

Denis Rankin Round

15th June 2014



The What...

On the 3rd June BARF laid down a new mountain challenge, the Denis Rankin Round. A mountain challenge connecting each summit in the Mourne Mountains over 400 metres. As a rule of thumb each top included has at least 30 metres ascent and descent from neighbours, but this still leaves 39 summits and 24 hours to visit them. A fitting memorial to a pioneer of Irish long distance fell running.

The When...

Our challenge began with an email entitled "Mourne 500 upgrade to Rankin Round!" Some tentative talk of putting a group together for a day out on the Mourne 500 had now been high-jacked. The seed was planted and talk only brought more enthusiasm. The first recce was planned for the 8th June. This would focus on the western peaks where our route choice needed the most attention. Updates on the recce did nothing, but increase the itchy feet. Then the sudden appearance of a stable 'blocking' high made the 14th/15th June a real possibility. Having waited for 6 weeks to get the necessary weather for our Wicklow Round attempt in 2012 we all knew how important the weather is to any 'round'. If you can get it, go for it. We set our sights on Saturday 14th June.

The How...

With the date set people checked their availability. In the end three were confirmed for the start line. This led to the furious exchange of electronic questions; schedules, terrain insight, kit ideas, & support possibilities. All needed to be tackled. We had the timing and route from the BARF recce. The most immediate questions were the start time and the direction. We settled on clockwise as this was the direction Billy had covered Leg 4 in the recce. In these challenges the minute you take out the map you're losing time. Familiarity with the route is a massive advantage. Going clockwise also provided the security of the 'Wall' on the final peaks, which might be needed should we be finishing in the dark. The start time was a real quandary. The BARF team covered the course in 23 hours 15 mins, but this included frigid weather, plenty of mist and many hours of darkness. We drew up a rough schedule using a crude application of Naismith's Rule. Using this we settled on a 2am start. This would mean climbing Donard in the dark, but should maximise our daylight. Silent Valley would be shut, but going clockwise it would have been hard to hit the opening times. Less than 23 hours and we'd be finished before it got dark. 22 hours 30 mins was the theoretical target, but just finishing was the overarching goal.



The Story...

A major part of any Round is the weather watch and so it was we kept keen eyes in the various models; Met Éireann, the Met Office, ECMWF, Accuweather, and anything else that looked promising. The Met Office gave us predictions specific to individual mountains, while cloud base forecasts helped track any potential mist. Friday arrived and the forecast pointed to 12 hours of mist hanging around Annalong Valley and Eagle Mtn/Finlieve. Clicking between the various sites we eventually made the call. Sunday looked better, so we postponed by 24 hours. This gave us some extra time that was easily filled with more planning. More support was lined up in case it was needed and the route was mapped out with all possible water sources marked.

Sunday Morning... Cometh the hour...

02:00 - Start @ Donard Car Park: 1:55am standing in the car park, curious revellers and fascinated police officers look on as we start taking selfies by the arch. Questions are flying, but the one everyone wants to ask is "Are we prepared for this?" Either way the clock struck two and three brave souls were committed.

Runners: Ricahrd Nunan, Billy Reed & Greg Byrne

Photos: Greg Byrne, Richard Nunan, Taryn McCoy & Jim Brown



03:05 @ Donard Summit: Plan A was to walk the ups and see how we moved over the first few peaks. Walking means the shortest route is the quickest, and so we found ourselves heading up the Black Stairs by head torch. Looking back Newcastle provided a great sight, but as we passed 700 m elevation the mist decided to join us. Reaching the top it was clear to us that it was a damp mist. Getting cold we pushed on, taking shelter from the wind behind the wall.

03:38 @ Chimney Mountain: Descending from Donard we made it to the stile below Donard just in time to see Chimney emerge from the mist. With it's summit in view we struck out on the direct route, ignoring any potentially faster trail. After a short trot over the peat hags we emerged on the main trail and got to enjoy some amazing views in the morning twilight. One of the benefits of the taking the eastern route is the full glory of the sunrise.



