RUNNERS GUIDE

SATURDAY 22ND AUGUST 2026
Strandhill, Co. Sligo

START TIME 2.30PM

Greetings From The Warriors Run Committee

Hello from all of us here in beautiful Strandhill.

On behalf of the organisers of the 2026 Warriors Run, which will take place on **SATURDAY 22ND AUGUST 2026** at **2.30PM** in Strandhill, Co. Sligo, we are looking forward to welcoming you to the village and hope you will enjoy your visit with us.

The countdown is on and the time is rapidly approaching when you will be joining 1200 other runners to take on the challenge that is The Warriors Run, which this year celebrates the **40th Run** being staged. This gruelling 15K challenge is a fantastic event and though the route is tough, you will get the chance to see some of Sligo's most spectacular views from Knocknarea.

Be it your first time to partake in this event or if you've done it before, previous participants have stated that the thrill of being a Warrior Runner is part of the whole package that makes the Run like no other race. You are not competing for points but the prestige of crossing that finish line and being able to say you "did The Warriors Run". If you are 1st across the line or 1001st, there is no feeling like being cheered home as you run down the Shore Road to the beachfront as the ever wonderful Spectators never fail to cheer every last runner home as they cross the finish line.

Inside this newsletter, we will be giving you some information regarding collecting your race pack, traffic and parking, events on the day and other services available to Warrior Runners which we hope will make your day go as smoothly as possible and help you get the most out of your visit to Strandhill.

We are delighted to have Core Timing on board again this year as the official registration management and event timing team. Their expertise and experience will enhance the race and you will have instant results as you cross the finish line.

We would also like to thank our main sponsors **Bristow/Sligo Airport, Connolly Motors** and **The Strand Bar** and to all our other sponsors, without their support and the support of the Strandhill Community, the race would not be possible. And of course a huge thanks to all our volunteers who are giving up their time to ensure you get where you need to go and stay hydrated along the course.

We can't wait to see you on Saturday the 22nd. In fact the weekend of the 21st to the 23rd will be filled with sport, music and fun so bring your family, bring your friends as we are going to have a great weekend. See itinerary of events at the end of this booklet.

Collecting Your Race Pack

Your Warriors Run race pack will contain your bib number, your timing chip, a participants wristband for access to The Runners Village, safety pins and of course your Warriors Run T-Shirt.

You can collect your race pack from the National Surf Centre in Strandhill on FRIDAY 21ST AUGUST from 5.00pm to 8.00pm or on the race morning (SATURDAY 22ND AUGUST) from 11.00am to 1.30pm. Remember the race starts at 2.30pm sharp so don't leave race pack collection to the last minute.

The Warriors Marquee will be erected in the plaza in front of the National Surf Centre. There'll be a full bar inside with plenty of live music throughout the day and it is where prize giving will be held after the race around 5.30pm.

Please bring a copy of your registration confirmation email (with Bib number) which you would have received from Core Timing shortly after you registered or when a place was transferred to you. A copy on your mobile phone will suffice.

Under no circumstances should you let another runner run under your name (especially if a different gender). Use the online transfer facility or talk to Core Timing at race pack collection. **Impersonators will be disqualifed and names removed from the time sheets.**

Baggage Hold Marquee

This year there will be a Baggage Hold Marquee beside the National Surf Centre for you to securely store any gear (small backpacks only) or valuables for the duration on the run FREE of charge. You will be given a numbered wristband to match your stored gear, please do not lose this wristband or you may be delayed collecting your stuff. Bag drop is on a first come, first served basis and all bags **must be collected by 5.30pm** at the latest.

Parking

On the day of the run there are main parking zones in Strandhill

Zone 1 – The Main Car Park. This fills up quickly so you would need to be parked before 11.30am. Note there is strictly no exit from this car park between 1.30pm and 5.30pm

Zone 2 – Airport Road. If the main car park is full you will be directly over the airport road to park along the road or over to Socolabs car parks at airport. Do not park inside any estate or block any residents driveways. Do not park along road to Caravan Park.

Zone 3 – St Patrick Church.

