



Ladies and Gentlemen

This is the description of the Routes of the Waterford Viking Marathon

We Start in the picturesque Viking triangle full of history from the Bishop's Palace to Waterford Crystal and the home of the Irish tricolour at 9.00 (Walkers and wheelchair at 8.30 a.m.)

We put our toe to the at Traffic lights at junction of Parnell Street and the Mall (Red Arrow)

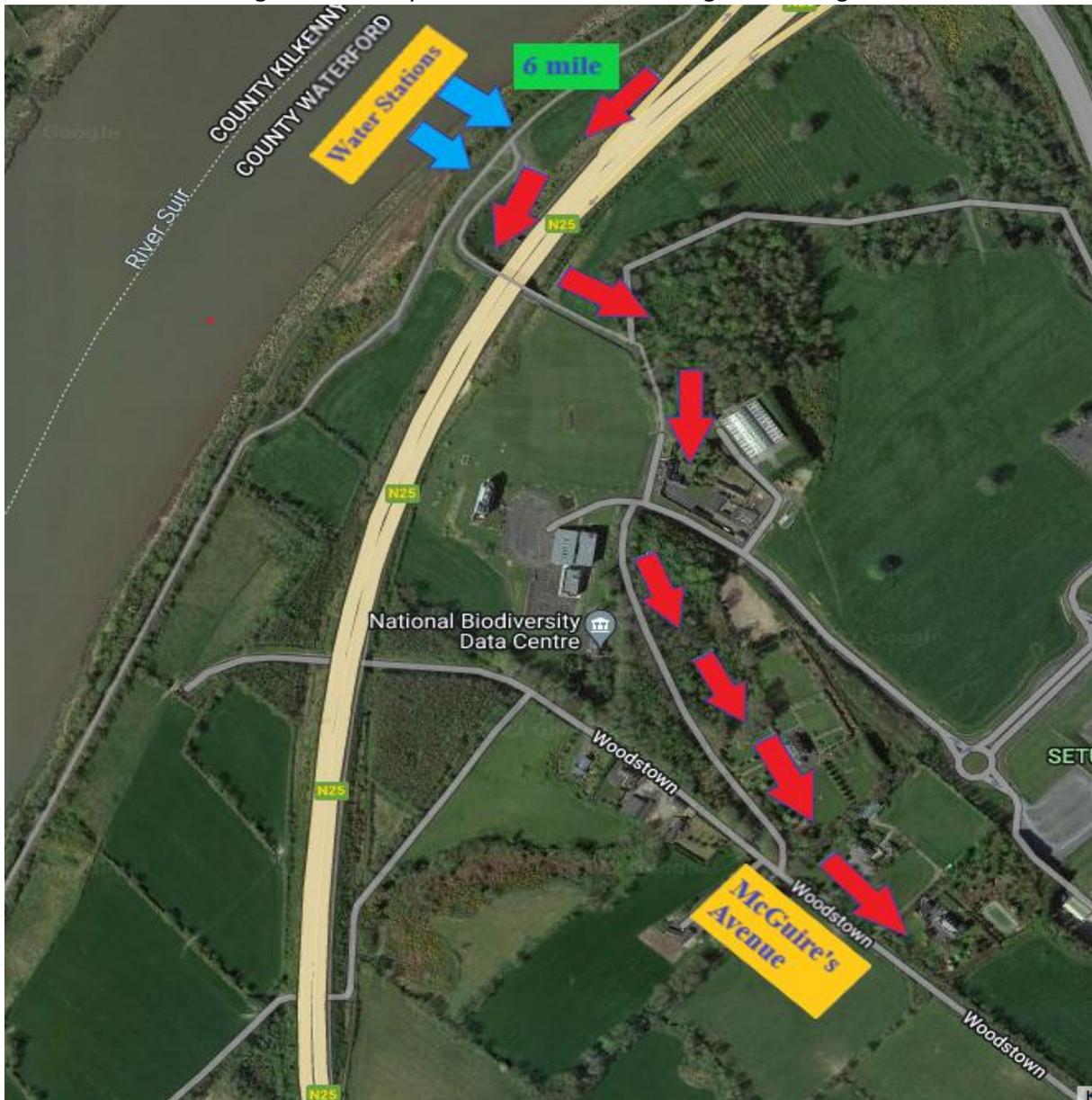


Down Parnell Street turn right at John's Street and left at Waterside back onto Catherine Street and onto The Mall. Then run along The Quay past the Clock Tower a bit early to be looking at the time. (1 Mile)

