Race Day 2026

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. Please ensure to have your coloured band visible:

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 Intermediate (Wave 6)

09.20am – Spirit Beginner (Wave 7)

09.25am – Spirit Beginner (Wave 8)

Please Note: Waves that are divided are done so by the 5km time that was submitted upon entry.

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

greenway 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:At the entrance competitors must **cross the timing mat &** follow the direction arrows to their bike which will have been racked on Friday 6th 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 road 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. Westport Quay is a busy place with tourists so be cautious 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 Belclare 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 Speed Ramp just before the entrance to Croagh Patrick car park.
- There will be toilet facilities at the Croagh Patrick car parking area.

T2 (Transition 2) –compulsory wearing of helmets on Croagh Patrick here.

- Dismount at the Speed Ramp 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.
- Compulsory measure for your health and safety. **Helmets MUST be worn on the mountain** by all competitors, Failure to do so will result in **automatic disqualification** from the event.
- Exit transition through the run exit point adjacent to the toilets, **crossing the timing mat** beside the toilets and proceed to climb Croagh Patrick following the race direction arrows.
- There will be a REFILL water station available for competitors to refill their water ir use the disposable cups. **No throw-away bottles are to be used on the mountain.**

Croagh Patrick

Spirit Timing Point at the Ridge (1.9k) – ***Run around the cairn***

Supreme Timing Point at the Summit (3.5k) only

Please avoid any sections of the mountain path marked by cones and stay within the area marked by mountain poles/tape. These have been erected to protect the completed restoration works and the natural habitat of the mountain. Marshals will be on hand to ensure competitors do not veer from the main path. Time penalties and/or disqualifications will be issued at the Race Director's discretion.

- **PLEASE STICK TO THE MAIN PATH ON ASCENT & DESCENT OF THE MOUNTAIN. CERTAIN AREAS OF THE MOUNTAIN ARE UNDER REDEVELOPMENT.**
- Following the arrows, the climb of Croagh Patrick is where the real Adventure Race begins - it is compulsory to bring the entirety of your **Mandatory Kit** with you on this section. (See above and FAQ for suggestions.)
- **Marshals will be present on the mountain and Mayo Mountain Rescue will be in the vicinity of the Croagh Patrick section. Their instructions, as well as those of**

race marshals, must be obeyed at all times. Remember, it is for your safety and the safety of other competitors & non-competitors.

- It is recommended that sturdy shoes be worn as underfoot terrain can be treacherous.
- As mentioned, helmets are compulsory for this stage as an extra safety precaution.
- Please report any accidents you come across to a marshal or call the event emergency contact number.
- Spirit competitors finish their climb at the top of the Ridge (1.9k) and must **cross the timing mat, running around the small cairn,** 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. **The newly completed steps on the summit descent are of uneven depth, height, and width, so please SLOW DOWN when descending from the summit.**
- Competitors hiking up should give way to faster competitors coming 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). **Supreme competitors who exit T2 after 11.30am will be directed to take the Spirit route back to Westport. This is for YOUR safety and out of respect for our marshals out on the course.**

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 9:30am to 12 noon.

The first climb is a long steady hill but the second climb - The Maum - is very steep; recommended gearing on your bike is 39x27 as it is 25% in places. Upon reaching the summit there is a very fast & technical descent. EXTREME CAUTION is needed. Turn 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 Gardaí & race 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. Follow the same route to your bike you used at T1, and the directions of the marshals. 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 'Sea Run' exit point, which will be clearly signed and proceed to cross the seashore. The water will be shallow or none at all depending on your time there. Follow the coastline to the track and arrows around Romain Island. **After exiting the car park area, turn a hard right and run along the barriers up to The Towers Bar.**
- Cross the road at The Towers and take the next left up through the housing estate. Follow direction arrows to Greenway, run 3km along the Greenway path turning sharp left down the steep hill (aka. the cattle pass) with **extreme caution** as your legs

may not be able to stop you. **Run down towards the mall river, 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 have crossed the finish line:

Proceed into marquee for refreshments & celebrate your accomplishment with friends and family and your fellow competitors.

There will be medical assistance courtesy of the Civil Defence to deal with any medical emergencies.

Remember to collect your bike and belongings at T1 before between 2:30pm and 5.00pm. 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 wristband to a marshal when collecting your bike. No race number will mean NO access to T1 and your bike. This will be strictly enforced.

If you do not need to go back into Westport Town you can exit through Westport House which will bring you to the N5 for all other routes.

There will be **a €75.00 charge** for any bikes that are not collected from Transition Area 1 after Westport Sea2Summit before 5pm.