



Race Day

Below are all Approximate Times, Please Do Not Leave the Start Area as These Are Approximate Times

After the race briefing, competitors will be asked to line up in the following format inside the barriers.

Provisional Race start times are as follows:

08:00am – Supreme Advanced Competitors (Wave 1)

08:05am – Supreme Intermediate & Supreme Beginner (Wave 2)

Placing yourself in the incorrect category or wave will result in an incorrect time for you.

09:00am – Spirit Advanced (Wave 3)

09:05am – Spirit Intermediate (Wave 4)

09:10am – Spirit Intermediate (Wave 5)

09:15am – Spirit Beginner (Wave 6)

Please Note Waves With Large Numbers Will Be Split In Alphabetical Order.

When the race starts, every competitor must follow the set out course and **OBEY ALL RACE MARSHALS**.

Toilet facilities are available in the hotel and leisure centre, strictly NO urinating in public.

N.B. – Do not cross the starting mat before your wave start time as doing so will result in an erroneous time that will not be corrected.

The race starts with a run/jog/walk (4k) at the Castlecourt hotel and takes the Distillery road to the Greenway on Altamount street, up the hill (Known as the cattle pass) following the green to Quarry Lane where you meet the 2nd climb, turning right for the Quay road and left on to the Quay hill (**keeping to the left-hand side of the road as you run around the Grotto at Hoban's Centra**). Run down the road and along the banks of the Quay Point soccer pitch, keeping to the right-hand side of the barriers/cones.

T1

Transition 1: **Please stay to the right of the barriers as you enter transition**. At the Entrance competitors must **cross the timing mat &** follow the direction arrows to their bike which will have been racked on Friday 9th November by YOU the competitor. Helmets must be securely fastened at all times whilst cycling your bike and in transition area *before* picking up your bike – your helmet must be on your head correctly and clipped in place *before* touching your bike. Marshals will be on hand to record time penalties if applicable. Proceed out of transition at bike exit on FOOT to mounting line outside transition; mounting your bike in transition will result in a heavy time penalty.

Cycle – 8 km

This is a straight cycle course out along the coast to Murrisk and Croagh Patrick carpark; competitors are responsible for ensuring they complete the entire route. Having left the transition, mount your bike when told to do so by race marshals. **Exit transition and keep to the right side of the road** and proceed straight in the direction of Murrisk; Obey instructions from the marshals and watch for other runners and cyclists already on the course and at the exit of transition. The Quay is a busy place with tourists so be careful of oncoming traffic, we will have marshals positioned but it is still up to you to be careful.

First Bike course details

The bike course consists of 8km direct route to Murrisk car park.

- The route follows the coast for 4km to Beclare T- junction (**slow down on approach**) where competitors turn RIGHT on to the R335 direction Louisburgh.

Please cycle on the left-hand side of the road. Do NOT cross the road to the bike lane as this could result in an accident with fast oncoming cyclists. Continue another 4km to Murrisk (cycling on the left-hand side of road) where competitors **must dismount** at the entrance to Croagh Patrick Carpark.

There will be toilet facilities at the Croagh Patrick car parking area.

T2

- Dismount at the line before entering the transition via the cycle entrance point. **Bays will be numbered so check boards for your race number area.** Rack your bike properly, fallen bikes, or those obstructing other racking points must be positioned correctly before leaving transition.
- Helmets may **not be unclipped or removed** before your bike has been racked.
- Exit transition through the run exit point, **crossing the timing mat** beside the toilets and proceed to climb Croagh Patrick following the race direction arrows.
- There will be water available but PLEASE put empties in the bins at Transition and at the Reek statue 500m on the way up Croagh Patrick.

Croagh Patrick

Spirit Timing Point at the Ridge (1.5k)

Supreme Timing Point at the Summit (3k) only

Please avoid any sections of the mountain path marked by cones and/or tape. These are potentially dangerous areas.