Then onwards frantically towards you will be warmed up by now no need for a dip as you cross over the Edmund Rice Bridge and into South Kilkenny and the home of the cats you will be purring at this stage. Passing Plunkett Station and out to the Newrath Roundabout ([Water Station No. 1](#)).

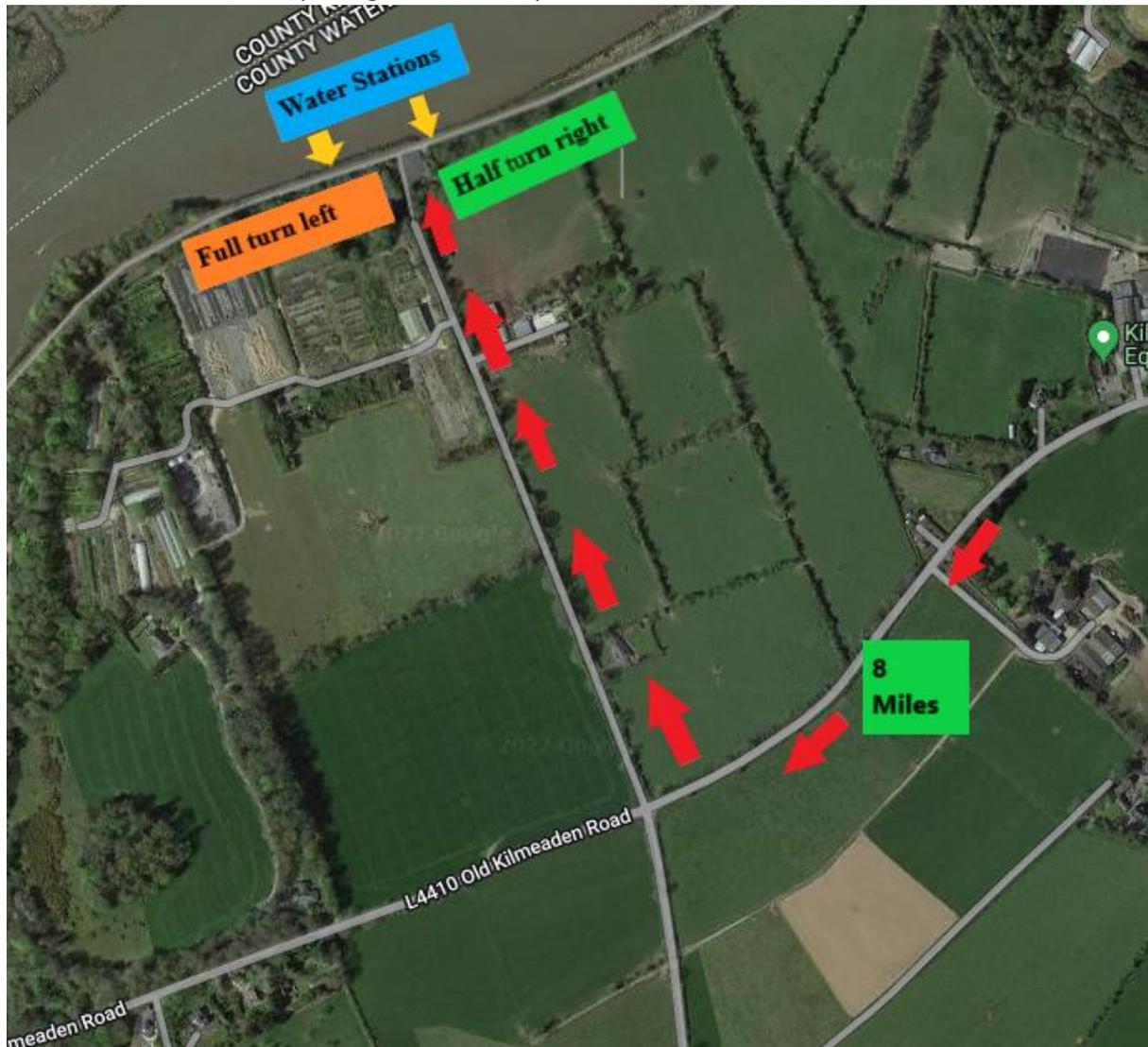
Then onto the Granny Roundabout (**3 Miles completed now**) and as you slide down onto the N25 towards the Toll Plaza No need for your Two euros today. Through the Plaza at (**4 Miles**) and heading towards the greenway slip on to it as directed .

