points will be manned and your race crew must notify the race personnel on duty of your arrival time.
- Any un-manned checkpoints will require crew to text in your location and time details to the race organisation on the number provided below.
- Failure to log your time at the checkpoint will result in a time penalty.
- You log your time in the following format (Name, Location i.e., Station 12)
- The route is not wayward marked
- The primary source of navigation is the race route book
- GPS files are available.

TEXT:

Team/Rider name
check point number
time of arrival
to 087 7992857 by SMS

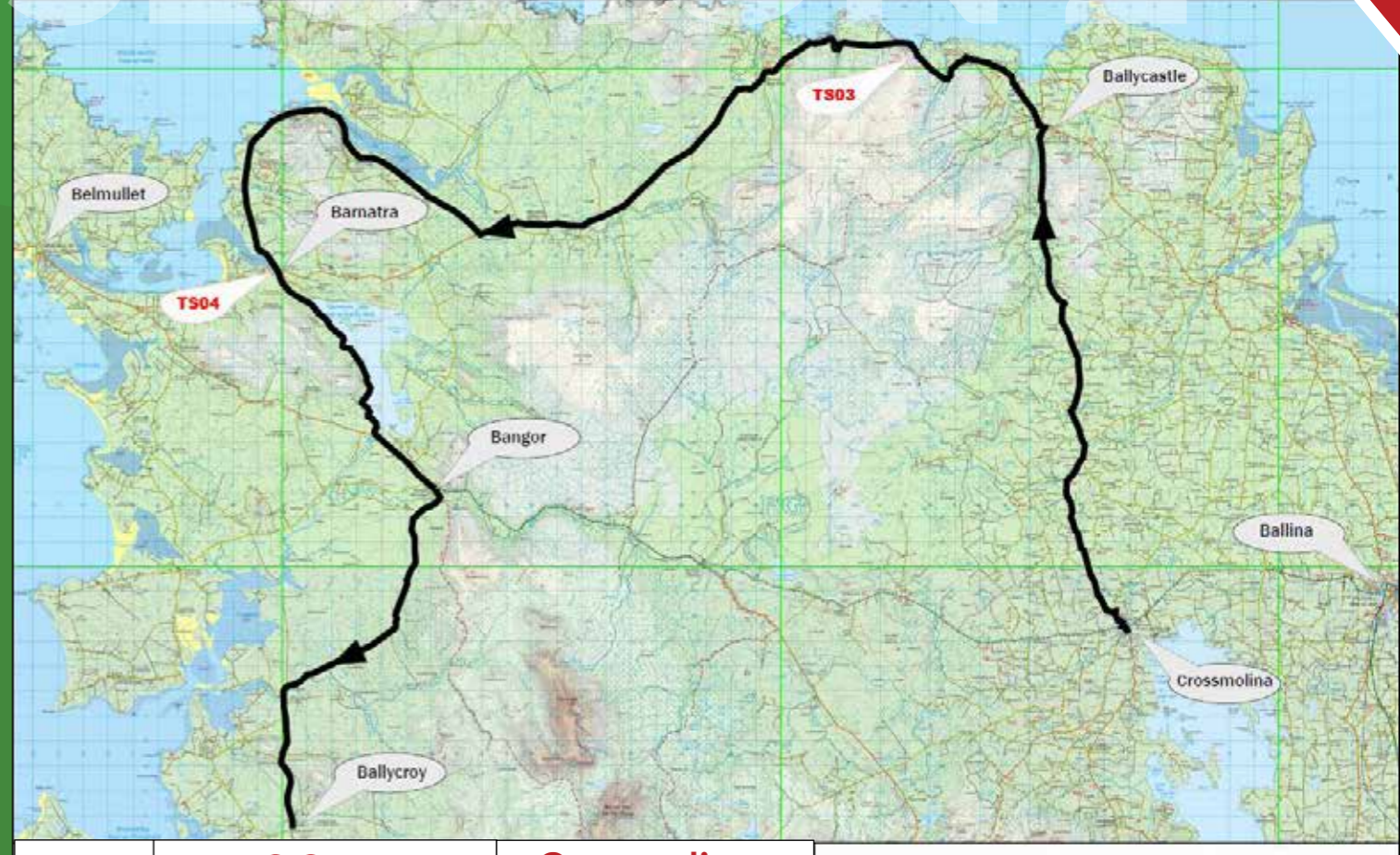


SECTION 1

SECTION 2



	<p>300ULTRA SECTION 1</p>	<p>Westport - Crossmolina 0 - 53K</p>	
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	<p>300ULTRA SECTION 2</p>	<p>Crossmolina - Ballycroy 53 - 150K</p>	
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SECTION 3



