



EcoTrail Wicklow 2025 - Race Brief / Checklist

Key information about our event on Saturday 27th September which you should read thoroughly!

Route changes

Please note, to maximise the use of sustainable trails there have been some recent changes to the routes. Further changes may occur if necessary, so please check and re-check prior to starting your race, the latest maps and GPX files below.

- 10km Trail: [Trace de Trail](#) or [Plotaroute](#)
- 19km Trail: [Trace de Trail](#) or [Plotaroute](#)
- 30km Trail: [Trace de Trail](#) or [Plotaroute](#)
- 46km Trail: [Trace de Trail](#) or [Plotaroute](#)
- 80km Trail: [Trace de Trail](#) or [Plotaroute](#)

Please note: NO ACCESS into Kilruddery or Powerscourt Estates except on Race Day is permitted.

Getting To The Event

- By Car: Bray offers limited car parking spaces. It is strongly recommended to use public transport to get to Bray Seafront. If parking along the seafront, please ensure you park in designated parking bays, do not block any access and pay at the parking metre. PLEASE NOTE: Spaces are limited!
- By Public Transport: Please see details of Public Transport options [here](#).

Important Note for 80km Trail Participants

If travelling by public transport to Bray on Saturday morning, you need to use the EcoTrail shuttle bus to arrive in time. This bus is FREE, but must be booked in advance [here](#). This must be booked by 12 noon Thursday 25th Sept!

Race Bib Pickup

This takes place at Bray Promenade beside the Bandstand. You can sign-in and collect your race bib on Friday evening from 16:00-20:00 or Saturday, at the times shown below.

Trail Distance	Race Bib Collection Opens	Race Bib Collection Closes	Race Start Time
80km	06:30hrs	07:10hrs	07:30hrs
47km	07:30hrs	08:40hrs	09:00hrs
30km	09:00hrs	09:40hrs	10:00hrs
19km	10:00hrs	10:40hrs	11:00hrs
10km	11:00hrs	11:40hrs	12:00hrs

Please ensure you arrive in time to park and reach the Race Bib pickup area. If using Public Transport, allow enough time to walk from the station. Walk time from Dart Station – 5 mins.

What you must bring for Race Bib / Number collection

- Registration Confirmation Email and photo ID (passport, driver's license, social insurance card etc). A picture on the phone of these docs is acceptable for both.
- We will allow for collection of another participant's race number as long as the individual collecting provides a screenshot of the participant's race number text message and photo ID.

Mandatory kit:

Equipment	Mandatory in:	Recommend in:
Food supply sufficient for the entire race	All races	
Water container	All races – 1ltr 46km & 80km 500ml 19km & 30km 250 ml 10km	
Wind /rainproof jacket	All races	
Fully charged mobile phone (enter emergency numbers of the organisation as featured on the back of your race number) into its directory. Do not hide its number.	All races	
Proof of identity	All races	
Cap / Buff	All races	
Foil Blanket	46km, 80km	19km, 30 km
Working head torch*	80km	
*Only for 80km runners who expect to pass the Great Sugarloaf checkpoint after 1700hrs. You must have a working head torch to continue at this stage.		

These mandatory kit items must be carried for all races – NO EXCEPTIONS!

Bag Drop

We will have a small bag drop area available. It is primarily intended for the 80km competitors. If you use the bag drop, you must ensure no valuables are left in your bag and that contents are contained in a waterproof bag. It must be clearly marked with your RACE NUMBER prior to approaching the drop bag area. You will need your race number in order to reclaim your bag so ensure it is securely pinned to you!

Drop Bags on the course and Outside Support

Please note that no outside support with food, drinks or clothing/equipment, including placing drop-bags along the course in advance, is permitted and could result in disqualification.

Public Toilets

Available on the promenade at either end within a few hundred meters of the start / finish area– just to the left of the start line behind Bray Seaworld and towards the end of the promenade (on your right). There will also be toilets available beside the Bandstand.

Toilets on Race Route

- Portable toilets at Sugarloaf Aid Station (30, 46 & 80km).
- Powerscourt Waterfall (46 & 80k only)
- Portable toilet in Vartry Trails Car Park (80k route only)
- Belmont / Store and Yard Cafe (All Routes)

Event Signage

All event signage and marking will be black, yellow or orange. Look out for black and yellow arrow signs, flags, reflective ribbons and barrier tape.

We aim to mark every junction and every 500m. Marking is placed on the CORRECT path. All participants are responsible for following the marked race route. Please do not assume the person ahead of you is following the correct route. Check at every junction and if no marking is evident, retrace your steps to the last marking.

Food and Sustenance

You must be self-sufficient for food between the full aid stations and for water between the aid and the water stations. Aid stations provide water refill points and a small selection of snacks including fruit, protein bites and jellies. Electrolytes and energy gels will also be available. Please regard these as treats and ensure you have sufficient food on your person to complete the event. Water stations provide only water refill points.

Water

To reduce the use of single-use plastic there are no cups at our water stations. Remember to carry the mandatory reusable cup or water container.

Please note there is no water station on the 10 km trail, so please ensure you carry at least the minimum 250 ml bottle for the 10 km. We recommend 500 ml if you plan to take over 2 hours.

Water and Aid Stations: The following water/aid stations are found on the route:

Water Station	10km	19km	30km	46km	80km
*Great Sugarloaf Car Park			14.8 km	14.8 km / 30.6 km	14.8 km / 63.8 km
JB Malone / Lough Tay					28.9 km/51.8 km
* <u>Vartry</u> Trails Car Park					34 km / 43.6 km
Belmont Cafe		11.7 km	23.1 km	38.7 km	72km

* Indicates Aid Station

Please note access to shops is possible at the following points. These may not necessarily be open at the time you pass (if passing early in the race or towards the end).