04:04 @ Rocky Mountain: Coming off Chimney we took a bearing as Rocky stayed in the mist. We chose to stay high, but taking advantage of random sheep tracks we stayed too high. Luckily the mist lifted off Rocky early enough into our traverse allowing us to hit the wall in the optimum location. At this point the rules were resonating, "no running the top of the wall", so over we went and followed the trail to the top of Rocky.

Below Commedagh we took the chance to fill our bottles before settling into a steady hike up Slieve Beg. At this point we were already in the habit of eating on the climbs. At the top we're back into the thick of the mist and hit by our first conundrum, which peak? No cairn and no visibility meant we visited all the possible candidates for the highest point.

04:45 @ Cove Mtn: Still immersed in the mist we climbed Cove and located the cairn without any trouble. Just as we moved off the mist cleared to give us a very brief glimpse of Binnian. So off we trotted straight for Binnian. Ooops. We ended up in a gulley south of the summit. We caught the mistake before we'd lost much height, but this recovery involved a slow traverse over a small boulder field. The rough ground and lost time was tortuous so early in the challenge.

05:33 @ Slievelamagan: Back on track we made steady progress and reached the summit with a quick hike, resisting the temptation to run and make up time. Still in the mist we made it to the cairn and moved on to a second small summit before turning right to try and avoid the worst of the bolder field on the main trail. Descending from the mist to see Binnian standing majestically free of mist.





06:07 @ Sieve Binnian North Torr: The climb up Binnian was invigorating. The fact that we had left the mist increased hopes for further success. A good walking track also meant for steady progress and we hit the North Torr in what felt like a short time. From the North Torr we quickly rejoined the path and made our way to the South Torr.

06:23 @ Slieve Binnian South Torr: Normally the traverse between the Binnian Torrs makes for a great run, this time it was a great run/shuffle/hike/walk. Quickly making the summit we turned our attention to the precipitous descent to Wee Binnian. For all the endurance training, this descent really showed us how important it was to be comfortable moving quickly down steep ground. It also showed a strong weakness in our time estimates which took no account of the slow progress made on steep descents.

06:47 @ Wee Binnian: As we approached Wee Binnian a debate erupted over the description provided. As we approached the summit we tried to decipher which gulley was the required one. In the end it was obvious, but only

after we'd run over the top and followed the trail off the western edge. From here it was a steady run to the Silent Valley boundary fence.

07:10 @ Silent Valley Café (Leg Split: 05:10): We arrived a bit early for the Café, but it was water we were more interested in than afternoon tea. Jim Brown had offered a few suggestions on drinking water locations. A quick stop to refill our bottles, acknowledge that Leg 1 was complete and we set off in high spirits. This would definitely be a point for a support crew if the timing is right.

07:55 @ Slievenalough: We followed the new walking paths out onto the mountainside above the dam. We started along a track beside the wall which runs parallel to Slievenalough. Cresting a little climb we emerged onto a boggy plateau and after a brief consultation with the map we headed off on a frontal assault on the mountain. While not as direct as the route taken by BARF we still undertook some steep scrambling in knee to waist high growth, until we emerged on the path beside the wall to the summit. A good recce of this stretch could help save a few minutes and precious energy. Descending off Slievenalough followed a rough path in close to the wall. It was at this point that Richard fell behind having twisted his knee for a second time. Taking a few minutes he made the tough decision to pull out, but urged us to continue. Armed with the spare map we sent Ricahrd directly over Slieve Muck to Deer's Meadow where Gerry Kingston was meeting us.

08:52@ Doan: Down to two we moved along the wide track towards Doan. Underfoot the ground improved, but we still stuck to the plan; walk the ups and run the flats. Quickly Doan came into view. As we passed the lake we chose our line. We climbed to the left of some small crags and gradually moved into the centre of the west face where we hit a good trail. Trail found it was a quick climb and then we turned towards Ben Crom.





