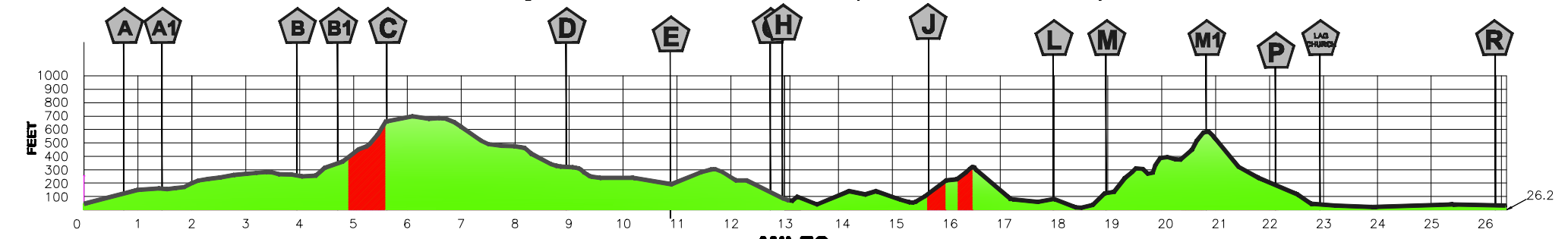
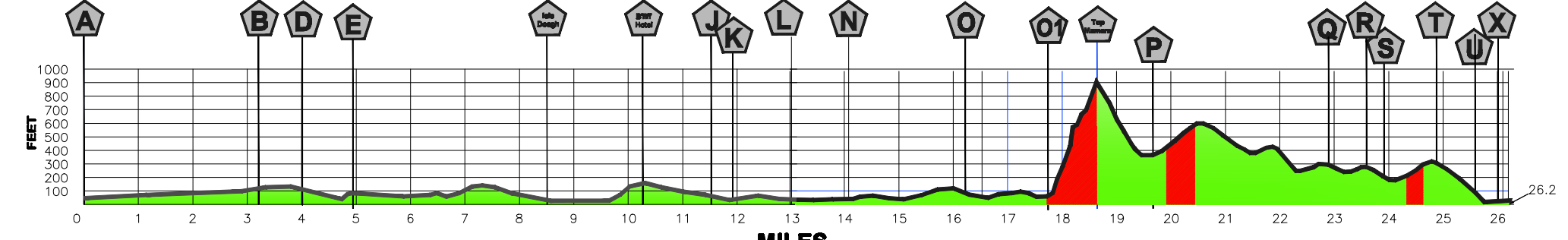


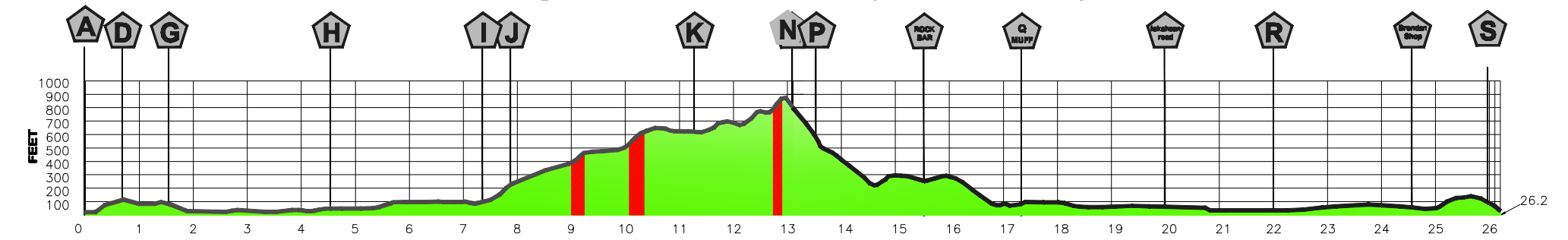
Stage 1 - KINNEGO MARATHON - (Menville to Malin Town)



Stage 2 - MALIN MARATHON (Malin town & back to Malin Town)



Stage 3 - MAMORE MARATHON - (Malin to Buncrana)



Stage 4 - MUFF MARATHON (Buncrana to Redcastle)

LEGENDS

- FIRST HALF (13.1 MILES) OF EACH STAGE
- SECOND HALF (13.1 MILES) OF EACH STAGE

EXTREMENORTH
SEIZE THE ADVENTURE

QUADRATHON CHALLENGE

RACE LEGENDS

- JUNCTION REFERENCES
- WATER STATION
- MILE MARKER