

Seven Sisters Skyline

Saturday 20th Sept 2025

Dunlewey, Co.Donegal



SKYRUNNER®
UK • IRELAND SERIES

RACE BRIEF.

The event is based in the Dunlewey, Co. Donegal.

Registration and the finish line are located at Dunlewey Hall in the Village, beside Roarty's shop (55.030253, -8.141360).

Registration:

Located at Dunlewey Hall (55.030253, -8.141360). This is where registration, kit check, distribution of GPS trackers (timing), T-shirts etc will take place.

Parking:

Parking for competitors and spectators is in the designated parking areas only. The local community are incredibly supportive of the event and will assist with parking and other aspects of the event over the weekend.

Leave No Trace.

Please be respectful of the Dunlewey community / area; and of our wonderful mountains !

Event Format:

Friday 19th Sept 2025.

15.00 - 20.00 Seven Sisters **registration opens.**

- You **must register yourself**, a friend can't register for you.
- Your GPS tracker needs to be attached to your racepack, **and you must sign the Waiver.**
- **The Waiver states that participants acknowledge that there is an inherit risk of injury that could arise from the activity they are agreeing to participate in. Participants are fit and healthy to participate and for those that have any previous or current medical conditions they must confirm that their GP / Specialist has confirmed that they are able to participate.**

20.30 - Registration closes

Saturday 21st Sept.

06.05 - 55k Participants to be assembled for race.

06.15 – 55k Seven Sisters Skyline RACE START.

06.50 - 30k participants board buses in Dunlewey Centre - Inish Cois Locha (800m on road downhill from Village)

08.15 - 30k Race Start

- **30k** RACE START (Miners Path)

09.20 - 16k participants board bus in Dunlewey Centre - Inish Cois Locha (800m on road downhill from village)

10.00 - 16k RACE START (Altan Track)

11.15 – 20.15 Finish Line Open

ALL ROUTES ARE FULLY MARKED

Routes - **GPX Files**

55k - <https://connect.garmin.com/modern/course/104712196>

30k - <https://connect.garmin.com/modern/course/104698709>

16k - <https://connect.garmin.com/modern/course/307092300>

The Route:

55k

The Skyline covers 55km and 4000m of ascent across the Derryveagh Mountains. On the outward leg competitors will ascend six peaks; Mackoght 555m, Aghla Mór (584m), Aghla Bheag South 602m, Aghla Bheag North 564m, Leargacha 470m and Muckish 666m.

The race will descend the Miners Path on Muckish to the turn-around point. After returning to the summit of Muckish you will then descend to the grotto check point and proceed to cover the remaining Seven Sisters with Errigal being the final ascent before the finish in Dunlewey.

The **route is fully marked**. Some scrambling is required on the ascent of Muckish on the outward leg and on the climb of Errigals' North face.

When you descend Mackoght (Little Errigal), you turn right and go towards the back of Errigal to the North Face.

The timed checkpoints will be strictly enforced.

Recommended to carry 1.5 litres water ...

30k

The 30k starts on the Miners Path side of Muckish (railway line), and crosses all the summits to Errigal. You ascend Errigal the Normal Route to the top, and descend the normal route to Errigal Car Park, and finish in Dunlewey Village.

16k

The 16k starts at Altan Track adjacent to the main road. You proceed on the track down to Altan Castle, around the Castle and back up the track (30k route) taking in Mackoght and Errigal, and finishing in Dunlewey.

Poles are allowed for the event but **are excluded on the climbs of Muckish, and the starts.**

CAUTION ON ERRIGAL !

When descending Errigal on all events, be VERY CAREFUL as there are now stone steps, and they are dangerous. Be cautious here, and take your time. It's easy to lose your concentration when fatigued on the steps !

All events now descend Errigal to the Car Park, and proceed down the road for 1k to the Dunlewey viewing point. BE VERY CAREFUL ON THIS ROAD SECTION - AT CAR PARK YOU CROSS THE ROAD AND PROCEED ON LEFT HAND SIDE TO VIEWING POINT.

Event Tracking:

All athletes will have live GPS trackers, and allows staff and spectators to monitor competitors. The links will be shared race week.

Any adjustments we will make at registration.

Spectators will be able to spectate anywhere on the route including the mountains.

Checkpoints:

Participants will be self-sufficient and carry all the supplies they need.

There will be checkpoints/aid stations on the route where competitors can avail of water, coke and emergency food if needed- bars/bananas etc.

AID STATIONS at:

23k, 31k, and 43k & 50k - 55k event.

6k, 18k, 25k - 30k event.

5k & 10k - 16k event.

Timed Checkpoints will be set up so that competitors will have to get to in order to proceed within **pre - determined time limits**.

The following cut-off checkpoints apply for the 55k.

- Muckish mountain (Grotto) **23k at 11.00 am**
- Muckish mountain (Grotto) return leg at **31k at 1.15pm.**
- Mackoght checkpoint at **5.15pm.** Failure to do so means you will be redirected on the **Shortcourse**, and not allowed to do the Errigal section (follow course straight to Dunlewey).

Cut offs will be strictly enforced as competitors will not finish the course in the time allocated. Runners will be retired by event staff if they appear to be in trouble or have no realistic chance of finishing before the Course Closure Time at 14hrs.

