

SKY RUN THE MOURNES

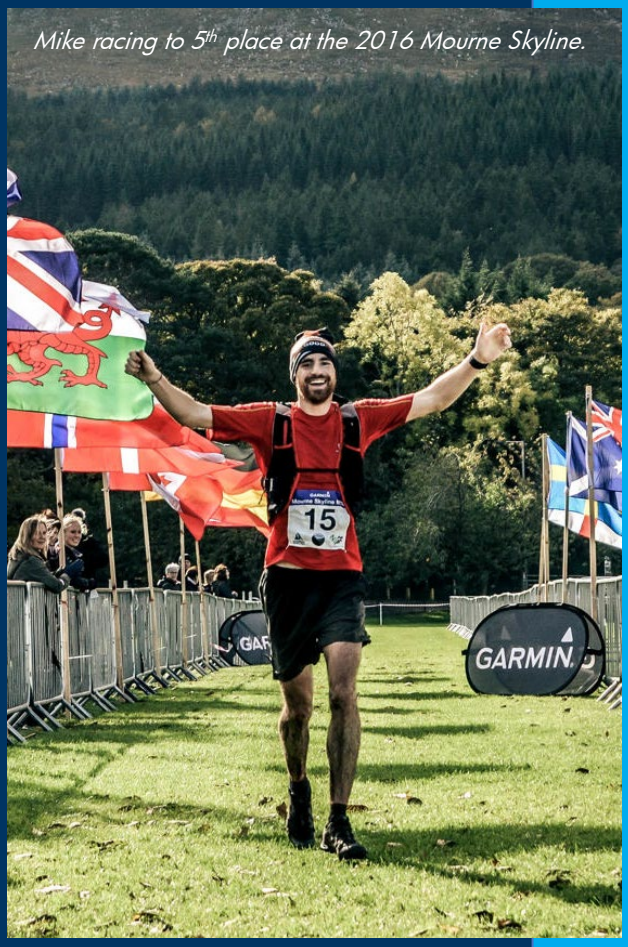
2025 RUNNER'S GUIDE

MERRELL SKYRUNNER® WORLD SERIES

SKYRUNNING UNITED KINGDOM

www.skyrunthemournes.com

SKY RUN THE MOURNES



Mike racing to 5th place at the 2016 Mourne Skyline.

WELCOME BACK!

…for the ninth edition of the Mourne Skyline: Northern Ireland's original Skyrunning race since 2014, now joined by the savage Mourne SkyUltra® and inaugural Mourne SkyTrail!

This year, we look forward to welcoming nearly 500 Skyrunners from 30 nations to Newcastle, at the foot of Slieve Donard — the highest summit in Northern Ireland — to experience the epic scenery and technical trails of the majestic Mourne Mountains.

As well as being the Series Finals for the 2025 Skyrunner® UK & Ireland Series, I'm super excited that the Mourne Skyline is also part of this year's **Skyrunner® World Series**, with some of the best Skyrunners in Europe set to toe the start line and duke it out for their share of the huge €6,000 prize pool on offer!

Please read this guide carefully, so you're well prepared upon arrival and can make the most of your visit to this stunning area. If you haven't yet done so, please also familiarise yourself with the wealth of info available on the event website.

We can't wait to see you on the start line, or more importantly; at the finish!

Run strong!

MICHAEL JONES — RACE DIRECTOR

MERRELL SKYRUNNER® WORLD SERIES



For the first time since the 2021 edition of our sister event Snowdon SkyRace®, we're delighted to see the **Skyrunner® World Series returning to the UK**! This brings with it some of the deepest levels of competition ever seen at a Skyrunning race in the UK & Ireland, where Europe's best Skyrunners will do battle for World Series points and their share of our **€6,000 prize purse**! To learn more about the World Series, see HERE.

We're also proud that the inaugural Mourne SkyTrail is part of the World Series' **Trofeo Esteban Olivero U23 series**, as well as the UK & Ireland U23 Series and Irish Skyrunning Championships. Find out more HERE.

