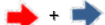


5KM ROUTE



10KM ROUTE



OBSTACLE



START



FINISH



#### 5KM & 10 KM Obstacles

1. Trailer Jump
2. Bale Jump
3. Seven Castles Squeeze
4. Log Carry
5. In the Dog House
6. Tyre Pull
7. Alices Artie Ambush
8. Motte & Bales
9. 8ft Wall Climb
10. Shock of Your Life
11. Kings River Charge
12. Sandbag Carry
13. Phils Hill
14. Mazy Hill Run
15. Tyre Obstacle
16. Sludge Pit
17. Kings River Vault
18. Kings River Run
19. Plunge Pool
20. Petronellas Plunge
21. Mud Crawl
22. Tyre Tunnel
23. Under Bridge Mud Run
24. Battle of Burgess Bars
25. Kytlers Crossing
26. Reverse Slanted Wall
27. Cargo Net Climb
28. Tunnel of Terror
29. 12 Ft Wall Climb
30. 2 Ft Hill Jump
31. Siege of Kells Priory
32. Gate Climb
33. Under Bridge Crawl
34. Cargo Net Crawl
35. Stream Rope Crossing
36. Tyre Stream Crossing
37. 14 meter Kings Crossing
38. Parallel Bars Crossing
39. Pole Crossing
40. Cargo Net River crossing
41. Slippery Hill Climb
42. Hill Descent
43. Victory Hill
44. Warrior Weir
45. Wipe Out

#### 10 KM Obstacles

46. Stream Crawl
47. Medieval Mud War
48. Bog Crawl
49. Tyre Roll
50. Snake Bars
51. Mud River Run
52. Tyre Tunnel
53. Olympic Rings
54. Hill Climb
55. Num Chucks
56. Strongbows Summit or Plummet
57. Plough Crawl
58. Crusade of Kilreel
59. Parallel Bars
60. Hill Tyre Pull
61. Climbing Frame
62. Tyre Pile
63. 16 Ft Bale Climb
64. Reed Run
65. B.T.W ( Beat That Wall)
66. 16 Ft Vertical Rope Climb

# REIGN OF TERROR

21st October 2017  
Kells, Co. Kilkenny

KILKENNY  
R697

KELLS CROSS

KELLS PRIORY

STONEFORD



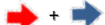
5KM ROUTE

10KM ROUTE

OBSTACLE

START

FINISH



#### 5KM & 10KM Obstacles

1. Trailer Jump
2. Bale Jump
3. Seven Castles Squeeze
4. Log Carry
5. In the Dog House
6. Tyre Pull
7. Alices Artie Ambush
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16. Sludge Pit
17. Kings River Vault
18. Kings River Run
19. Plunge Pool
20. Petronellas Plunge
21. Mud Crawl
22. Tyre Tunnel
23. Under Bridge Mud Run

#### 10 KM Obstacles

46. Stream Crawl
47. Medieval Mud War
48. Bag Crawl
49. Tyre Roll
50. Snake Bars
51. Mud River Run
52. Tyre Tunnel
53. Olympic Rings
54. Hill Climb
55. Num Chucks
56. Strongbows Summit or Plummet
57. Plough Crawl

24. Battle of Burgess Bars
25. Kytlers Crossing
26. Reverse Slanted Wall
27. Cargo Net Climb
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35. Stream Rope Crossing
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44. Warrior Weir
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58. Crusade of Kilreel
59. Parallel Bars
60. Hill Tyre Pull
61. Climbing Frame
62. Tyre Pile
63. 16 Ft Bale Climb
64. Reed Run
65. B.T.W (Beat That Wall)
66. 16 Ft Vertical Rope Climb

# REIGN OF TERROR

21st October 2017  
Kells, Co. Kilkenny

- ❖ 10 NEW man made obstacles
- ❖ 1.5km of new route with NO loops
- ❖ 66 obstacles on the 10km route v's 56 in 2016
- ❖ Be the first to run through the medieval setting of Kells Priory



**Section 1 : Field of  
Screams!**

1. Seven Castles Squeeze
2. Log and Load
3. Tyre Trial
4. Motte and Bales
5. Alice's Arctic Ambush
6. Siege of Kells
7. Shock of your life
8. King's river Charge
9. Sandbag Assault