Zone 4 – Strandhill National School

***NEW* Satellite Shuttle Bus**

There will be a free shuttle bus running between Sligo Rugby Club (beside Circle K Petrol Station), Socolabs at Sligo Airport and the Main Car Park to cater for those who have to use the satellite parking areas

Remember bus services to and from Strandhill run every half hour from 6.15am to 11.30pm so why not avoid the fuss, take the bus. Timetable below.

The 2026 WARRIORS RUN
Strandhill, Co. Sligo

BUS TIMETABLE – SATURDAY 22ND AUGUST 2026

SLIGO TO STRANDHILL
FROM CENTRA (OPPOSITE BUS STATION)

WARRIORS RUN STARTS 14:30

08:47	09:17	09:47	10:17	10:50	11:20	11:51	12:21	12:51	13:21
13:55	14:25	14:55	15:25	15:55	16:25	16:55	17:25	17:55	18:25
18:54	19:50	20:50	21:41	22:41	23:41				

STRANDHILL TO SLIGO
FROM SHORE ROAD CAR PARK / ST PATRICKS CHURCH

08:45	09:15	09:45	10:15	10:45	11:15	11:45	12:15	12:45	13:15
13:45	14:15	14:45	15:15	15:45	16:15	16:45	17:15	17:45	18:20
19:20	20:20	21:20	22:30	23:30					

TFI TRANSPORT FOR IRELAND

Bus Éireann

AVOID THE FUSS TAKE THE BUS

SINGLE FARE COST
Adult €2.00
Adult (Leap Card) €1.50
Child €0.90
Child (Leap Card) €0.65
Student €0.75
Subject To Change

DROP OFF / PICK UP AT GALA OPPOSITE ST PATRICKS CHURCH
BUS DOES NOT GO TO CAR PARK

Runners Village

The National Surf Centre at the beachfront will host The Runners Village again this year for participants to gather after the race and avail of complimentary post-race refreshments. You can enjoy the wonderful views of the Atlantic Ocean from the upstairs venue. It will be open from **3.30pm to 5.30pm** and you must wear your wristband to gain access.

Please note that the Runners Village at the National Surf Centre is for participants of The Warriors Run and The Warriors Fun Walk **only** to wind down and chat after the events. No one without a wristband will be allowed upstairs so please don't bring family or any non-participants for a cup of tea as they may be refused access and everyone will be morto! If you leave the Surf Centre there is no re-entry upstairs for seconds

NOTE: Post race shower facilities will remain at Strand Celtic FC Grounds (aka Strandhill Community Park). These showers close at **5.45pm.** There will only be a cold outdoor shower available at the Surf Centre. The participants only rule also applies to Strand Celtic grounds and showers where you will also need your wristband to gain access.

Rachael Dunne Physiotherapy will provide a post-race physiotherapy service upstairs in Strand Celtic Clubhouse at the Community Park. Rachael and her team can also give advice on any injury concerns and offer a light rub down service to tired Warriors. This will be done on a first come first served basis up until 5.45pm. Rachael will also offer a discounted service in her clinic this week for would be Warriors. Go to https://rachael-dunne-physiotherapy.eu1.cliniko.com/bookings#service to book your slot.

T-Shirts Notice

Please note that if you have received your place by way of transfer, as T-Shirts are ordered in early June, the sizes on the original registrations cannot be changed. However if the size does not fit, come back to the National Surf Centre after the race and an alternative size may be available.

The Route

ROUTE EMERGENCY NUMBER
083 1380537

From the beachfront at Strandhill the race starts up along the Shore Road to the junction at St Patrick's RC Church and Spar Shop. It takes the uphill road to the right, which will bring it up Buenos Aires Drive to the top junction to the Top Road in Strandhill.

A 90-degree right will bring the race along the Top Road through Strandhill Village and then downhill into Culleenamore. It continues along the main road through Culleenduff before reaching the Glen Road junction.

The uphill climb now begins as the race goes up the steep Glen Road. At the small car park beyond the entrance to the Glen, the race takes a left onto private land and continues up the mountain along its ridge and onto the top approaching the Cairn from the South.

Once on top of Knocknarea, it turns left and runs around the base of the cairn in a clockwise direction and starts back down the mountain path onto the Tourist trail. Back through the mountain car park onto the Glen Road it turns left through Grange North and continues along this road until reaching the crossroads.