09:18 @ Ben Crom: Descending Doan we used the opportunity to do some trail spotting. We picked out a couple of options that looked like quick routes across the Bencrom river. In the end we dropped too low and were unable to hit anything resembling a trail as far as the river. We crossed just below a small rock falls and headed up what look like a cut in the slope ahead. This turned out to be an intermittent trail, kindly marked with small rocks and cairns. We quickly emerged onto the main trail and managed to run most of the climb to the views above Ben Crom Dam. Looking back it was now possible to see most of the mornings work, but with that done we turned to face the remainder of the challenge. Quickly we returned to the turn off for the river trail. Unable to locate a single cairn we simply crossed the boggy ground headed for the falls and river crossing. This gained us access to the river bank trail on the south bank. We followed this until we came to the contour path on Slieve Loughshannagh.

10:04 @ Carn: Contouring Slieve Loughshannagh we took the higher path and emerged at the stile below Carn Mountain. We now started the frantic efforts to get a call through to ensure Gerry knew we were coming. A nice, but often over looked advantage to reconnoitring a route is knowing where and when you have phone coverage. Instead we walked along with phones held high hoping to see the bars come flashing to life. In the end O2 obliged and we told Gerry we'd be arriving in 35 mins. One false summit and a good climb later to crossed over Carn and began dreaming of fresh socks.

10:22 @ Slieve Muck: The climb up Slieve Muck was a bit of a slog, but the appearance of fresh fell shoe prints provided a nice distraction. Possible Spelga Skyline recce's? The new conversation revolved around the classic Spelga route until we crossed the stile and turned right for the end of Leg 2.

10:35 @ Deers Meadow (Leg Split: 03:25): Half way down the face of Slieve Muck we started to worry. Not one of the vehicles in the car park looked familiar. What would we do if Gerry was delayed? Plough on, or wait? As quickly as emergency plans were being drawn up our worries disappeared and Gerry come driving down the road in perfect time. Richard was also in the car park and glad of his decision to pull out. Climbing Slieve Muck had not changed his knee's attitude to the day at all.

10:43 Leave Deers Meadow: On the descent off Slieve Muck we'd agreed the plan, start with eating and changing clothes, we'd give a shout on 5 mins and we'd pack the bags from there. In the end we ditched the head torches, got some food and liquid on board, changed into fresh socks, and were ready to go on 8 mins. A brief warning from Gerry about the climbs ahead and we set out with more food in hand planning to control the pace by eating on the climb up Pigeon.



11:01 @ Pigeon Rock: We eased into Leg 3 with a steady climb up Pigeon Rock. We had now entered the critical . So many unknowns lay between here and Spelga Dam. We decided to focus on each peak in turn rather than contemplate the enormity of the task.

11:25 @Slievemoughanmore: Over Pigeon we cut the corner and started chasing a runner in blue towards Slievemoughanmore. Another Spelga Skyline recce? Taryn? We quickly caught ourselves and eased off the pace before hitting the climb. At the top we took a moment and each added a stone to the cairn on Slievemoughanmore as a gesture to the memory of Denis Rankin.

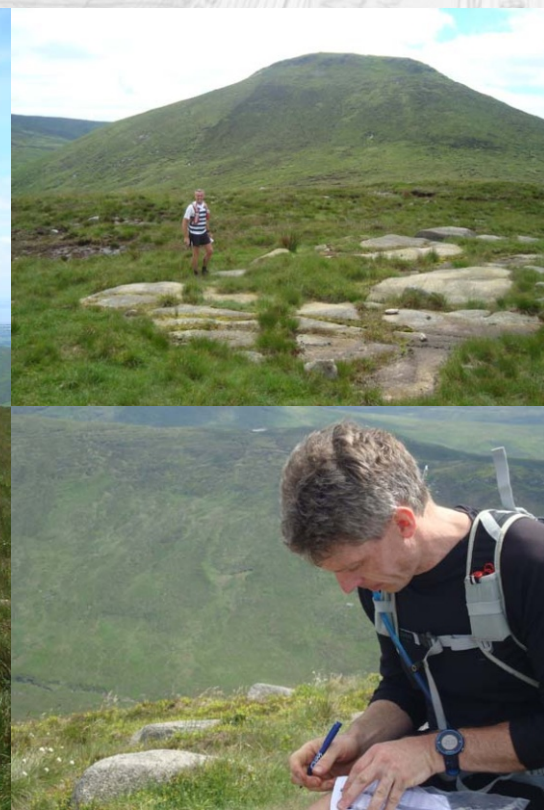


11:35 @ Wee Slievemoughan: From the top of Slievemoughanmore it was a straight forward descent over low growth to Wee Slievemoughan. Crossing the col we exchanged greetings with some intrigued walkers before making the short climb to the summit. Stopping to record our times Billy managed to find three £1 coins beside the cairn. After the quick decision that they would make a fine charitable donation we turned towards Eagle.