SKYRUNNER® UK • IRELAND SERIES 2025

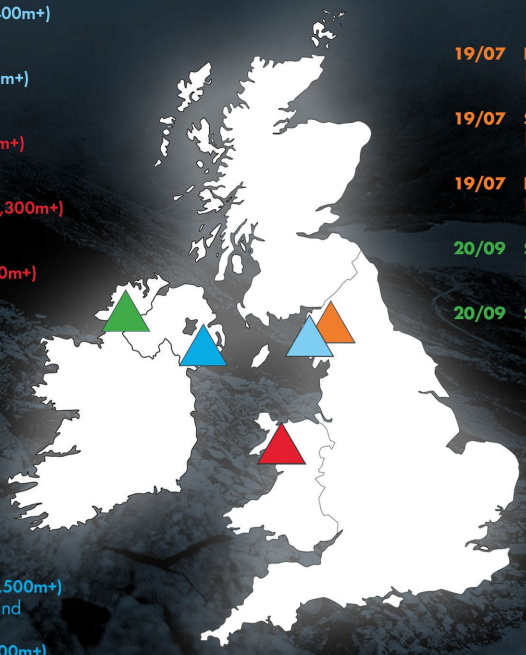
31/05 **SCAFELL SKY ULTRA*** (65km/4,400m+)
Lake District, England

31/05 **SCAFELL SKY RACE** (40km/2,800m+)
Lake District, England

21/06 **14 PEAKS ULTRA*** (52km/3,900m+)
Eryri, Wales

21/06 **SNOWDON SKYRACE®** (38km/3,300m+)
Eryri, Wales

21/06 **COPPER SKYTRAIL†** (27km/2,300m+)
Eryri, Wales



19/07 **HELVELLYN SKY ULTRA*** (57km/3,700m+)
Lake District, England

19/07 **ST. SUNDAY MOUNTAIN RACE†** (29km/2,050m+)
Lake District, England

19/07 **PINNACLE RIDGE EXTREME** (28km/2,700m+)
Lake District, England

20/09 **SEVEN SISTERS SKYLINE*** (55km/4,000m+)
Donegal, Ireland

20/09 **SEVEN SISTERS SKYCHALLENGE†‡** (30km/2,100m+)
Donegal, Ireland

11/10 **MOURNE SKYULTRA®*** (50km/3,500m+)
Mourne Mountains, Northern Ireland

11/10 **MOURNE SKYTRAIL†** (20km/1,300m+)
Mourne Mountains, Northern Ireland

11/10 **MOURNE SKYLINE‡** (35km/2,700m+)
Mourne Mountains, Northern Ireland

SKYRUNNING UNITED KINGDOM

UK National Championships
*SkyUltra Series Race
† U23 Series Race
‡Irish Championships Series Race

SKYRUNNING IRELAND

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SKY RUN THE MOURNES

EVENT SCHEDULE

FRIDAY

16:00–16:30 | Elite athlete presentation at Newcastle Baptist Church (location HERE).

17:00–22:00 | Registration (all races) open at Newcastle Baptist Church.

SATURDAY

07:00 | Mourne SkyUltra® start at Donard Park (location HERE).

Limited free parking available here, bag storage available at pavilion (not at Baptist Church).

07:10–08:40 | Mourne Skyline® & SkyTrail registration open at Newcastle Baptist Church.

09:00 | Mourne Skyline® start at Donard Park.

09:10–09:40 | Mourne SkyTrail registration open at Newcastle Baptist Church.

10:00 | Mourne SkyTrail start at Donard Park.

12:00 | ETA for fastest finishers — Mourne SkyTrail.

13:00 | ETA for fastest finishers — other races

16:00 | Prize ceremony — all races* at Newcastle Baptist Church.

17:00 | Mourne Skyline® course close.

19:00 | Mourne SkyUltra® course close.

**Age group category winners finishing after 16:00 will be presented with their prizes at the finish.*



© Evan Davies



RUN OUT OF DAY, NOT ENERGY!

Enjoy VOOM's range of endurance energy bars, industry leading carbohydrate drinks and ground breaking savoury energy drink perfect for ultra and multi day!

