



A Message from Race Director Paul O'Brien

Welcome to the 2025 Sea2Summit Adventure Race. We're delighted to welcome you for this year's event. A huge thanks to our competitors over the years who have helped make Sea2Summit one of Ireland's biggest events. Sea2Summit is a fantastic experience, made so by our competitors, our brilliant volunteer marshals, support organisations, and the fantastic support of the local community & businesses of Westport.

Our primary aim is that all competitors complete the event safely and enjoyably. You have a key role to play in making this happen. **I would specifically remind you to closely observe the following:**

1. Read through this briefing slowly & make sure you are fully conversant with the course and rules.
2. Take special note of the **'Important Notices for 2025'** section.
3. **Please ensure you watch the video regarding the compulsory wearing of helmets on the Croagh Patrick stage of the event.**
The link is [Sea To Summit 2025](#)
4. During the cycle legs, please be respectful of other road users and observe the Rules of the Road.
5. Supporters are requested NOT to drive the course following competitors.
6. The Maum area from Kilsallagh to Drummin is CLOSED between 9.30am and 12 noon (except to local traffic).

The Sea2Summit adventure race takes place on busy public roads, the majority of which are open to the public. Please co-operate with the Gardaí and marshals to help ensure a safe race for all. Be responsible for your safety and that of other competitors and road users. Thank you for choosing Sea2Summit! Have a great day and see you at the after-party!

Paul O'Brien

Race Director

Westport Sea2Summit