



IMPORTANT NOTICES FOR THE 2025 EVENT

Please take note of the following changes for Sea2Summit 2025:

- 1. The wearing of a helmet on the Croagh Patrick stage of the 2025 event is COMPLUSORY. This measure has been introduced for your continued health & safety. Failure to comply will result in automatic disqualification from the event.**
- 2. As per last year, special provisions are in place for the Croagh Patrick stages of the event. These provisions are to protect the natural habitat of Croagh Patrick and to leave undisturbed the ongoing path restoration works on the mountain. Please make sure you watch the important updates regarding the provisions for Croagh Patrick on our website.**
- 3. Croagh Patrick steps – the remedial works, including the steps built into the summit climb, are now complete. The steps are of uneven depth and width, and we recommend extreme caution when ascending & descending the summit.**
- 4. There are 2 new timing points at the event this year. One at the skate park for the final run. The second is on the Supreme bike leg, Maum descent, at Liscarney junction. This will offer a further tracking point for your friends & family who are following your progress via the App.**
- 5. Race start times are split. The Supreme event begins at 8:00am and the Spirit event begins at 9am. Placing yourself in the incorrect category or wave will result in an incorrect time for you.**

6. Due to mains water works along the R335 between Belclare junction and Murrisk car park, a few sections of the road have uneven surfaces. Please take extra care along this section of the route.
7. Bike pick-up times in 2025 will be strictly enforced. We ask you to respect your fellow competitors and **do not arrive at pick-up before 2.30pm.** Please remember that our marshals are volunteering their time for YOUR safety. Any verbal or physical abuse towards any event staff will be reported to the Race Director and may result in exclusion from participating in future Sea2Summit events.
8. As part of your registration, you will receive two bands:
 - You will receive a band with your race number at registration. Please wear this band as you will be asked to show this band with your race number when you are collecting your bike at 2.30pm.
 - The second band is your **Wave Colour Band**. This must be worn as waves will be divided by colour this year. This band will also have the Event Emergency Contact Number should you have or witness an accident and need to report it.
9. Sea2Summit is a self-sufficient race and competitor support vehicles are NOT allowed on the course. Failure to comply will result in heavy time penalties and/or disqualification.
10. No Support Vehicles are allowed on the Maum.
11. The Road from Kilsallagh Junction to Drummin will be closed from 9.30am to 12 Noon. There will be local access only.
12. We ask that family and friends do NOT follow you to Croagh Patrick as the extra volume of traffic on the road may lead to traffic accidents.
13. The use of headphones during the event is **strictly forbidden** and will result in **immediate disqualification**. Marshals will be instructed to note race numbers of any competitor who does not retire upon instruction.

14. For safety reasons, we highly recommend the wearing **of your bike helmet for the Croagh Patrick stage** as this could help prevent a serious injury.
15. Motorbike marshals will be instructed to remove any competitor from the race who is in breach of the **Rules of the Road**. Please ensure you are fully conversant with these before the event.
16. Please note that there will be **a €75.00 charge** for any bikes that are not collected from Transition Area 1 after Westport Sea2Summit by 5pm.
17. Sea2Summit strictly observes a 'Leave-no-Trace' policy. We ask all competitors to please help us keep our environment and local community litter-free during the event. Thank You.