12:12 @ Eagle Mountain: On the contour towards the stile below Eagle Mtn we kept hoping for a track, but only found one about 100 m out. From the stile we faced the stiff climb up Eagle. With each footfall we consoled ourselves that the next three summits were essentially on a plateau with little drop in height between them. After a couple of misleading horizon lines we got to the top and pushed on southwards.

12:19 @ Shanlieve: The clear visibility meant a very quick and easy job of finding the summit on Shanlieve. From here we took our time to identify Finlieve knowing that some of the next run would bring us between peat hags where we could be easy veer off course.

12:45 @ Finlieve: The traverse to Finlieve was pretty straight forward. We got pulled slightly to the west of the direct line by following good ground, but the bog was so dry we made excellent progress. This Leg would definitely be a different prospect if the ground was in any way sodden or even damp.



13:53 @ Slievemeen: From the edge of Finlieve we had a clear view of the next three summits. This gave us a chance to pick out the desired route and we quickly made for the river crossing at the forest corner. Ascending by the forest we were reminded that not all the Mourne's dry out as quickly. While Finlieve was a bouncy, we now found ourselves knee deep in a muddy morass. We quickly decided to dive into the forest and use a parallel fire road emerging directly below the radio mast. The hardest part was the run across the top, running past the visible Slievemartin. To further compound our disappointment we found the cairn on Slievemeen rather underwhelming.

14:04 @ Slievemartin (Leg Split: 03:21): The short trip from Slievemeen to Slievemartin followed a nice trail and dipped at the point where it meets the Rostrevor bike trails. With access from the upper car park, could this be a possible support point? After a short climb we ticked off Slievemartin and another Leg.

14:21 @ Crenville: From the top of Slievemartin we debated the possible routes to Crenville. Given the day and clear skies we had a direct line of sight on the summit and decided to go for the gap in the trees. While this was clear to us, it was also marked on the new Harvey's Map, but the forestry lines on my old Mourne's map were very different. In any event we had a GPS with the required grid references plugged in if we needed to confirm the summit location. Taking the direct line proved quick work, but the last 400m from the fence line to the summit were extremely slow going through waist high tussocks. We located the two sticks that mark the summit, confirmed our location by GPS and followed a line off the side that Billy had recce'd the week before.

15:00 @ Slievemeel: Emerging from the forest we had a choice to go left or right, but chose the known right hand route. As we neared Slievemeel we hopped onto the bike trail and used it for as much climbing as we could before turning off into thick undergrowth on a line direct for the summit. From the summit we now faced a very slow descent over rough ground. This terrain was both energy and enthusiasm sapping.

15:45 @ Tievedockaragh: Crossing a number of fence lines we got ourselves onto the Red Bog route. We now had good trails and easy navigation to the summit of Tievedockaragh. At this stage we were really feeling the heat and made sure to keep water levels topped up whenever possible. Dioralytes, Nuuns & Zeros were being offered around each time they were opened. Packing some sun cream would have been a good idea.

16:03 @ Pierce's Castle: From Tievedockaragh we stuck rigidly to the trails which offered us the opportunity to upgrade from a shuffle to a run. While more direct routes were possible we found the feeling of progress we got from running the trails was great for the enthusiasm levels. Over the top of Pierce's Castle it was possible to start thinking about the final peaks of the Leg. Unfortunately Cock Mtn loomed large against our vista.