This is where the **Quarter Marathoners turn left** and head back towards the city the rest will head towards the 5 mile mark. As we canter along we reach the Carriganore Junction (Water Station 2 + ) at (**6 miles**). You will be directed up over the Flyover of the N25 and across in front of the RTE building and across by Arc Labs and out the rear gate of Carriganore



and on to McGuire Avenue swinging left towards the Old Kilmeaden Road (**7 Miles**). Then past the Lovely Greenway Hotel no stopping for Breakfast Blaa and then on past the Kilotteran equestrian no need for horsepower here you will be galloping up the hill towards Kilotteran Cross (**8 Miles**). Then turn right down the hill to The Greenway now with the speed up to the bottom of the Hill (**The Kilns**)

(Water Station 3) where we lose the HALF MARATHONERS they turn Right. and head back towards the city along the Greenway.



The warriors turn left at the kilns and head past the most scenic part of the marathon as you run along the Suir and Mount Congrieve Gardens (9 Miles) is on your left you will get lost in Beauty that surrounds you. Then you will tracking your run as the Kilmeaden train comes against cheering you on towards the Train Station and you feel the breeze coming from the South West. In to the Train Station and across the Platform (10.5 Miles) please give way to runners coming against you at the Platform please or run in single file allowing the faster runners to pass.

Out of the train Station and as you run out past Frank Murphy's Hurley Maker ( He has a few spare Hurley's this year after the early exit out of the Championship ). Then on past the Fairbrook House no time for tea. Then onwards towards the under pass of the N25 where you will get a bit of relief from the sun hopefully (13.1 Miles) and halfway there and then onto Ballyduff Lower GAA club where you will get a warmest of cheers and onwards till we meet the turnaround point at QK meats at Carroll's Cross (15 Miles) there will no traffic jams here today as you turn and now with the prevailing wind in your back you will fly home it is not the time for Red Bull the only red bull you will see out here is in a field. Enough now as

you will stride all the way back glad to see the under pass and the Train station. Then as you meander along the Greenway as you pass Mount Congrieve just look at the River Suir in all its splendour and the edge of Waterford City getting closer and closer. Then you get to Carriganore junction and the bridge is now looming large in front of you and as the railway tracks on your left pulls you towards the finish line then you see the under the road and on up the hill where you see the Southlink Bridge on your left .Then you can freewheel down towards the finish past the Water Gate's and onto Bilberry past the old Waterford Stanley site and onto the towards the Bilberry Rock where the goats reside . In the distance you will see the Edmund Rice Bridge draw you to the Finish and as you round the bend towards the finish with the backdrop of the Bridge on your back you will have completed the 10<sup>th</sup> Waterford Viking marathon and you can cherish the memories that this wonderful City will give you.

P.S.

As with all courses there has to be a health warning that the Local Authority, the Gardaí or other state agency may ask us to alter the route but as of today this is the agreed route. This route has been measured by an A.I.M.S measurer and is correct at the time of posting. Also it is advised that you are well hydrated as this marathon tending to be on the warm side and while there is plenty of Water Stations on the course and it will vital for you to drink plenty before, during, and after the race which ever one you do.

Hope you have a fantastic Run and that you enjoy Our Beautiful Historic City.

Joe Cawley

Race Director

Waterford Viking Marathon