

# #PedalThePeriphery 2025

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**Participant Information Pack**

# THE CHALLENGE

## #PedalThePeriphery2025



**Thank you for signing up to #PedalThePeriphery 2025, we are hugely excited to welcome you to the ever growing #PedalThePeriphery community.**

This major fund and awareness-raising fixture was originally the idea of Paddy Harrower, a Wallace High School PE teacher and endurance sports fanatic. He was diagnosed with pancreatic cancer on Easter Sunday, April 17th 2022 and died just 14-weeks later on July 24th 2022.

Shortly before his death, he issued his wife Andrea, and her sister, Cathy with a challenge to cycle non-stop the 480-miles around NI in 48 hours all to raise funds and awareness for NIPANC, ensuring something good came from his passing. In June 2023 Andrea and Cathy raised over £100k in funds for NIPANC and reached over 80 countries with their vital awareness raising story.

This epic endurance challenge has now evolved to become an annual fixture for NIPANC; a legacy event, in honour of Paddy and Cathy's school friend of 30-years, Natalie Wilson who also died of the disease. The 2024 event returned in a team relay format, and saw over 100 people from across 10 teams take on the challenge, raising just under £100k and reaching just over 80 countries. Over 100 new story's from #PedalThePeriphery were created, and we want 2025 to be even more epic!

Whether you are a seasoned endurance athlete, or embarking on your first team cycling event, NIPANC's top priority is to get every team and individual across the finish

line safely, having experienced a first class event full of anticipation, excitement, endurance and accomplishment.

We are delighted to once again be working alongside Primal Challenges, a professional event management company with 25-years experience in delivering epic outdoor multi-sport endurance events. They were chosen by NIPANC for their track record in creating spectacular events that 'make memories that last a life time.' The company specialise in bringing people into the great outdoors, enabling them to explore off the beaten track. For #PedalThePeriphery 2025, the route has been designed to take in some of the most breath taking scenery NI has to offer.

There will be a number of ways we will be communicating, and supporting, you over the coming weeks and months:

- The email you provided us at registration will be the main source for us to share up to date event information;
- The private Facebook page (for entrants only) will be used to share advice, training, guidance and preparation including details of our free weekly live cycle specific online Strength and Conditioning sessions; and
- The public Facebook and Instagram page will be used to introduce teams, share inspirational story's and continue to market this epic endurance event.

You will be aware by now this is a non-stop team event, meaning once your team sets off from the start line on Friday June 6, it will not stop until the 480-mile route around the periphery of Northern Ireland has been completed.

Apart from the following two mandatory requirements:

- 1** The team must complete the event in 48 hours
- 2** Only one cyclist from the team needs to be on the road at a time.

it is up to you and your team how you approach this epic event!

This event is designed as a challenge; it is a test of planning, teamwork, endurance, determination and fitness. You should be prepared for little sleep, undulating climbs, testing weather with the likelihood that at times you may be cold, wet and uncomfortable! But with that comes teamwork, excitement, drive, empowerment, encouragement and unrivalled satisfaction!

The following document provides you further information, and key dates, relevant to the practicalities of the event. Any further questions or queries can be directed to [pedaltheperiphery@nipanc.org](mailto:pedaltheperiphery@nipanc.org)

**Note:** While this document contains the most up-to-date information, any changes will be presented at the Event Briefing Session scheduled for the evening of the 5<sup>th</sup> June.



# #PedalThePeriphery2025



## KEY DATES

Date	Venue	Activity
Thursday 5th June 2025, 7-8pm	Wallace High School Lisburn	Pack Pick Up Team Photos Meet the Teams Event Briefing for all teams and team members.
Friday 6th June 2025, 1.00pm - 4.30pm	Lisburn Rugby Club	Waved Start, 10/20 minute intervals between teams (final team start times to be released on the 1st June)
Friday 6th June 2025 – Sunday 8th June 2025	480 mile route	Teams to complete route. Check in via official check points detailed below.
Sunday 8th June 2024	Wallace High School Lisburn	Finish line Finish times between 07.46am and 11.16am The above expected finish time range has been made that shows the expected time of day riders will be passing through the route based on differing average speeds (18kmph, 25kmph, 30kmph).

## THE FUNDRAISING PRIZE DRAW:

The fundraising prize draw to win the Fustle Causeway GR1.1 bike, retailing at over £2,300, will be made on Sunday 8th June once all teams have finished.