16:32 @ Rocky (Leitrim Lodge): Coming off Pierce's Castle we chose to follow the trails and climbed up Tornamrock, taking a left contour just before the final climb. The main trail up Rocky was short, but like all climbs at this point very tiring. At the top we realised we had no plan for the assault on Cock Mtn. A quick decision was made and we headed down the mountain on a pretty direct route. The ground underfoot was awful and this represented a real low point as motivation stores were raided to try and push through. An interesting discussion arose during the descent off Rocky which led us to the conclusion that on this Leg the descents were more energy sapping than the ascents. Would the anti-clockwise route be better for Leg 4? Or was it just the heat talking?

17:25 @ Cock Mtn: The climb up Cock Mountain seemed relatively straight forward after the preceding descent. With our heads down we climbed too high on the face pretty much summiting the southern top before making the short shuffle across to the NE cairn. From there we could see Spelga and our spirits lifted noticeably.



17:35 @ Slievenamiskan: At this point Slievenamiskan represented a bump on the road, and was quickly dismissed in the descent. Our focus was clearly on the car park as we tried to figure out if Richard and Taryn had set up camp. While we had plenty of coverage on the mountain their phones didn't seem to work at Spelga and this put some doubts in our mind.

17:45 @ Spelga Car Park (Leg Split: 03:41): All doubts were allayed as we made our way up from the dam it was clear they were present and had commandeered a picnic table for added comfort. We tried to follow the same plan as Deer's Meadow, 5 minute shout, then pack the bags. At this stage though tiredness meant everything was happening more slowly. This allied with new faces and excited questions meant we blew our curfew.

17:58 Leave Spelga Car Park: Fresh sun cream applied and food in hand we started out of the car park and crossed the road to access the track up Slievenamuck. We had left our bags with Richard and agreed to meet at the Ott Mtn car park.

18:22 @ Spaltha: Heading up the inviting track towards Slievenamuck we missed the turn onto the river path, but scrambled once we saw our target track on the far bank. Hitting the far trail brought us within 400 metres of Spaltha, but which Spaltha? Spaltha it turns out is one pretty indistinct mountain. After visiting each mound in turn and checking the GPS we confirmed our location and made a line for Slievenamuck.

18:35 @ Slievenamuck: The dry ground meant steady progress to Slievenamuck and once over the top we had a direct line to the Ott Mtn car park. We also used the opportunity to look up and choose our line of attack for Ott itself.

19:00 @ Ott Mountain: Collecting our bags we confirmed that our head torches were present and our water was replenished. We then quickly made a line for Ott track. Following the main trail we hit the corner below our chosen crag and from there moved out onto the nose of the mountain. Heading back into the high Mourne it was already noticeable how much lower the growth was and how we could move more quickly over flat ground.

19:21 @ Slieve Loughshannagh: From the summit of Ott we contoured onto an intermittent trail and hit the stile below Slieve Loughshannagh pretty quickly. We now had the Wall as our guide. A key advantage of the clockwise route is the guidance provided by the Wall as fatigue challenges the senses required for map reading. Following the Wall didn't make the climbing any easier and the slog up Slieve Loughshannagh seemed to last a lot longer than it really did.

19:43 @ Slieve Meelbeg: Back to reality the Slieve Loughshannagh was dwarfed by the next one. Beag by name, but the southern climb is tough and possibly the hardest on the return Leg as it really hits the legs and head hard. Any thoughts of home were consigned to the back of our minds as the climb emphasised how hard Bearnagh and Commedgah could be on tired legs.



19:58 @ Slieve Meelmore: Descending off Meelbeg we could clearly see the trail that cuts the corner and heads straight for the Meelmore cairn. Having sheltered from the cooling wind on the far side of the Wall we now stepped onto the windward side. Head down we stumbled onto the cairn and quickly made it back over the Wall into shelter. Familiarity now made us chose the northern wall, but the descent was rough. With each step our knees and other joints let us know how long the day had been so far.

20:33 @ Slieve Bearnagh: Hitting the col below Bearnagh there was no stopping, no idle chat, no switchbacks; it was a direct assault. We only moved away from the wall for one small slab-like crag. All the way up it was a case of head down and get the job done. Reaching the top was filled with a real sense of achievement. From this vantage we could see the remaining climbs. The sun was far in the west at this point, but we knew we could finish in daylight and this gave us the urge to move off the summit without hesitation.