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Louise Anderson
SPORTS MASSAGE THERAPY

SATURDAY 11TH OCTOBER

10MINS - £10

PROUD TO BE SUPPORTING

APEX Running Event - SkyRun The Mournes

POST-EVENT SPORTS MASSAGE

Recovery Boost

✨ *Wake up your muscles & Aid recovery* ✨

DON'T MISS OUT!

SKY RUN THE MOURNES

RACE REGISTRATION

Registration will take place at Newcastle Baptist Church (location HERE) and will run as follows:

ID CHECK

Please bring a form of valid photo ID with you to present, before having your kit checked. This is to ensure that you, the person registering, is the person entered. Once your ID is confirmed, you'll receive a wristband which must be worn at all times during the event.

KIT CHECK

Please see the final mandatory kit list on the event website HERE and note all runners will be subject to a FULL kit check at registration, prior to bib and tracker collection. There will be a store at the event if you need to purchase a bivvy bag, first aid kit, whistle, or other last-minute items.

BIB & MAP COLLECTION

Once kit check is complete, you can collect your race bib from the relevant table. Don't forget to collect your race map and stickers too! Please ensure you complete your details on the reverse of your bib. The bib MUST always be worn anywhere on your FRONT at all times during the race.

GPS TRACKERS

You must then collect your GPS tracker. This MUST be affixed to your pack, so please bring this to registration too!

PRE-ORDERED MERCHANDISE

If you have pre-ordered any merchandise, you can collect this from the merch store at the event. We will also have a very limited supply of additional items for sale for those who didn't pre-order, available on a first come, first serve basis. So, if something catches your eye: get it bought ASAP!



SKY RUN THE MOURNES

MERCH STORE



DON'T FORGET! We'll have a wide range of merchandise available to purchase registration. Above is just a small selection of what will be available!

Many thanks to our sponsors at Manor Healthcare for their generous support of this year's event. We look forward to seeing you wearing your tees out on the trails with pride. Don't forget to tag us in any photos you share on social media!

RACE RULES RECAP

Once the races start, the following universal rules apply to all runners:

- No dogs are allowed to run with you. Spectator's dogs must be kept on lead at all times.
- Leave all gates you pass through closed.
- Do NOT drop litter of any sort, including organic matter.
- Your bib number must be clearly visible on your FRONT at all times.
- Headphones are not allowed in this race.

As part of entry, you have agreed to have read and understood the event rules pertinent to this race. To read the event-specific rules in more detail and learn of the penalties applicable for any rule infraction, please see HERE. The Global Event Rules that apply to all APEX Running Events can be viewed HERE.

FOLLOWING THE ROUTES

Please note, both routes overlap in several areas. Please also study your race map and make use of the latest (final) GPX file to ensure you are following the correct race route (available to download from the 'ROUTES' section of the event website). Please note **there have been recent changes** to the route to Fofanny Dam, so please download the latest GPX file via the link below.

- Final Mourne SkyUltra® GPX file available to download HERE.
- Final Mourne Skyline® GPX file available to download HERE.
- Final Mourne SkyTrail GPX file available to download HERE.

The routes will be well marked with fluorescent orange waymarking materials, but these may be difficult to spot if visibility is poor. Navigation may occasionally be required on some sections where there is no obvious physical path to follow, particularly on the rocky, featureless plateaus. There will be a Mountain Safety Team present throughout the routes, who will act as first response to tend to any urgent issues on the hill. Please follow their instructions on any technical sections.

OUTSIDE ASSISTANCE

Outside assistance is allowed at both Aid Stations. Please refer to your race map for details of where these locations are, at Carrick Little and Fofanny Dam access road turn-in.

Please be aware that parking near these locations will be in high demand, so please relay to your crew to allow extra time to walk to location. Please note, there is **no aid station on the SkyTrail** route, so do plan appropriately and carry enough fluid and fuel to see you through the full 20km.

RACE RETIREMENT

A DNF shuttle bus service will be in operation throughout the event. Please note, if retiring from the race, you may be required to wait for up to two hours until you arrive back to Race HQ.

