VIKING COMRADES – I GIVE YOU THE ROUTE...

All runners once again start on The Mall of Ireland's oldest city and the home of the Viking Triangle. As you stretch your limbs and warm up for the Full, Half or Quarter you can enjoy views of the Bishops Palace, the Theatre Royal and the world-famous House of Waterford Crystal.

Starting at 9 a.m. you will then run down Parnell Street as far as the junction of Johns Street. You take a left turn onto Johnstown and then left again at the Mansion house on up to Catherine Street. You'll find yourself back on the Mall this time taking a right down to The Quay along the Suir past the Clock Tower, Shaws (almost nationwide) and onto Rice Bridge. We drive on towards Plunkett Station and out past Newrath along the dual carriageway. Then you will head onto the N25 towards the new iconic Thomas Francis Maher Bridge, known locally as the "Cat Lap", through the toll bridge (no e-card required today), then a little chicane onto the Waterford Greenway cycle track (Waterford's latest tourist attraction), on towards Carriganore with the river Suir by your right-hand side.

QUARTER FINISH

The Quarter marathoners leave the group here at Carriganore Bridge and heading for their early showers in the most modern of sporting school of excellence in the WIT Arena.

The other marathoners (both full and half) will now continue along the greenway towards Mount Congreve (the home of the world renowned gardens created by Major Ambrose Congreve). Turning left off the greenway at the place known locally as The Kilns and a sharp intake of breath you will rise up to the Tramore Cross. You'll then head in along the Cork Road past the local hostelry The Holy Cross and push on towards the 'Motor Mile' area of Waterford". Now with nine miles behind you, you'll push past the famous Cartimundi board games factory (previously Hasbro) and taking a left onto Paddy Brown's Road with wind your back you'll turn left at the roundabout, as you do so you slip through Lismore Park and onto the Cleaboy Road. Then its left up to the Industrial Estate the home of Sunlife Financial and passing the dreaded NCT Centre! You'll be purring along (for the half marathoners you can smell the finish) up past Sanofi to Carrickphierish roundabout (half marathoner's it is all downhill from here).

HALF FINISH

The half marathoners continued down to the old Kilmeaden round-about and right towards the WIT Arena and you will be cheered all the way home.

For the Full marathoners follow the half about halfway down the hill and will then turn right over Knockhouse lane. As you travel along here past the new pitches of the Roanmore GAA Club, past the Tannery and down past Logloss onto Gracedieu Road, past the ESB HQ and onto the Hypercentre/Waterford Credit Union corner. Left down the hill to the Rice Bridge, on turning left you run past the Smithwick Brewery no chance of a pint (we leave that 'til after). You then past the Bilberry Goats with River Suir on your right. Head down now you pass the old Waterford Stanley site and onward to the greenway section, which runs along the old Kilmeaden rail line, as you run parallel to the new bridge and Toll Plaza.

You will reach Carrignaore Bridge again and again you head out to Mount Congreve in the full knowledge that the end is not far. Following a small loop past the previous exist you return and again rise from the greenway onto the North Cork Road and again past The Holy Cross pub and the Whitefield Clinic. On you go to Paddy Brown's Road and onto Lismore Park. Out at Cleaboy Road Roundabout and left. This is the last rise you hit because when up to the Carrickphierish roundabout. The finish line will be in sight so ears pulled back, let the legs go with the wind in your hair and the sun on your back as you head for the finish. Round the Old Kilmeaden Road roundabout and then that rush of emotion as you see the finish. Push on and cross that line.

FULL FINISH

Strongbow may be long gone but even he will be impressed and proud of you at this stage!

WATERFORD VIKING MARATHON 2017

JUNE 24th 2017

We Are WLR FM 95.1/97.5

WATERFORDVIKINGMARATHON.COM

1/4 MARATHON **1/2 MARATHON** **FULL MARATHON**