# REIGN OF TERROR

21st October 2017  
Kells, Co. Kilkenny



3



2



5



4



6



7



8



9

END  
SECTION 1

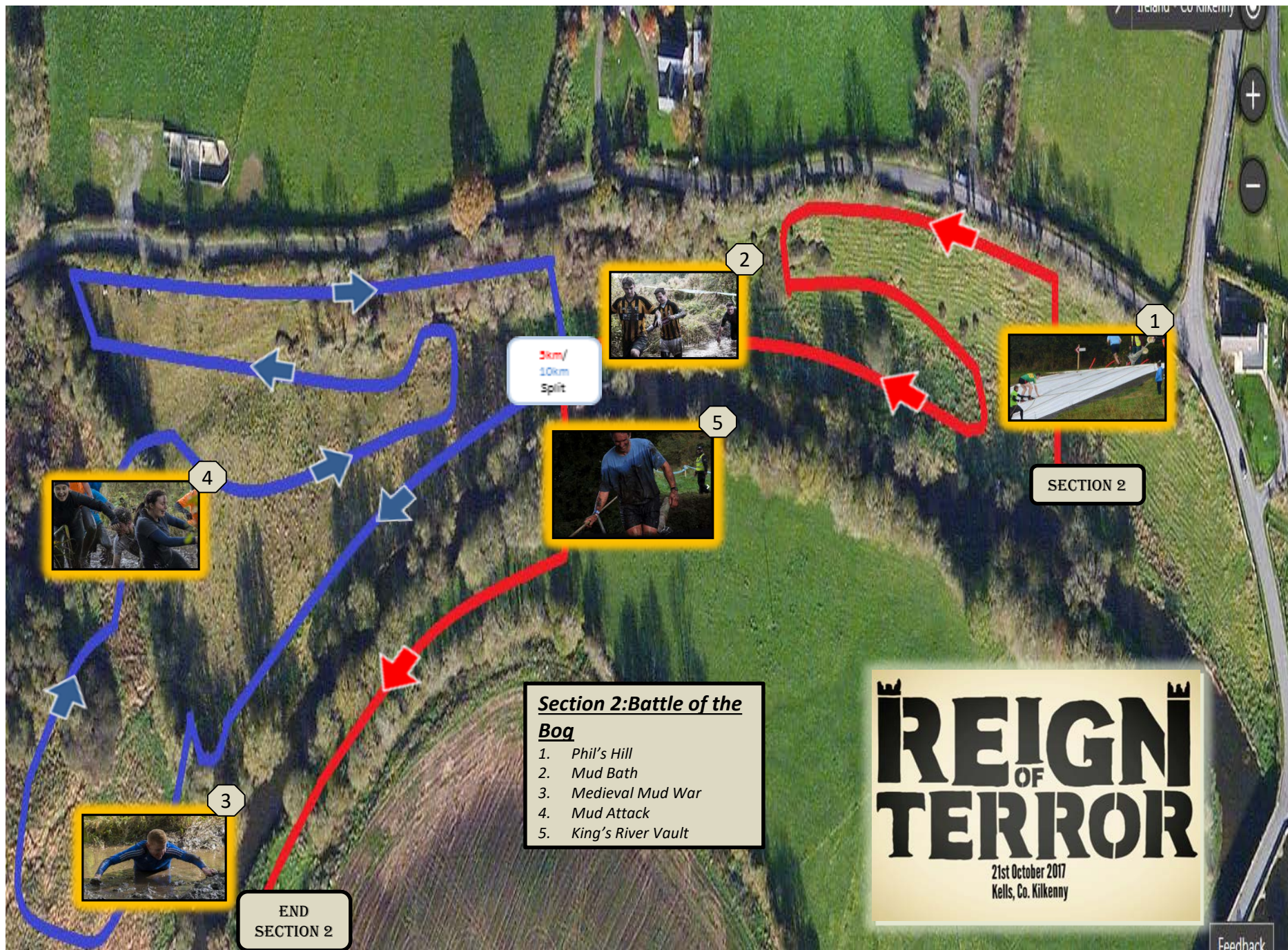


START

1







**Section 2: Battle of the Bog**

1. Phil's Hill
2. Mud Bath
3. Medieval Mud War
4. Mud Attack
5. King's River Vault

**REIGN  
OF  
TERROR**

21st October 2017  
Kells, Co. Kilkenny



### Section 3: River Bank Trials

1. Shock to the Senses
2. Grip or Dip
3. Relentless Rings of Doom
4. Tunnel of Terror

SECTION 3

1



5km/  
10km  
Split

4



END  
SECTION 3

2



3



# REIGN OF TERROR

21st October 2017  
Kells, Co. Kilkenny



## **Section 4: Reign of Terror**

### **Playground**

1. Petronella's Plunge
2. Monkey Bars
3. Strongbow's Summit or Plummet
4. Crusade of Kilreel
5. Battle of Heave Hill
6. Bridge Attack