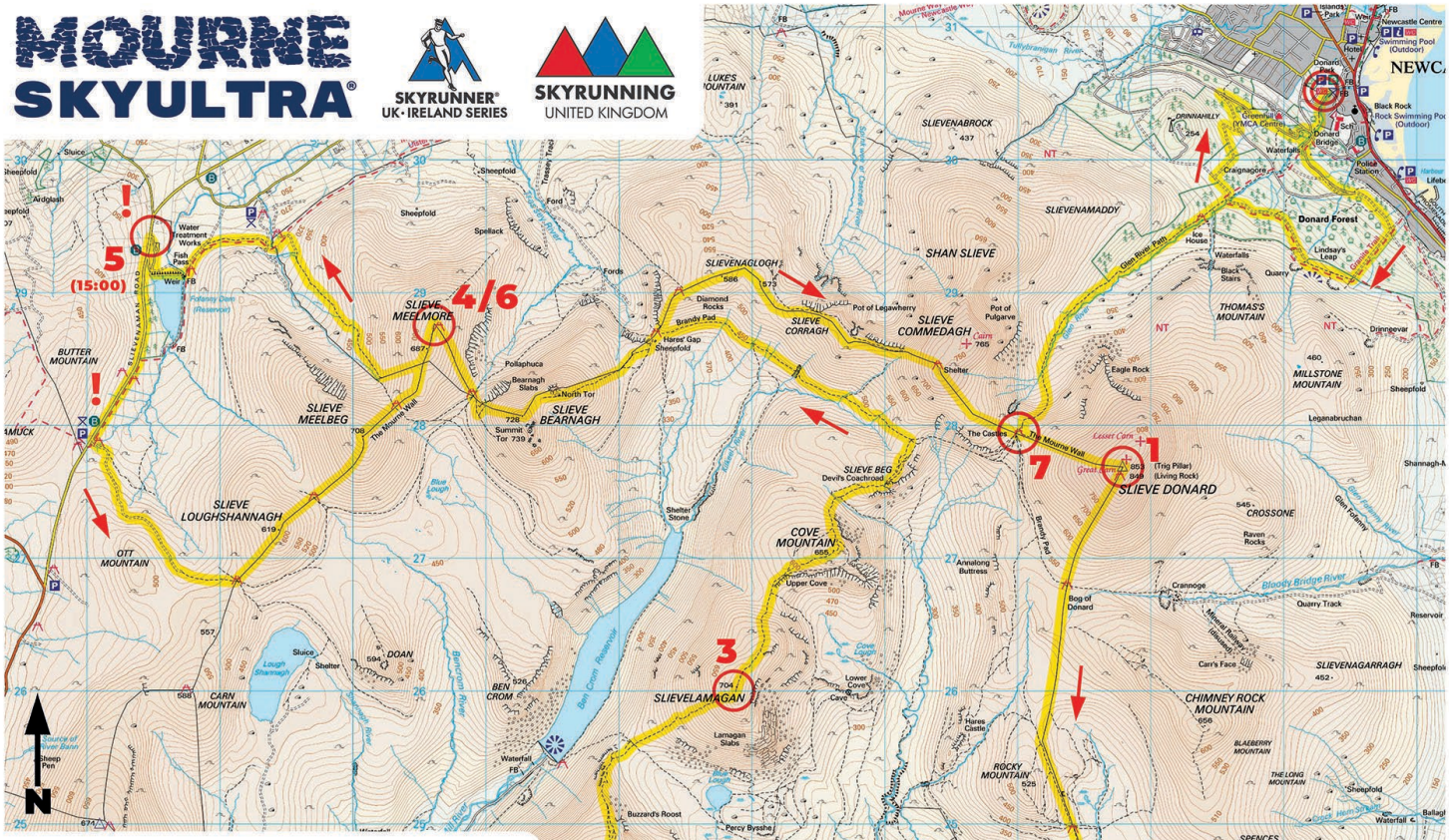
SKY RUN THE MOURNES

MOURNE SKYULTRA®

MOURNE SKYULTRA®

SKYRUNNER® UK·IRELAND SERIES

SKYRUNNING UNITED KINGDOM

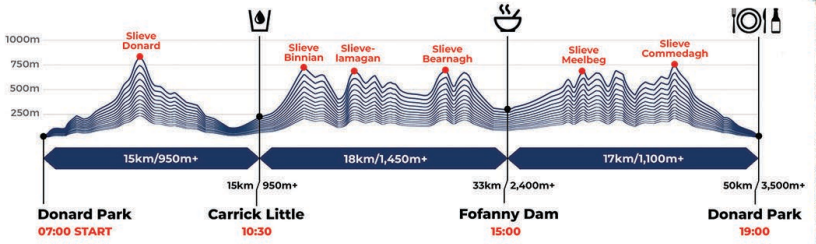


RACE RETIREMENT & EMERGENCY INSTRUCTIONS

For minor inuries, seek advice from nearest checkpoint or contact Race Control (see below). If retiring from the race for any reason, you **MUST** hand in your GPS tracker to the nearest Aid Station or Race Finish.

ONLY in a **GENUINE EMERGENCY** (threat to life or limb) and immobilised:

1. Get into survival bag/use spare clothing and **trigger the SOS facility** on GPS tracker (press button until device vibrates).
2. Phone **999** and ask for **Police**, then **Mountain Rescue**. When possible, contact Race Control: +44 (0) 7360 520 182
3. **Attract attention** from fellow participants and those nearby by shouting and using whistle/torch.