## EVENT START

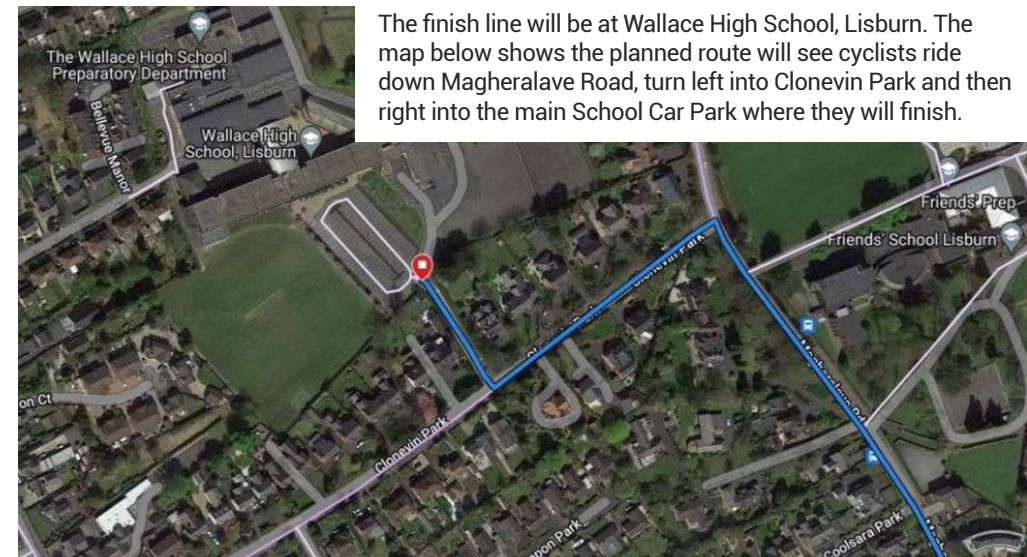
The starting point will be at Lisburn Rugby Club, 71 Eglantine Road, Lisburn, BT27 5RQ. The map below shows the event starting at the club, turning right onto Eglantine Road, then joining the Blaris Greenway to Belfast and onto Holywood.

This is NOT A MASS START event with solo riders from each team released in controlled stages from the start line as directed by the event organisers.



## EVENT FINISH

The finish line will be at Wallace High School, Lisburn. The map below shows the planned route will see cyclists ride down Magheralave Road, turn left into Clonevin Park and then right into the main School Car Park where they will finish.



# OFFICIAL CHECKPOINTS

# #PedalThePeriphery2025



Start	CP1	CP2	CP3	CP4	CP5	CP6	Finish
Lisburn Rugby Club	Eurospar Castlewellan Road: 14 Castlewellan Road, Newcastle BT33 0D	ASM Chartered Accountants: 79 Cunningham Lane, Dungannon BT71 6BX	Church of Ireland Brollagh Road, Garrison, Enniskillen BT93 4AE	Island Brew Boa Island Road, Enniskillen, BT93 8AE	Downhill Beach, Temple Cove Coffee Shop	Ballygally Castle Hotel 262 Coast Road, Ballygalley, Larne BT40 2QX	Wallace High School Lisburn

There are eight official checkpoints along the route including the start and finish. Whilst these checkpoints are primarily used to manage the route and the flow of riders, they are also being used to 'paint the route purple'. Managed by a dedicated 'NIPANC Checkpoint Champion' these checkpoints will provide all teams with food, restroom stops and, if required, a bit of warmth, coupled with a promise of atmosphere, laughter, hugs (if needed!) and words of support to keep teams motivated!

You are not required to stop, or change over riders at these points.

The checkpoints will also allow for your supporters to congregate somewhere safe, and fun, and help support you along the route.

All competitors will be given a detailed GPX file and Komoot link, detailed route instructions and emergency contact numbers for event centre HQ in their event pack.

Each team will also be given a GPS tracking device at Event brief on the 5th June. This tracking device will be used as the 'relay baton' between your team cyclists. This live tracker will be activated at the start line, and provide live tracking (through the primaltracking weblink) for friends and family to follow your teams progress over the 48 hour period.