5



4



3



2



1



SECTION 4

3km/  
10km  
Split

6

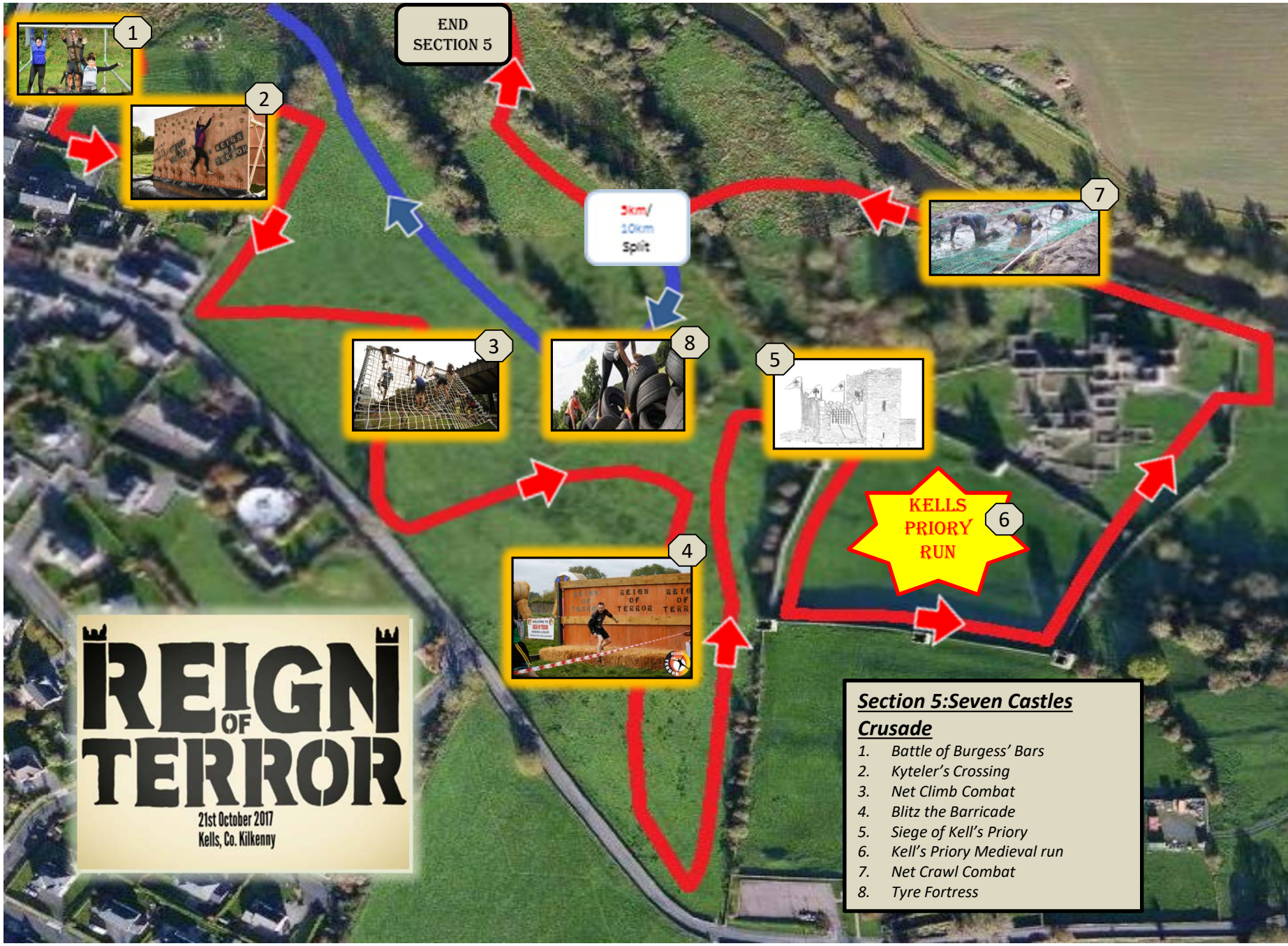


END  
SECTION 4

# REIGN OF TERROR

21st October 2017  
Kells, Co. Kilkenny





1



2



3



4



5



6



7

# REIGN OF TERROR

21st October 2017  
Kells, Co. Kilkenny

END  
SECTION 5

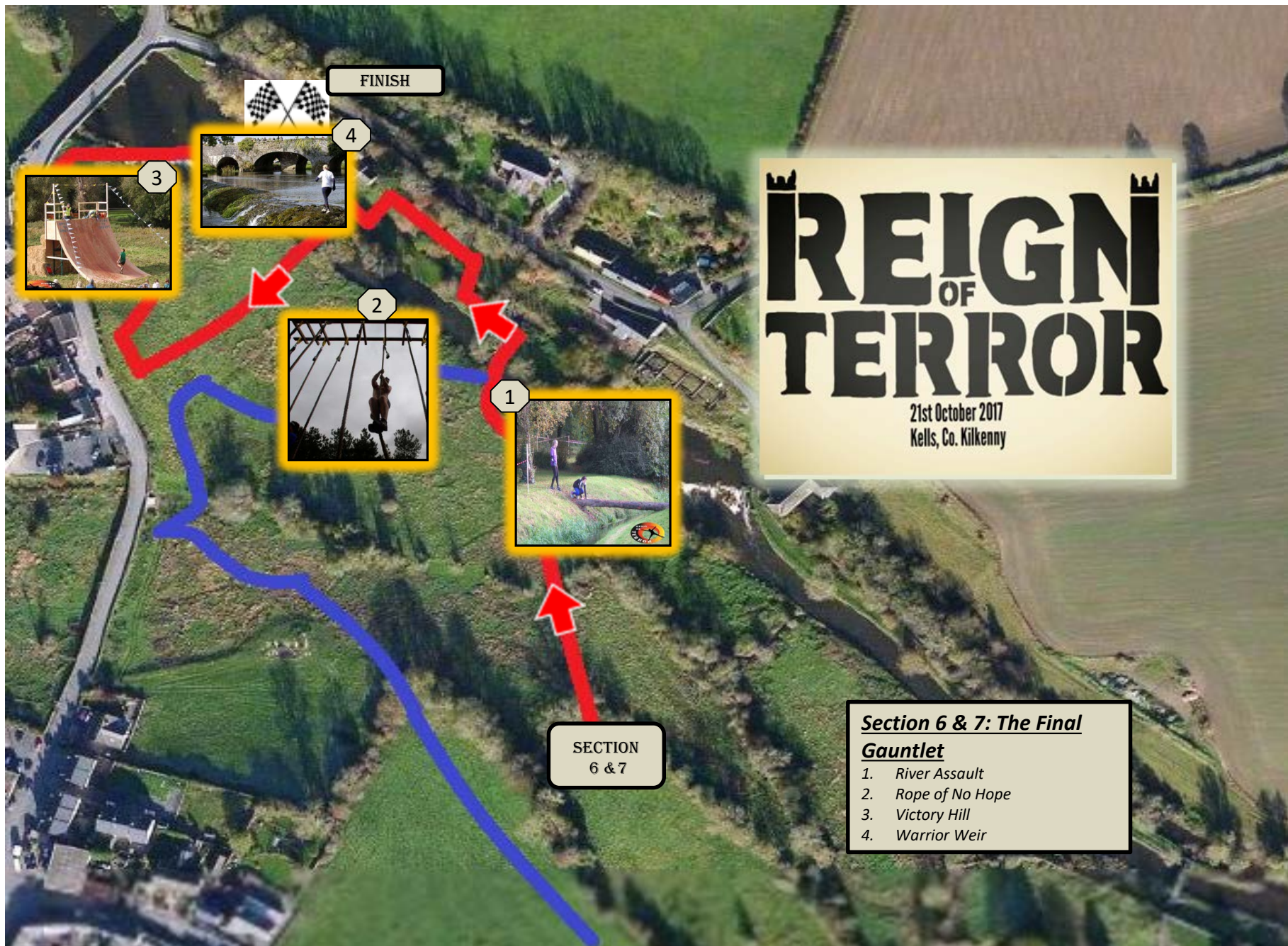
3km/  
10km  
Split

KELLS  
PRIORY  
RUN

## Section 5: Seven Castles Crusade

1. Battle of Burgess' Bars
2. Kyteler's Crossing
3. Net Climb Combat
4. Blitz the Barricade
5. Siege of Kell's Priory
6. Kell's Priory Medieval run
7. Net Crawl Combat
8. Tyre Fortress





# REIGN OF TERROR

21st October 2017  
Kells, Co. Kilkenny

SECTION  
6 & 7

## Section 6 & 7: The Final Gauntlet

1. *River Assault*
2. *Rope of No Hope*
3. *Victory Hill*
4. *Warrior Weir*



**5KM & 10 KM Obstacles**

- |                          |                              |
|--------------------------|------------------------------|
| 1. Trailer Jump          | 24. Battle of Burgess Bars   |
| 2. Bale Jump             | 25. Kytlers Crossing         |
| 3. Seven Castles Squeeze | 26. Reverse Slanted Wall     |