Taking a 90-degree left it continues along this road through Rathcarrick and starts back down to the main road via the High Brea and past St Anne's COI Church*.

Back onto the main Sligo road it turns left for Strandhill and continues past the Petrol Station leading back into Strandhill Village.

At the roundabout, it keeps left up to the junction at Kellys Bar and back down Buenos Aires Drive. Its final leg is back along the Shore Road to the finish line at the Beachfront.

WARNING!

The Warriors Run is a physically challenging event and only those who have sufficiently trained for this event or who are experienced runners should take part. Persons with medical conditions should consult their Doctor/GP before taking part.

Ensure you stay hydrated throughout the run regardless of the weather.

***YOU MUST BE AT ST ANNES CHURCH BY 5.30PM**

The Broom Wagon will pick up stragglers after this time.

Go to www.warriorsrun.ie for maps and more information.

Tackling Knocknarea – What You Need To Know

You are about to tackle a 15k race that is classed as multi-terrained. It is the special 3 to 4 kilometers in the middle of the race that makes The Warriors Run unique. You will be running on tarmac, grass, heather, chippings, turf and rocks. Whilst the uphill section will be a challenge, equally the downhill stretch can be just as tough. In order to get 1100+ runners up and down the mountain safely, please be sure to heed the advice of any Stewards, Marshalls, Rescue Personnel, Gardai or Officials not only up and down the mountain but along the entire route.

Once you go off road onto the mountain route, there is a section of about 300 metres that traverses the lip of the mountain. Usually this is single file only and usually the majority of participants are at a walk. This is the most dangerous section of the route if impatience is allowed take over. Please take your time along this section and watch your footing. Whilst the majority of people want to make their best time possible, don't do it at the expense of others. The rest of the route has space to overtake slower runners so be patient and RESPECT your fellow athletes. Don't be a barger or a pusher or a tripper, lets ensure everyone gets up and down safely.

Along the top of the mountain to the wall, **keep to the right** of the markers at all times to prevent you, well falling off a cliff.

On your descent, use extreme caution as this is where most of the injuries occur each year. Remember even in the best of weather, underground streams and rainwater run off keeps sections of the mountain paths wet and slippery all year round. If you do take a tumble, alert a Steward, Mountain Rescue Team Member or ask another runner to fetch help. If you are injured, stay put until help arrives and please follow the advice of rescue/medical teams.

August weather is unpredictable but we have got hot sunny days before and whilst this is great for spectators, as a runner you'll need to drink plenty of liquids to avoid dehydration. There are 5 water stations along the route so please avail of these as often as you need.

We have Sligo Mountain Rescue, the Civil Defence, the Order of Malta, Doctors and Paramedics on our support team this year along with over 150 volunteers to help out along the way. Follow their directions, follow the signage and we'll see you back at the beachfront after the race.

The Warriors 10K Walk

Online registration for the Warriors 10K Walk is still open via our website (warriorsrun.ie). You can also register in person on Friday evening between 5pm and 8pm and on the day of the Warriors from 11am in the National Surf Centre. T-shirts and bib numbers also be collected at these times if you have already registered. The Warriors Walk will start from the Start/Finish line at approx. 2.40pm after the main Run and Young Warriors Run have started. The Warriors Walk follow the road route of the main run but you do not traverse the mountain and will be blocked if you try to do so. The Walk is just that, a fun timed walk but any walkers seen running with be DQ'd and won't receive an official time.

Entry fee for Walk is €20. Keep and ear out for the MC before you start as there will be lots of spot prizes announced for walkers who will be selected at random from the entry list.

The Young Warriors Run

The Young Warriors Run is a 5K race for younger Warriors that will encompass the village of Strandhill. The race will take off directly after the main run has started and will be chip timed to give the younger runners that real race experience. Online registration for the Young Warriors Run is still open via our website (warriorsrun.ie) but you can also register in person on Friday evening between 5pm and 8pm and on the day of the Warriors from 12pm in the National Surf Centre.