## BIKE & ROAD SAFETY

- The event will take place on open roads and instructions from the PSNI and event marshals must be obeyed.
- All areas along the route where care must be taken will be made very clear to all participants at race briefing and in live Q&A Sessions leading up to the event date
- Please make sure your bike is in good working order before the day – check brakes, chain, pump tyres.
- **Recommended Bike gearing:** There are a series of undulating, and steep climbs on our route, we would recommend a low gearing of either 34X30 or 36x32 depending on your fitness.
- **Caution Steep descent:** Please be careful on descents, crosswinds, sheep, lambs, bumpy roads can cause you to lose control so only descend at a comfortable speed.
- **Be safe Be Seen:** We will check that all participants have at least one flashing helmet/rear bike light. These must stay on for the duration of the event. It is also recommended that a flashing front light be used at all times. You may need a power bank to recharge.
- It goes without saying that high lumen 'to see' lights must be used during the hours of darkness, in addition to the lights required as above.
- You will not be permitted to participate in this event without a helmet which has to be properly fastened.
- You must ensure your fitness level is appropriate to the distance and elevation of your chosen route.
- Please ensure your nutritional requirements are met. You may wish to plan for additional food/ water stops along the way so study the route carefully and be aware that shops are not open 24hrs.
- This is not a closed road event and cyclists must obey the rules of the road. Always keep to the left-hand side of the road. Do not cross the white line in the centre of the road.
- Please familiarise yourself with the route in advance (a GPX and Komoot file will be available in advance). Please bring the route book or at least the route maps with you or save these to your phone, for easy access, even in areas without wifi/phone signal.
- No earphones or radios PERMITTED.
- The routes selected for the event are quiet roads, but you will encounter some traffic and MAJOR road junctions where you MUST STOP before proceeding.
- The route covers the periphery of Northern Ireland, we have kept the route off main roads and as such quiet roads can encounter other users! Some areas will have sheep and cattle, others farm machinery with all sorts being towed. Cyclists please be conscious of this at all times.
- Please ensure to carry the following with you: spare tubes, pump, tyre levers, rain cape, bottle, phone, power bank and money just in case!
- Cyclists weather conditions on the course can change. Please be prepared with items such as waterproof jacket, sunscreen etc!
- If weather conditions deteriorate to an extent that compromises safety, organisers may shorten/alter the route.
- Please be mindful of your own safety and the safety of others while on the course as there may be vehicles, pedestrians, leisure cyclists, walkers, runners, or spectators en route.
- Please be mindful that the key towns may be busy with traffic and tourists at this time of year.



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## SUPPORT TEAM AND VEHICLES

- Once you have your cycling team together don't forget about pulling together your support crew.
- Each team is to have a dedicated "support vehicle" and, possibly, a crew vehicle/vehicles, depending on the number of cyclists in each team.
- The follow vehicle will have "SUPPORT VEHICLE" signage and light to warn other road users, this will be provided at the event briefing
- It IS NOT A requirement that your follow vehicle be with you during the hours of sunlight.
- It IS A requirement that your follow vehicle be with you during the hours of darkness (09.30pm and 04.30am). The vehicle must be within 10 metres behind the rider.
- This event involves a lot of driving – a total round trip of over 770km, so ensure your support team are prepared to spend a lot of time in the car, some of which will be moving at a slow pace behind the teams rider.
- For safety reasons, each team must have a minimum of two drivers in their follow vehicle. We understand it can be difficult to find two drivers so advise to start this search as early as possible.

## MARSHALLING

Primal Challenges, supported by NIPANC, will provide a team of up to 10 marshalls who will be on the route over the weekend of the event.

The Marshal Coordinator will brief the Marshals prior to the event on their duties.

Each key marshal will be issued with a GPS Tracker and will have direct contact with the Race Director at all times. Although they will not be encouraged, they will assist competitors in any way. Marshals may use their own discretion in certain circumstances

- Typical marshal activities/duties will include:
- Helping to register competitors
- Timing competitors away from the start line
- Recording competitors as they pass through various locations
- Updating Race HQ with info about the race and racers passing through
- Helping to ensure that all competitors abide by event rules
- Cheering on and boosting morale
- Reporting any medical incidents to race directors
- Being visible in key locations along the route

## ANTI-LITTER POLICY

Please do not leave litter around the course, at food stops, or at the start or finish area. Please dispose of your rubbish in the bins provided. "LEAVE NO TRACE"..

## PHOTOGRAPHERS

We will have photographers along the course, and at the start/finish line. Photos will be posted on our social media pages or promotional material following the event.

June 6th 2025 is just around the corner! Exciting times ahead. We look forward to getting to know and supporting you in the days and weeks up to the event. Make sure to get in touch if there is anything we can do to help you get ready for the experience of a lifetime.



## CONTACT

Cathy Booth

✉ [pedaltheperiphery@nipanc.org](mailto:pedaltheperiphery@nipanc.org)

☎ 07786512885



Join our Facebook group for the latest information: [#PedalThePeriphery 2025](#)



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