MAP KEY

- START/FINISH
- CHECKPOINT (CLOSING TIME)
- RACE ROUTE
- CONTOURS: 10m

SCALE: 1 GRID SQUARE = 1km

! CAUTION: BUSY ROAD

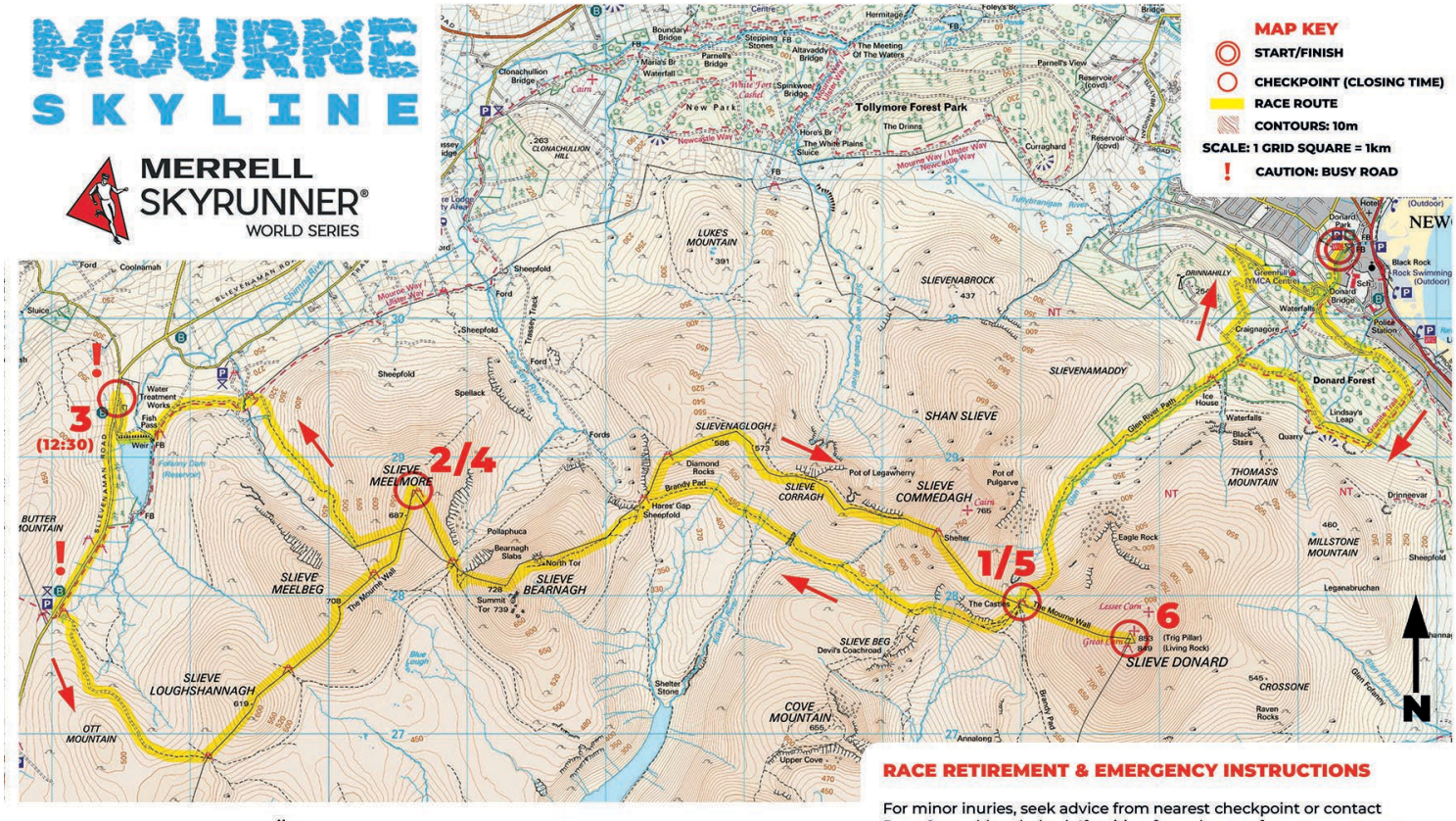


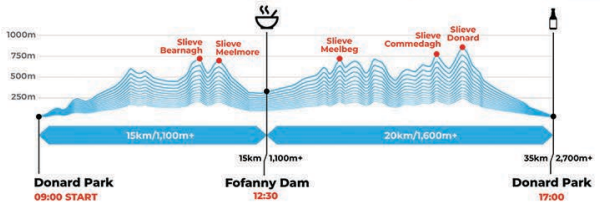
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MOURNE SKYLINE

