

## Lough Cutra Castle

### Marathon & Half Marathon

Runners will complete multiple laps of a 7K circuit. The first 3K of the circuit heads north from the castle lawns, hand railing the western shore of the luminescent Lough Cutra Lake (largest privately-owned lake in Europe). Following a system of well-worn tracks and paths the route passes through the ubiquitous Deer Park and then into the Carrowcarriff forestry block with its ancient pines and abundant wildlife. At the northerly most point of the run competitors will pass a well-stocked feed station before exiting the wood and hitting a narrow tarmac lane, which they will follow for 800m. A left takes competitors back onto the estate tracks and paths and after crossing a couple of worn fields runners will emerge onto Black Drive and head south back towards the formal gardens of the estate. With 1K of the circuit to go, track turns to tarmac at the crossover point of the internal estate drive, and finally runners pass through 2 iconic courtyards before arriving at the Castle forecourt with 1 lap complete! With finish line in sight off to the left, runners turn right through a couple of stone pillars, past the old servants quarters and onto the lower lawn before re-joining the original circuit and heading out on their second lap. With third (half marathon) or sixth (marathon) lap complete, this time runners turn left onto the castle forecourt and cross the finish line in front of main castle doors to receive their medal and the now famous finishing line banquet!

### 10k Run

Runners will complete 2 laps of a 5K circuit. The first 2.5K of the circuit heads north from the castle lawns, hand railing the western shore of the luminescent Lough Cutra Lake (largest privately-owned lake in Europe). Following a system of well-worn tracks and paths the route passes through the ubiquitous Deer Park and then into the Carrowcarriff forestry block with its ancient pines and abundant wildlife. A left takes competitors back onto the estate tracks and paths and after crossing a couple of worn fields runners will emerge onto Black Drive and head south back towards the formal gardens of the estate. With 1K of the circuit to go, track turns to tarmac at the crossover point of the internal estate drive, and finally runners pass through 2 iconic courtyards before arriving at the Castle forecourt with 1 lap complete! With finish line in sight off to the left, runners turn right through a couple of stone pillars, past the old servants quarters and onto the lower lawn before re-joining the original circuit and heading out on their second lap. At the end of their second lap this time runners turn left onto the castle forecourt and cross the finish line in front of main castle doors to receive their medal and the now famous finishing line banquet!