Mandatory Kit:

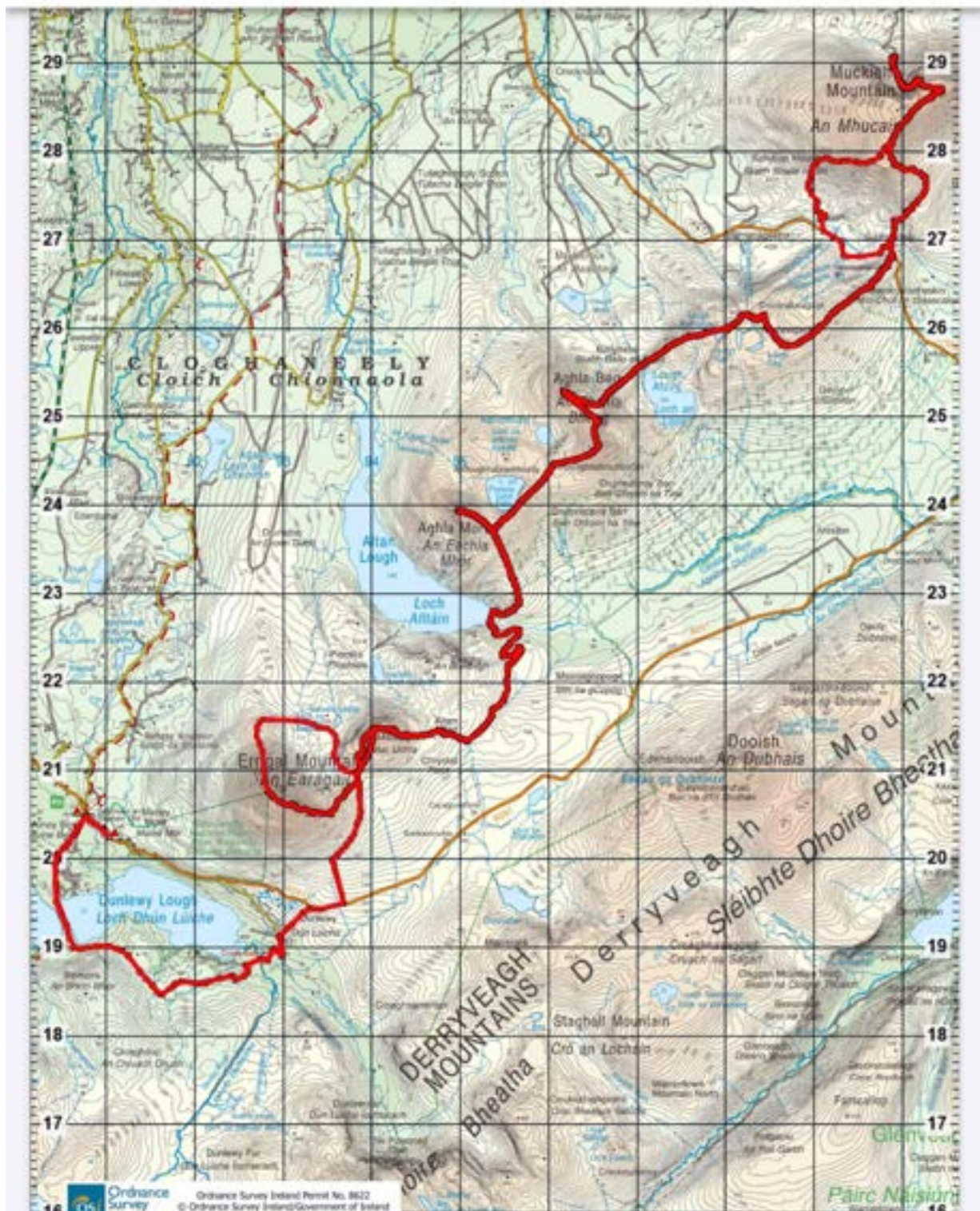
Required by all competitors at all times during the event:

1. Pack destined to transport obligatory equipment throughout the race.
2. Mobile/cell phone with international roaming allowing for its use in Ireland (load into its memory the organisation's security numbers, keep the phone on, don't mask your number and don't forget to leave with the battery fully charged)
3. GPS tracker issued by race organisers.
4. Supply of water / drinks of 1 litre minimum
5. Survival blanket (foil blanket) of 1.40m x 2m minimum
6. Whistle
7. Self adhesive elasticated bandage which can serve as a bandage or strapping (minimum 100 cm x 6 cm)
8. Food reserve for entire event.

9. **Jacket with hood** which will withstand bad weather in the mountains and made with a **waterproof* and breathable**** membrane (eg. Outdry)
*minimum recommended 10 000 Schmerber
10. Long-legged trousers or race leggings OR a combination of leggings and socks which cover the legs completely - to keep you warm.
11. Cap or bandana or Buff, or Hat.
12. Additional warm second layer : a warm second layer top with long sleeves (cotton excluded) of a weight of a minimum of 180g (men's size medium (M)) OR the combination of a warm long sleeved underwear (first or second layer, cotton exclude) of a minimum weight of 110g (men's size medium (M)) and a durable water repellent (DWR protection) windproof jacket*
*the wind-proof jacket does not replace the obligatory waterproof jacket, and vice versa

NB: Kit will be checked at registration and on the morning of the event. If you are found to be missing required kit, you will not be able to start the race.

Seven Sisters Team.



30k Route. The