21:06 @ Slievenaglogh: The descent off Bearnagh was relatively straight forward and more friendly than that off Meelmore. From the saddle we hit the steps and rapidly gained most of the height required. The final climb was a gradual drag, but time flew by as we started to think it would be over soon. It was noticeable how cold it was standing at the cairn so we quickly made our way back to the shelter of the wall.

21:24 @ Slieve Corragh: From Slievenaglogh we could see the short steep climb up to Corragh. At this stage it was taking effort to will the legs to keep going. Our heads were filling with thoughts of finishing, but our legs were contemplating strike action. Even as we reached the summit of Corragh it was hard to take our eyes off Commedagh.

21:41 @ Slieve Commedagh: The climb up Commedagh was brutal. The numbers on paper were small, but the steepness really hurt. Any gaps in the wall exposed us to the wind that was getting stronger and colder with each passing minute. Eventually in what seemed like a never-ending trudge we saw the sun glisten of the new roof on Commedagh Tower. Crossing through a broken section of wall we managed a run for the summit.

22:29 @ Donard Car Park (Split: 04:31): From the top of Commedagh we managed delusionary thoughts of a 20 minutes descent. Despite the good ground progress was much slower than that. Coming around the edge of Slievenamaddy we had trouble staying on a trail for any longer than 200 metres. Eventually we hit the stile and took our time through the newly felled forestry. Headtorches were required in the trees, but it didn't matter as it really was downhill from here... we finally crossed below the arch of the car park at 22:29:40. Job Done. *Total Running Time: 20 hours 29 minutes 40 seconds.*

Job done, but not without so much help. We would like to express our thanks to Gerry, Taryn & Richard for helping us out along the route. Thanks to Richard for joining the support crew after his own disappointment. Kudos to Jim Brown for making it down to join the crew at the finish and providing a most welcome pot of tea. Thanks to BARF for posting the challenge. And thanks to the sun for smiling on us and the mist for hanging around only long enough to give us a wake up call.

Afterthoughts

Clockwise versus Anti-clockwise – Leg 4 could well be quicker anti-clockwise this would require some recces to find out. Leg 5 is probably easier if finishing in the dark and has less climbing than Leg 1. Starting in the dark and following the wall anti-clockwise could mean hitting Silent valley with the café open.

Support Spots – some options we didn't use could be Silent Valley, above Rostrevor upper car park, Bearnagh/Meelmore col. Cold drinks would have been great in Rostrevor and water at Bearnagh could have reduced the weight we carried in the high Mounres.

Recces – Being able to hit trails that are not on the map really could help with certain section on Leg 3 & 4. We only looked at one direction and this forced our hand clockwise. We also made our biggest mistake on the straight forward Cove Mountain. Silent Valley-Slievenaglogh-Doan-Ben Crom-Carn, Shanlieve-Finlieve-Slievemeeen, Slievemartin-Crenville-Slievemeeel-Tievedockaragh and Rocky-Cock Mtn all would benefit from thorough examination.



