**The Glenmore Challenge Running Festival 2025**

Get ready for an exciting experience at "The Glenmore Challenge" — it's bigger and better than ever!

**THE ULTIMATE RUNNING CHALLENGE**!!

**Choose Your Challenge:**

* 5K [Route map](https://postimg.cc/gXHKHQ50)
* 10K [Route map](https://i.postimg.cc/L52LzCHr/10km-2025.png)
* 10 Mile [Route map](https://i.postimg.cc/4dT9gLhm/10mile-2025.png)
* Half Marathon [Route map](https://i.postimg.cc/WzCYpcmM/Half-Marathon-2024.png)
* Marathon [Route map](https://i.postimg.cc/X7ZyzMB4/Full-Marathon-Route.png)

All races will take you through the stunning, unspoiled valley of Glenmore, nestled in the heart of the Cooley Peninsula, known as the land of the Táin Legend. The Half/Full Marathon routes provide breathtaking views overlooking Omeath, Carlingford Lough and the magnificent Mourne Mountains!

Expect fantastic camaraderie and a well-supported environment across all distances!

***5k route is FAST & FLAT !! earn yourself a new PB!!***

**Event Highlights:**

* **Unique Medals for All Finishers**: Celebrate your achievement with a special medal awarded to every participant.
* **Cash Prizes: 1st Male/Female in all events.**
* **Age Category Prizes**:1st O40 / O50 / O60 Male/Female in **10M EVENT ONLY**
* **Event T-Shirts Available:** Don’t miss out on purchasing a memorable event T-shirt!
* **Diverse Distances:** Challenge yourself with different distances yearly for a new adventure.
* **Amazing Support:** Feel the community spirit as volunteers, supporters, and fellow runners cheer you on throughout the race.
* **Celebrate your achievement*:*** Enjoy a BBQ, and savour a refreshing beer at the finish line!

**What You Need to Know:**

* **Start Times**: The Marathon kicks off at 9:00 AM, while all other races begin at 10:00 AM.
* **Transportation to Start Line:** 5K runners will be transported to their starting point. Buses depart promptly at 9:30 AM from the church beside Mullaghbouy Community Centre.
* **5K:** Opened to walkers as well. 5k participants must be aged 13yrs and over
* **Parking Available:** Ample parking is provided at Mullaghbouy Community Centre for participants and supporters.
* **Race Pack Collection:** Pick up your race packs on race day starting at 8:00 AM at Mullaghbouy Community Centre.
* **Hydration Stations**: Stay energized. We encourage runners to be **self-sufficient** with their hydration to reduce waste however there will be strategically placed hydration stations along each course.

**Participation Requirements:**

* **Registration Confirmation:** Have your registration confirmation ready for easy check-in and number collection.
* **Age Requirements:** Participants must meet the specified age requirements.
* **Health Considerations**: We recommend a health check-up before taking on longer distances.
* **Marathon cut off finishing time is 6.5 hours**

**As always, The Maria Goretti Foundation is our nominated charity.** **