 **300Ultra**
SECTION 3

Ballycroy - Westport
150 - 300K



distance in km 150 180 200 220 240 260 280 300
drag to zoom in



Route Directions

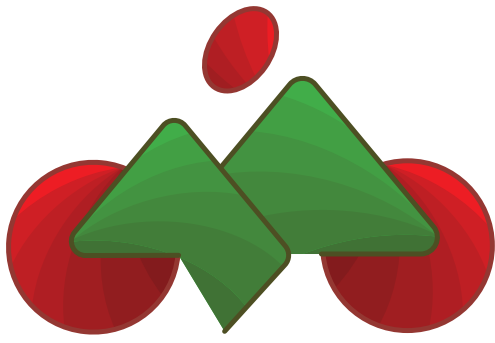
Ref.	Type	Direction	Distance (km) From Start	Description	Notes	Check-in
1	Start	Start of route at The Clewbay Hotel	0			
2	Right	Turn right	15.83			
3	Right	Turn right over bridge	18.6	Over Bridge		
4	Straight	Past Marine Institute	19.5			Check-in Station
5	Left	Turn left	20.3			
6			34.4	Descent	CAUTION DANGEROUS DESCENT	
7	Straight	Continue straight	38.82	Keenagh Cross	CAUTION DANGEROUS JUNCTION	
8	Right	Turn right	43.66			
9	Left	Turn left onto R316	45.29			
10	Left	Slight left onto R315	49.02			
11	Right	Turn right onto Church St/R315	53.11	Crossmolina		Check-in Station. Hiney's Londis right hand side
12	Left	Turn left to stay on R315	53.89			
13	Left	Turn left onto R314	75.03	Ballycastle		
14	Straight	Ceide Fields visitor Centre	82.9			Check-in station Ceide Fields
15	Right	Turn right onto L1202	103.83	Bellanaboy		
16	Straight	Continue L1202 to Bangor	121.17	Barnatra	Dangerous junction	
17	Left	Turn left onto R313	129.92			
18	Right	Turn right onto N59	133.15	Bangor Erris		
19	Left	Keep Left	164.3	Mulranny		
20	Right	Turn right	164.47			

Route Directions

Ref.	Type	Direction	Distance (km) From Start	Description	Notes	Check-in
21	Right	Turn right	176.32			
22	Left	Turn left	184.86			
23	Left	Turn left onto R319 Destination Achill	185.43			
24	Left	Turn left onto L1405 Wild Atlantic Drive	188.66	Achill		
25	Left	Turn left	202.34			
26	Straight	Straight across the junction	204.98			
27	Left	Turn left up Minaun Heights	209.9	Minaun Heights TB	CAUTION DANGEROUS DESCENT	Check-in station. Minaun Heights Mast, Highest point of event at 413m TB
28	Left	Turn left onto Mweelin	215.69			
29	Left	Turn left onto R319 Destination Keem	217.25			
30	U-turn	Keem Beach turn around point (TB)	235.5	Keem Beach TB	CAUTION DANGEROUS DESCENT	U-turn
31		Newport main street	288			Check-in. Centra shop left hand side
32	Straight	At roundabout, take exit 2 onto Newport Road, N59	299.4			
33	Straight	Timing over, NEUTRAL to finish	300			
34	Straight	Through lights onto the Mall	300.81	Westport		
35	Straight	Straight through junction along the mall	300.93			
36	Right	Turn right	301.18			
37	Right	Turn right onto Mill St R330	301.2			
38	End	End of route Clewbay Hotel right handside	301.5	Westport	Finish	You are an Ultra Finisher

IMPORTANT NIGHT TIME NOTICE

- Night hours between 7pm and 7am please have appropriate lights and wear high viz.
- Crew must wear high viz also during these hrs.
- Deviations may be in place and are there for rider safety. Please adhere to the rules of the event.



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