Entrants must be 12 years or over and under 18 years. There are 3 age categories within the race: 12 – 13 years, 14 – 15 years and 16 – 17 years. Prizes are given to 1st Male and Female home within each category. **Entry fee is €15 and each participant will receive a T-Shirt and, on crossing the finish line, a commemorative medal to celebrate your success.**

PARENTAL CONSENT MUST BE GIVEN TO TAKE PART – Consent slip can be signed on collection of race number.

Prizegiving

Prizegiving will take place at around 5.30pm in the Warriors Marquee at the National Surf Centre

If you are a category winner or runner up in the main prize category or if you are a winner in the veteran or local categories, we would ask that you make yourself available before 5.30pm to receive your prize and take your deserved recognition in front of your fellow runners and spectators. We would also like to get a photo of all prize winners for our files.

Should you not be able to attend at 5.30pm, please contact a member of the organising committee or if you like, nominate a person to collect your prize on your behalf.

Prizes awarded for :

1st Male and Female
2nd Male and Female
3rd Male and Female
1st Male and Female Veteran 45 – 54
1st Male and Female Veteran 55 +
1st Male and Female Local (Strandhill Area Only)
1st Male and Female Local Veteran (Strandhill Area Only)
1st Male and Female Youth Runner (Age Categories) ***PRIZE GIVING 4PM**
1st Male and Female Walker (Token Non Competitive Prize)

The Finish Line Corral and End Line Etiquette

Once you cross the finish line, you will receive your medal and be guided into the finish line corral where there will be gallons of water for you to consume and some sugary jellies. Remember there are other runners coming in behind you and they equally want to enjoy their finish so please stay well behind the finish line around corner into corral.

The corral is a cool down area for runners and walkers only to regain their bearings and legs so non-participants will NOT be allowed entry. Your well deserved hugs from family and claps on the back from friends will have to wait until you exit the area between Mammy Johnsons and National Surf Centre. Please use the exit and **do not** jump the barriers.

If you're bestie is coming down the road to finish, please do not encroach on the finish line or enter the road before the finish gantry. Do not obstruct any Marshalls from doing their jobs.

Please note the water cups are reusable so please do not dump them into bins or bring them out of the corral. Toilet facilities are available in the corral before and after race.

AROUND THE MOUNTAIN, UP THE GLEN, RACE TO THE TOP & BACK AGAIN !
And when you have finished the Run, regardless of your place or time, why not get a photograph of yourself in front of our Warriors Run Finisher backdrop on the gable wall of The Strand so you can use on your Social Media page or send on to friends and family to tell them of your accomplishment. Go on, boast away, you've just done **THE WARRIORS RUN.**

Post Race Afterglow & Party

There's nothing like winding down in the evening after the race with family, friends and other competitors and have a chat about the race (whilst proudly wearing your medal of course). To help you along, besides the plethora of fine dining and drinking establishments listed below, we are delighted to team up once again with The White Hag brewery who will be operating a full bar in The Warriors Marquee during and after the race. The Brewery, in conjunction with Luke Devaney and the Plan C Band have lined up some top notch entertainment to get you dancing if you feel you have some energy left to burn. Keep an eye on our Facebook page nearer to the day for details of more entertainments around the village.

Entertainment and Dining Around Strandhill

Strandhill boast a range of excellent bars, restaurants, cafés, shops and takeaways at the beachfront and around the village.

For dining in the village, you will be spoiled for choice so you won't be stuck on the day for a bite to eat or drink. Starting from the shorefront upwards you will find the following places to dine in style. Below is a short description of each but why not look them up online and on their socials before you visit as most have their full menus advertised.

Shells Café and Bakery don't serve fast food but aim to serve great quality food as fast as they can. Specialising in fresh organic food from local suppliers, you can get everything from breakfast, lunch and dinner as well as some fantastic baked goods and top notch coffee. Don't forget to visit their Little Shop right beside the café.