- Following the arrows, the climb of Croagh Patrick is where the real Adventure race begins, it is compulsory to bring all of your Mandatory kit with you on this section see above and FAQ for suggestions.
- It is recommended that sturdy shoes be worn as underfoot terrain can be treacherous.
- We also recommend that competitors wear their cycling helmet for this stage as an extra safety precaution.

- Please report any accidents you come across to a marshal John's Ambulance or MMR.
- Spirit competitors finish their climb at the top of the Ridge (1.5k) and must **cross the timing mat** before descending back to T2
- Supreme competitors continue past the Ridge to the Summit of Croagh Patrick where they **cross the timing mat** in front of the church before descending back to T2
- Descending Croagh Patrick is very dangerous and can result in serious injury so proceed with CAUTION, only run at a speed you can control.
- Competitors hiking up should give way to faster competitors descending down.
- On the descent after the gate, it's recommended to keep left away from the slippery rocks.
- Re-Enter T2 by the same route as you left it.

Re -Entering T 2

All competitors must **cross the timing mat** at the run entrance beside the toilets before getting their bikes and exiting (through the exit gate only) for cycle 2, Proceed out of transition at bike exit on FOOT to mounting line outside transition; **mounting your bike in transition will result in a heavy time penalty.**

Upon exiting transition there will be a left turn for the **SUPREME** competitors, direction Louisburgh (35KM for this stage) and a right turn for the **SPIRIT** competitors, direction Westport (11KM)

The Supreme Competitors follow the direction arrows to Lecanvey, taking a LEFT turn at Kilsallagh junction sign for the first of 2 climbs; direction Drummin. **Please note that the road from Kilsallagh to Drummin will be closed to vehicular traffic (local access only) from 09:30am to 12pm.**

The first climb is a long steady hill but the steep climb 'The Maum' is very steep; recommended gearing on your bike is 39x27 as it's 25% in places. You get a break at the top of the climb as **you must dismount your bike to cross the timing mat**, then go down the fast descent, turning left in Drummin village and on to Liscarney, where you turn left for Westport, it's all downhill back to the Point soccer pitch transition area (T1).

Note: the descent from the top of the Maum is fast and technical in places. Please proceed with caution.

The Spirit second cycle route is directly back to Westport via the West Road turning left at the Fire station (*do NOT turn left at Belclare Junction*) Please note that the cycle path after Belclare junction will be open to public use, therefore we recommend staying on the main road.

Turn left again onto the Quay hill for transition 1. The lower part of Quay Road is a fast descent and busy junction so please exercise caution and obey the instructions of the gardai & marshals. There is also a new speed ramp in place at The Helm Bar, making slowing down here essential.

Re Entering T3 (T1)

- Dismount at the line and **cross the timing mat** before entering the transition via the cycle entrance point. Rack your bike properly, fallen bikes, or those obstructing other racking points must be positioned correctly before leaving transition.
- Helmets may **not be unclipped or removed** before your bike has been racked.
- Exit transition through the run exit point and proceed to cross the seashore, the water will be shallow or none at all depending on your time there, follow the coast line to the track and arrows around Romain Island.
- Cross the road at The Towers and take the next left up through the housing estate. Follow direction arrows to Greenway, run 3k along the Greenway path turning sharp left down the steep hill(Cattle pass) with Extreme Caution as your legs may not be able to stop you. **Run down the mall, crossing the bridge towards the Garda Station, then it's a sprint finish towards the marked gantry where you will cross the last timing mat. You're home!**

After you crossed the Finish line

Proceed into marquee for refreshments. At the back of the marquee local physios and massage therapists will be available and complimentary to competitors.

Remember to collect your bike and belongings at T1 before 5pm at the latest. However, you CANNOT collect your bike before 2.30pm from T1 out of respect for competitors still on the course.

You MUST show your race number or the white band with your race number on it to a marshal when collecting your bike. No race number, NO access to T1 and your bike. This will be strictly enforced.

There will be a **€75.00 charge** for any bikes that are not collected from Transition Area 1 after Westport Sea2Summit.