

Diabetes Ireland: HELL & BACK - Ireland's Toughest Challenge **(<https://www.activelink.ie/node/113013>)**

Are you ready to test your limits?

Join **Team Diabetes Ireland** and take on **HELL & BACK**, the ultimate physical and mental endurance challenge that will push you to your breaking point—and beyond.

HELL & BACK isn't just another race. It's Ireland's toughest endurance challenge, designed by award-winning outdoor specialists to test your strength, stamina, and mental grit. This is your chance to step outside your comfort zone, overcome every obstacle, and achieve something extraordinary.

By joining **Team Diabetes Ireland**, you will conquer this incredible challenge and help raise vital funds to support those living with diabetes in Ireland.

Event Details

- **Date:** June 7th
- **Location:** Killruddery Estate, Bray, Co. Wicklow
- **Challenge:** 8.0K

HELL & BACK takes you through mud, water, ice, fire, and countless obstacles across stunning but gruelling terrain. Every step will test your endurance, resilience, and willpower.

Are You Ready to Face the Impossible?

It's time to leave fear behind and embrace the challenge. Register now to be part of **Team Diabetes Ireland** and make every step count towards a better future for people living with diabetes.

Join Us Now and Start Your Journey!

For any questions or concerns, don't hesitate to reach out to us at info@diabetes.ie (<mailto:info@diabetes.ie>) or call us at [018428118](tel:018428118) (tel:018428118). We are here to help!

Sign up today: [Click here to register](#)

(<https://www.hellandback.ie/IndividualRegistration.aspx?GroupKey=e1ea7149-6966-42ff-b0f5-16b242cd77cc>)

Region

Bray, Co Wicklow

[More information \(https://www.diabetes.ie/fundraise-for-us/hell-back-irelands-toughest-challenge/\)](https://www.diabetes.ie/fundraise-for-us/hell-back-irelands-toughest-challenge/)

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Expiry Date

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