GPS Data

| | Grid | Spot | Time | Total | Total | Total |
|----------------------|-----------|-----------|---------|-------|-----------|-------------|
| | Reference | Height[m] | [hh:mm] | [km] | Climb [m] | Descent [m] |
| Start | 373 308 | 10 | 02:00 | 0.0 | 0 | 0 |
| Slieve Donard | 358 277 | 853 | 03:05 | 3.8 | 831 | -7 |
| Chimney Mtn | 364 257 | 656 | 03:38 | 6.4 | 966 | -330 |
| Rocky Mtn | 350 252 | 525 | 04:04 | 8.4 | 1043 | -538 |
| Slieve Beg | 340 276 | 600 | 04:45 | 12.4 | 1235 | -689 |
| Cove Mtn | 336 271 | 655 | 04:59 | 13.3 | 1374 | -739 |
| Slievelamagan | 328 260 | 702 | 05:33 | 15.2 | 1562 | -887 |
| Binnian North Torr | 319 245 | 650 | 06:07 | 17.4 | 1832 | -1188 |
| Binnian South | 320 234 | 747 | 06:21 | 18.8 | 1941 | -1229 |
| Wee Binnian | 316 225 | 450 | 06:47 | 19.9 | 1953 | -1546 |
| Silent Valley | 308 216 | 150 | 07:10 | 21.7 | 1989 | -1859 |
| Slievenaglogh | 298 230 | 445 | 07:55 | 24.2 | 2290 | -1870 |
| Doan | 302 262 | 594 | 08:52 | 28.5 | 2591 | -2041 |
| Ben Crom | 313 260 | 526 | 09:18 | 30.8 | 2679 | -2213 |
| Carn Mtn | 287 260 | 585 | 10:04 | 34.7 | 2871 | -2302 |
| Slieve Muck | 281 250 | 674 | 10:22 | 36.2 | 3006 | -2347 |
| Deer's Meadow | 270 253 | 370 | 10:35 | 37.4 | 3009 | -2647 |
| Deer's Meadow | 271 253 | 371 | 10:43 | 37.4 | 3009 | -2647 |
| Pigeons Rock | 261 250 | 534 | 11:01 | 38.4 | 3166 | -2647 |
| Slievemoughanmore | 249 241 | 559 | 11:25 | 40.2 | 3320 | -2778 |
| Wee Slievemoughan | 244 248 | 428 | 11:35 | 41.0 | 3338 | -2933 |
| Eagle Mtn | 245 229 | 637 | 12:12 | 43.1 | 3587 | -2974 |
| Shanlieve | 240 226 | 626 | 12:19 | 43.7 | 3620 | -3013 |
| Finlieve | 236 204 | 578 | 12:45 | 46.3 | 3653 | -3095 |
| Slievemeen | 201 169 | 471 | 13:53 | 51.9 | 3933 | -3481 |
| Slievemartin | 201 176 | 485 | 14:04 | 52.8 | 3992 | -3522 |
| Crenville | 207 187 | 460 | 14:21 | 54.0 | 4033 | -3589 |
| Slievemeel | 211 206 | 420 | 14:59 | 57.3 | 4146 | -3740 |
| Tievedockaragh | 223 232 | 473 | 15:45 | 60.8 | 4306 | -3852 |
| Pierce's Castle | 233 239 | 467 | 16:03 | 62.7 | 4326 | -3894 |
| Rocky Leitrim Lodge) | 233 258 | 405 | 16:32 | 64.8 | 4425 | -4043 |
| Cock Mtn | 253 268 | 505 | 17:25 | 67.3 | 4687 | -4208 |
| Slievenamiskan | 259 272 | 443 | 17:35 | 68.1 | 4715 | -4294 |
| Spelga Dam | 267 273 | 350 | 17:45 | 69.0 | 4730 | -4395 |
| Spelga Dam | 268 273 | 351 | 17:58 | 69.0 | 4731 | -4395 |
| Spaltha | 271 287 | 477 | 18:22 | 70.7 | 4861 | -4396 |
| Slievenamuck | 274 279 | 504 | 18:35 | 71.7 | 4909 | -4426 |
| Ott Mtn | 283 269 | 524 | 19:00 | 73.4 | 5046 | -4539 |
| Slieve Loughshannagh | 294 272 | 617 | 19:21 | 74.9 | 5164 | -4568 |
| Slieve Meelbeg | 300 279 | 701 | 19:43 | 75.9 | 5338 | -4659 |
| Slieve Meelmore | 305 285 | 688 | 19:58 | 76.7 | 5407 | -4752 |
| Slieve Bearnagh | 313 279 | 739 | 20:33 | 77.9 | 5600 | -4905 |
| Slievenaglogh | 327 291 | 586 | 21:06 | 80.0 | 5738 | -5178 |
| Sliev Corragh | 337 286 | 641 | 21:24 | 81.3 | 5836 | -5223 |
| Slieve Commedagh | 346 286 | 765 | 21:41 | 82.3 | 5987 | -5238 |
| Finish | 373 308 | 10 | 22:29 | 86.5 | 6003 | -6003 |

GPS Unit: Garmin 60 CSx (extended life batteries)

GPX file exported from Garmin Connect

Data extracted from GPX using Garmin Basecamp software