Adventure Race – Rules 2026

- **There are special provisions for the Croagh Patrick sections of the event. Please ensure you are fully aware of** these by watching the relevant video here: Sea To Summit 2025
- **For the 2026 event, wearing of helmets on the Croagh Patrick stage of the event continues to be COMPLUSORY. Failure to adhere to this will result in automatic disqualification.**
- **Sea2Summit is a self-sufficient race. There are no bike repair vehicles on the course. Competitor support vehicles are NOT allowed accompany any competitor around the course. Failure to comply will result in heavy time penalties and/or disqualification.**
- **For 2026, the public road from Kilsallagh junction to Drummin (Maum climb of the Supreme event) will be closed to all (except local access traffic from 9:30am – 12 noon).**

- The 'Supreme' race will commence at **08:00am sharp.** Warm up is advisable, however, all competitors must be present at pre-race briefing at **07:45am**
- The 'Spirit' race will commence at **09:00am sharp**. Warm up is advisable, however all competitors must attend pre-race briefing at **08:45am**.
- Competitors who do not have the following will not be allowed to start the race:
    - Competitor number clearly pinned to the front of their jersey.
    - Competitors must be wearing their Coloured Wrist Band, as race waves will be called by colours.

- Competitors who do not have all their **mandatory kit** will not be allowed to start.
- Bike kit includes pump, spare tubes, tyre levers and Allen key set (optional).

- Once competitors have entered the start area they will not be allowed to exit until after the race has started.
- Competitors must take instruction from the starter and the marshals around the course. **Failure to heed marshals will result in time penalties and/or disqualification.**
- You must wear a cycling helmet while cycling and this must be securely fastened at all times. Fasten before un-racking your bike and only unfasten after the cycle section is complete and you have re-racked your bike. **From 2025, helmets are compulsory on the climb leg of Croagh Patrick. This could save your life in the event of an accident.**
- Personal stereo equipment/headphones are strictly prohibited i.e., iPod, MP3 player, radio etc.
- Bike racks will be numbered, so a rush for a prime location is not necessary. All competitors will be required to run an equal distance in transition.
- Please be courteous and be tidy in the transition area as items left lying around cause accidents. Do not interfere with another competitor's equipment.
- There is no cycling in the transition area. A time penalty (30 seconds) will be enforced for breaching this rule.
- Walk with your bike out of transition and only mount it when you pass the designated mark/line on the road.
- Similarly, on your return, before re-entering the transition area, you must dismount your bike **before the yellow line**. Stewards will warn cyclists to prepare to slow down/dismount.

- You must replace your bike on the rack in your own spot before removing your helmet.
- You will be cycling on public roads and the rules of the road apply. You must obey all instructions from the Gardaí and race marshals - they are there for your safety.
- **Drafting with other competitors is allowed. However, drafting behind a moving vehicle will NOT be tolerated as this represents an unfair advantage & will result in <u>automatic disqualification</u>.**
- Crossing the white line in the centre of the road with live traffic will result in heavy time penalties and/or immediate disqualification; cycle no more than two abreast.
- If a competitor gets into difficulty, they should use their whistle to get the attention of safety personnel.
- **Competitors who retire must immediately advise the nearest marshal or report in person to race officials at the start/finish area.**
- Safety personnel reserve the right to remove any competitors from the event who they believe are putting themselves or others in undue danger.
- Competitors who retire shall not be allowed to proceed to the next section of the race. During this time the retired competitor must inform race officials if they wish to leave the start/finish area.
- Slower competitors should stay towards the back of the start line for safety reasons, so that they are not overwhelmed by the rush at the start.
- **The Hike section (Croagh Patrick) must be completed in under 3.5hrs. (3.5hrs from the start time). Therefore, Sections 1, 2 and 3 must be completed in under 3.5 hours. Failure to do so will result in Supreme competitors being asked to complete their race returning to T1 via the 2nd Spirit cycle course. <u>Please respect this.</u>**
- **Please give way to competitors descending the mountain.**

- Water stations are located at T1 and T2 only. **plastic water bottles will NOT be used at transition points and can NOT be taken onto the mountain.**
- Westport is one of Ireland's tidiest towns and with this in mind we ask all our competitors to please dispose of all their litter correctly.
- Always give way to faster competitors where possible.