| 4. Log Carry             | 27. Cargo Net Climb          |
| 5. In the Dog House      | 28. Tunnel of Terror         |
| 6. Tyre Pull             | 29. 12 Ft Wall Climb         |
| 7. Alices Artic Ambush   | 30. 2 Ft Hill Jump           |
| 8. Motte & Bales         | 31. Siege of Kells Priory    |
| 9. 8ft Wall Climb        | 32. Gate Climb               |
| 10. Shock of Your Life   | 33. Under Bridge Crawl       |
| 11. Kings River Charge   | 34. Cargo Net Crawl          |
| 12. Sandbag Carry        | 35. Stream Rope Crossing     |
| 13. Phils Hill           | 36. Tyre Stream Crossing     |
| 14. Mazy Hill Run        | 37. 14 meter Kings Crossing  |
| 15. Tyre Obstacle        | 38. Parallel Bars Crossing   |
| 16. Sludge Pit           | 39. Pole Crossing            |
| 17. Kings River Vault    | 40. Cargo Net River crossing |
| 18. Kings River Run      | 41. Slippery Hill Climb      |
| 19. Plunge Pool          | 42. Hill Descent             |
| 20. Petronellas Plunge   | 43. Victory Hill             |
| 21. Mud Crawl            | 44. Warrior Weir             |
| 22. Tyre Tunnel          | 45. Wipe Out                 |
| 23. Under Bridge Mud Run |                              |

**10 KM Obstacles**

- |                                  |                               |
|----------------------------------|-------------------------------|
| 46. Stream Crawl                 | 58. Crusade of Kilreel        |
| 47. Medieval Mud War             | 59. Parallel Bars             |
| 48. Bog Crawl                    | 60. Hill Tyre Pull            |
| 49. Tyre Roll                    | 61. Climbing Frame            |
| 50. Snake Bars                   | 62. Tyre Pile                 |
| 51. Mud River Run                | 63. 16 Ft Bale Climb          |
| 52. Tyre Tunnel                  | 64. Reed Run                  |
| 53. Olympic Rings                | 65. B.T.W ( Beat That Wall)   |
| 54. Hill Climb                   | 66. 16 Ft Vertical Rope Climb |
| 55. Num Chucks                   |                               |
| 56. Strongbows Summet or Plummet |                               |
| 57. Plough Crawl                 |                               |