



**VEJLE**  
SVØMMEKLUB

## Hølløngatta Gold - Long Distance Ocean Iron Racing 2025

(English version)

### Hølløngatta Gold – Long Distance Ocean Iron Racing 2025

Test your grit in a long-distance lifesaving race in Vejle Fjord on **Saturday, June 7th**.

**Hølløngatta Gold** is a long, tough, and fun race packed with action and good laid-back vibes.

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### Participants

You can race **solo**, in **pairs**, or as a full **relay team** (3 athletes per team).

Use the [Facebook event](#) as a crew exchange board if you're short a swimmer or paddler.

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### Race Distance and Course (preliminary)

- **Surfski:** 10–15 km
- **Swim:** 2–3.5 km
- **Board:** 3.5–6 km
- **Run (beach & trail):** 6–11 km

Expect distances to lean towards the short end of the intervals. See the [course preview](#).

The course will be adapted to conditions on race day, but the plan is to start with a **downwind ski leg**, followed by swim, board, and run — all starting and finishing at the **main beach in Høll**. That means the **transition area**, your gear, and feed zone will all be in one central spot, though the ski start might be elsewhere in the fjord (max 15 min drive from Høll).

**Water safety** is covered: boats on the ski leg, and lifeguards on rescue boards during the swim and board legs.

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## Gear

You can race on **any type of ski or board**, not just lifesaving-specific gear. Regular surfskis and kayaks are fine. There may be raceboards available to borrow.

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## Race Info

- **Date:** Saturday, June 7
- **Start time:** 10:00 or 11:00 (race briefing ~1 hour before)

During and after the 3–5 hour race, we'll have great **music and a beach barbecue**, with a chill zone for families, support crews, and athletes in the transition area before/after the race.

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## Location

**Folmersvej 13, Høll, 7080 Børkop**

Drop-off and gear parking at **Børnenes Vel (the beach house)**.

**Vejle Swim Club** has a big, cozy beach house with kitchen and restrooms available. You can book a **bunk bed** for the night (Saturday–Sunday) if you want to stay over without the early-morning stress. You can also **set up your own tent** on the grass.

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## Fees

- **Individual or team entry:** 150 DKK
- **Bunkhouse overnight stay:** 75 DKK
- **Tents per night:** 50 DKK

Pay via **invoice to your club** or **MobilePay** to Vejle Swim Club during/after the event.

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## Registration & Questions

Register via: <https://liveheats.com/events/284540>

Or with a shared spreadsheet (for bulk registration). [\[Download Excel file\]](#) and email it to Mads at [mhj@vejlesvommeklub.dk](mailto:mhj@vejlesvommeklub.dk)

**Deadline: May 19**

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### [Beach Extravaganza](#)

The next day features **short-distance competitions** in classic surf lifesaving and elimination formats.

We're stoked to see you for an epic, fun, and challenging event!