The Strand Bar opens early for teas and coffees and a delicious range of pizzas are served throughout the day. If you're in the mood for a tipple, they have a fine selection of domestic and craft beers as well as an extensive cocktail menu.
MUSIC ON WARRIORS RUN NIGHT

Stoked is a restaurant specializing in delicious tapas style dishes. Perched above The Strand Bar, it opens at 5pm. Deliciousness personified, well worth a visit at any time of the year. Booking would be advised

Beach Buns have a top notch burger and specialty fries menu. Located at the beachfront if you need a takeaway, this is the place to go with specials to die for each weekend

Honestly Farm Kitchen Located at the beachfront they serve delicious burgers soups, salads, open sandwiches, savoury pastries and breads and teas & coffees. The Honestly Farm shop also has a fantastic selection of goods that will delight every palate. Why not drop in for a cocktail or two too.

Blackbird Café & Bakery at Strandhill Airport open for delicious coffees, breakfasts and lunches. A lovely array of food in a fantastic setting with a selection of beers on tap and in bottles.

The Venue Bar & Restaurant is on the Top Road in Strandhill Village. This steak and seafood restaurant serves up a huge range of delectable dishes from their award winning menu. Be it lunch or dinner, you'll thoroughly enjoy your dining experience here as you look out at the panoramic view over the Atlantic. Try the Chicken Wings, spicily delish.
MUSIC ON WARRIORS RUN NIGHT

The Dunes Bar also on the Top Road is a fantastic place to relax in comfort and enjoy delicious beverages.
MUSIC ON WARRIORS RUN NIGHT

Brees Bar beside Keanes Centra and Petrol Station is a perfect place to enjoy delicious pizzas from No Reservations pizzeria and relax in comfort with an extensive range of domestic and craft beers as well as cocktails galore. Best to get there early.
MUSIC ON WARRIORS RUN NIGHT

Also

Want an ice cream or a gelato to cool you down during the day. Head for the award winning **Mammy Johnstons** at the beachfront for yumminess in a cone.

The Gala Store and **Keanes Centra** are the main supermarkets in the Village and also have a deli for freshly made sandwiches and takeaway hot foods. All your grocery needs catered for right here in Strandhill.

Food Trucks are another addition to the delicious food trail within the village. In the car park at the back of the Amusements you will fine, **Fire Dough Pizza Co** serve up delicious handmade pizzas. At the entrance to the Caravan Park, **SHRIMPDOG** serve up delicious tacos, seafood, burger and much more.

Good Luck To All You Runners In

The WARRIORS RUN

Strandhill, Co. Sligo

WARRIORS RUN WEEKEND ENTERTAINMENT

FRIDAY	6PM – 8PM Warriors Marquee – Limited Bar	SEAMIE MCGOWAN & EOIN TROY
SATURDAY	1.30PM	SAMBA BAND
	2.00PM	WARRIORS PARADE
	3.00PM	CHILDRENS ENTERTAINMENT
	4.30PM – 6.00PM Warriors Marquee – Full Bar	MUSIC WITH SHANE & PATRICK
	5.30PM	PRIZEGIVING
	6.00PM	DJ
	8.00PM – LATE Warriors Marquee – Full Bar	PASSION & ENERGY
	9.30PM Beachfront Strandhill	FIREWORKS
	LIVE MUSIC IN THE STRAND, THE VENUE, THE DUNES, BREES BAR	
SUNDAY	3.00PM Warriors Marquee	CHILDRENS PUPPET SHOW
	4.00PM Beachfront Strandhill (Weather Permitting otherwise Warriors Marquee)	CABBAGE & FRIENDS

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Mammy Johnston's
Est. 1938

Honestly
Farm Kitchen

WE WOULD LIKE TO THANK ALL OUR OTHER SPONSORS AND SUPPORTERS
KEEP AN EYE ON THE BIG SCREEN FOR THEM

THE WARRIORS RUN ALSO THANKS :

NATIONAL SURF CENTRE STRANDHILL

CIVIL DEFENCE
Cosaint Shibhialta

Garda Síochána na hÉireann

North West Credit Union

Visit Sligo.

ORDER OF MALTA IRELAND
AMBULANCE CORPS

SLIGO LEITRIM MOUNTAIN RESCUE TEAM

SLIGO COUNTY COUNCIL
COMHAIRLE CHONTAE SHLIGIGH
Land of Hearts Desire

Heartfelt THANKS

TO OUR VOLUNTEERS!