MOURNE SKYLINE

MERRELL SKYRUNNER® WORLD SERIES





SKYRUNNING UNITED KINGDOM

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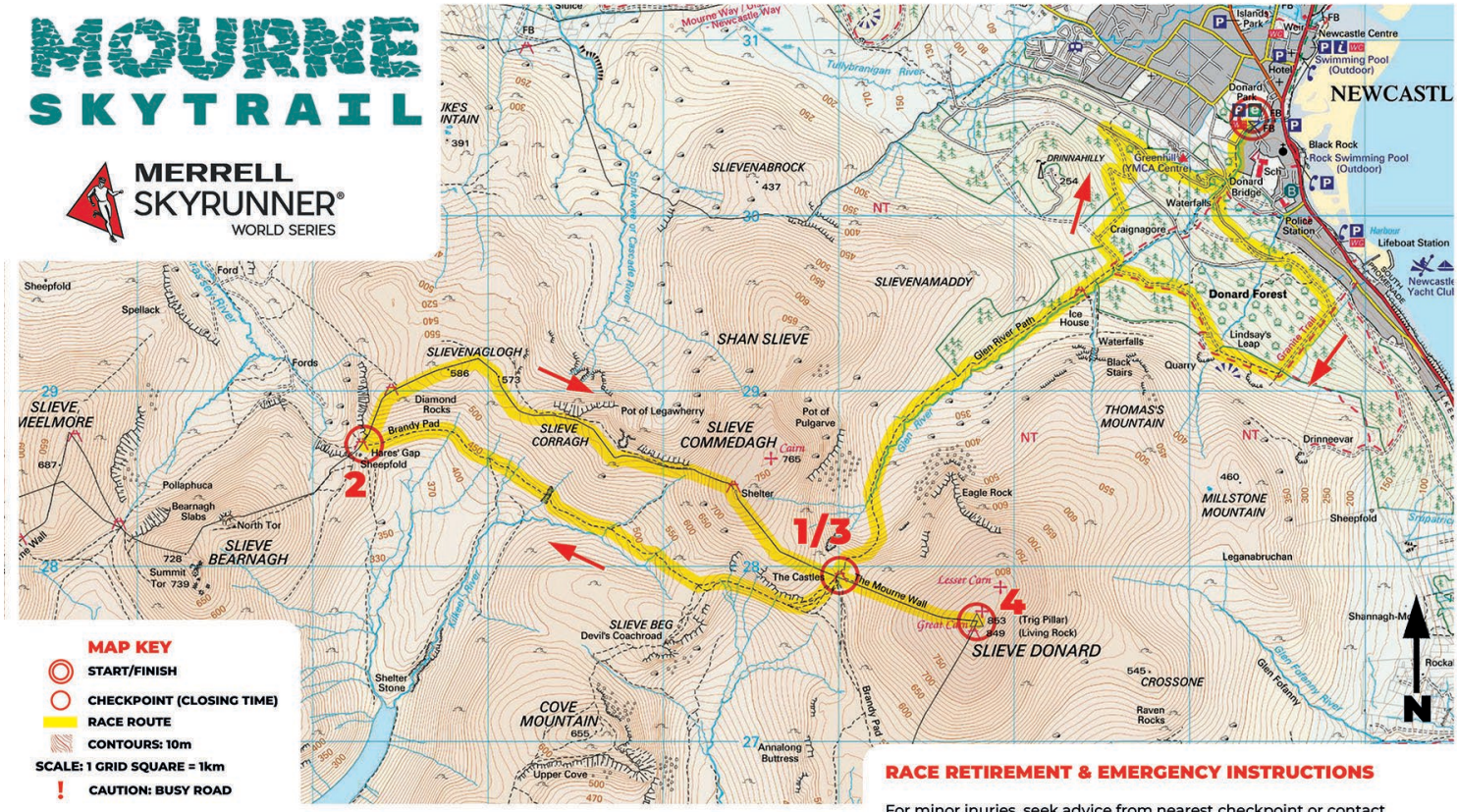


SKY RUN THE MOURNES

MOURNE SKYTRAIL

MOURNE SKYTRAIL

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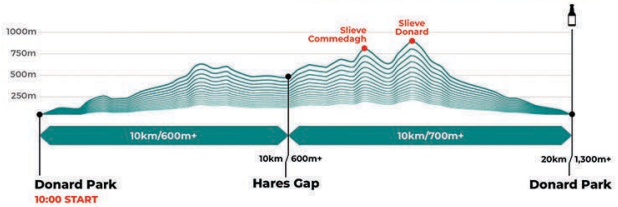


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SCALE: 1 GRID SQUARE = 1km

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SKY RUN THE MOURNES

FOLLOW THE RACES



© No Limits Photography

Follow the races LIVE, including GPS tracking thanks to Primal Tracking via the following links (which will be live by Friday):

MOURNE SKYULTRA®

MOURNE SKYLINE®

MOURNE SKYTRAIL

And don't forget: we'll be posting regular updates from the event on our social media channels. Be sure to follow us using the links below!

LIKE THE PAGE ON FACEBOOK

@SkyRuntheMournes

FOLLOW EVENT ON INSTAGRAM

@SkyRuntheMournes

FOLLOW EVENT ON TWITTER

@SkyRuntheMournes

JOIN EVENT ON FACEBOOK

'**APEX Runners**' and '**UK & Ireland Skyrunners**' Facebook Groups.

SKY RUN THE MOURNES

YOUR RACE IMAGES

SMILE! ☺ Turn your unforgettable day out at SkyRun the Mournes into lifelong memories with our photography partners, **MyBibNumber**.

How to View Your Gallery: The galleries will be available within 48 hours of the event finishing, if not sooner via the following link:

2025 EVENT GALLERY

Sign Up: Head to the link above and sign up to receive an email notification when the galleries go live and get 10% discount off any photo purchase!

One Final Tip: To find your photos quickly and easily, upload a recent headshot for the best search results. A head and shoulder photo works much better than a full body shot.

MYBIB NUMBER

YOUR PHOTO FINISH











© Evan Davies

SEE YOU SOON!

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