

HARDMAN HALF

1.9K SWIM - 90K BIKE - 21K RUN

Waterville

kms	Landmarks	Instructions	Points to note
0	Start point at transition	Go right	Heed stewards
0.7	Bridge at end of village	Straight on	
2.2	Bridge, sharp right, begin climb	Straight on	
3.7	Church on right, Gaelteacht	Straight on	
7.1	Top of Coomaciste	Straight on	Beware on descent
8.1	Scarriff Inn on right	Straight on	
9.1	Sharp right, yellow arrows	Straight on	
11.8	Caherdaniel, sign on left	Straight on	
12.5	Hostel	Straight on	
14.4	Derrynane hotel on right	Straight on	
14.7	Carrolls cove on right	Straight on	
18.2	Bridge	Straight on	
18.6	Church on left	Straight on	
18.7	Shop on right	Straight on	
26.5	Start descent to Sneem	Straight on	
31.3	Bridge	Straight on	
32.2	Toilets on left	Straight on	Enjoy!
32.3	Bridge Straight on		
32.4	Village green	Go left	Towards Molls Gap/Killarney
43.6	Blackwater bridge	Straight on	
44.5	Glencar sign on left	Go left	Turn off main road here
46.3	Bridge	Veer right	
48.4	New surface, 200m	Straight on	
49.3	Rougher surface 200m	Straight on	
50.8	Slight descent, 200m	Straight on	
51	Begin ascent of Ballaghbeama	Straight on	Be very careful, very steep descent.
52.3	Top of Ballaghbeama	Straight on	
53.1	End of very steep descent	Straight on	
53.9	Begin s-bends	Straight on	
56.6	Y-junction, veer right	Straight on	
57.5	Left towards Brida valley	Straight on	

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58.6	Small schoolhouse on right	Straight on	
60.2	Bridge, food stop	Go left	Fill up!
62.4	Hairpin bridge over river	Straight on	
63.1	Road opens, view of summit	Straight on	
63.9	Humpback bridge	Straight on	
64.6	Steel bridge	Straight on	
64.9	Bottom of climb	Straight on	
66.4	Top of Ballaghisheen	Straight on	Be extremely careful, very steep descent.
69.6	End of descent	Straight on	
70	Stone bridge	Straight on	
71.6	Humpback bridge	Go left	
74.3	Grotto on left	Straight on	Stop if you feel it will help.
74.4	Bridge	Straight on	
75.7	Bridge	Straight on	
76.5	School on left	Straight on	
76.6	Crossroads	Straight on	
84.1	Bumpy for 50m	Straight on	
85.9	New Chapel Cross	Straight on	
87.7	Waterville sign	Straight on	
88.5	End of cycle	Turn right	Heed stewards.