Area	Races	Options
<u>Kilmacanogue</u>	30km, 46km, 80km	Circle K Southbound & Northbound
Powerscourt Waterfall	46km & 80km	The Bug Buffet Kiosk & Cafe
Belmont	All races	Store & Yard Café
<u>Balinastoe</u>	80km	Trails Cafe

At the finish line

All finishers will be awarded our unique EcoTrail Wicklow and Wicklow Wolf finisher's tankard. We hope this will be a more useful memento of the event than a medal. Our sponsor [Wicklow Wolf](#) will be serving some of their delicious non-alcoholic beer at the Finish Line. All finishers are entitled to this as part of their entry.

Participants who opted to purchase the meal when registering, will have a "Hot Dish" available, provided by [The Martello](#), near the race finish. Vouchers for these are on your race number.

We're excited to share that our official protein partner, [Nobo](#), will be fueling your recovery at the finish line with their clean protein bites. You'll also find the **Nobo food truck** on site, serving up coffee, açai bowls, and other tasty snacks.

Our event partner, [Reign Storm](#), will be keeping you refreshed at the finish line with their clean energy drinks—perfect for post-race recovery.

A big thank you as well to [Perform Nutrition](#), who are supporting you out on the course with energy gels and electrolytes at the aid stations. They'll also have a stand at number collection, so make sure to stop by and discover more about their high-quality performance products.

Trail etiquette

You are requested to show consideration to fellow athletes by starting at your typical pace, to avoid any need to force your way past others. Give way to members of the public on trails and be friendly, as you are representing the trail running community. If overtaking or meeting a fellow competitor, please show mutual respect and consideration. Request permission to overtake. The event is held on generally accessible public walking trails and forest roads, with some sections on public roads. Rules of the road apply, and traffic must always be given priority. This means

stopping at all road crossing points, until it is clear to safely cross. Anyone disobeying this rule will be disqualified.

No littering / Leave no trace

EcoTrail is an international organisation that prides itself on leaving no trace with zero litter on the route, so please adhere to the “Leave no trace” policy and use the segregated waste bins provided for all litter, including gel packets, at water stations and finish line to dispose of litter. Littering the course will lead to disqualification.

First Aid Medical Cover

Cover will be provided by EFAST Medical Service. Please complete the Medical Information Section on the back of your race number before the event and ensure you bring your own pen to fill it out. This is important information so Please Complete!

If you do not complete the race please alert the timing marshal at the finish line so that we can ensure all runners are accounted for. PLEASE do not take part if you are unwell in the lead up to the race.

Course Cut-off information

The following cut-offs apply for the longest four races. If you reach any one of these points after the cut-off, you must retire from the race. A shuttle will bring you back to the start when available.

Cut-offs	10 km	19 km	30 km	46 km	80 km
Below Little Sugarloaf (19k/30k split)			** (8.9 km)		
Great Sugarloaf Aid Station (outgoing)				12:00* - 3 hrs (14.7 km)	10:30* - 3 hours (14.7 km)
<u>Djouce</u> Wall (46/80k split)					12:00* - 4.5 hours (23.8 km)
Lough Tay (outgoing)					
Vartry Trails Aid Station (outgoing)					13:15 – 5.75 hours (33.7 km)
Vartry Trails Aid Station (return)					14:30 – 7 hours (40.3 km)
Lough Tay / JB Malone Water Station (return)					15:45 – 8.25 hrs (51.3 km)
Great Sugarloaf Aid Station (return)				15:00 – 6 hrs (31.5 km)	17:30 – 10 hours (63.5 km)
Belmont Water Station					18:45 11.25 hrs (71.9 km)
Start/finish (Bray seafront)	17:00 – 5 hrs (10.4 km)	17:00 – 6 hrs (19.4 km)	17:00 – 7 hrs (30.5 km)	18:00 – 9 hrs (46 km)	20:00 – 12.5 hrs (79.7 km)

* You will be re-routed back on a shorter course instead of DNF. 80k runners can OPT to transition to 46k here pre-cutoff

** 30km runners can request a transition to the 19k course from the marshal at this split point.

Prizes

We would like to thank our sponsor Dynafit for providing prizes for our winners. Trophies will be awarded to 1st, 2nd & 3rd Overall Male and Female. They will also receive an automatic free entry for an EcoTrail Wicklow 2026 distance of their choice.

Trophies will also be awarded in the following categories based on race day age:

- 1st placed male and female in the 40-49 age category

- 1st placed male and female in the 50-59 age category
- 1st placed male and female in the 60+ age category

Prizes in all categories will be based on Gun Time as per athletic event standard practice. Only one prize per person, so first 3 overall winners will not be eligible to also receive an age category prize.

Prize Presentations

For each race distance will take place as soon as the first three finishers complete the race. Prizes that are not collected on the day, can be collected at the EcoTrail office in Dublin (please contact, info@ecotrailwicklow.com to organise this in advance).

Race Results

EcoTrail Wicklow race results will be posted on the official [EcoTrail Wicklow Website](#) and sent out via email after the event.

Results posted will be considered provisional until any race timing queries have been investigated. Please address any timing queries to support@myrunresults.com

Race photographs

Links to our pictures will be posted on social media and the EcoTrail Wicklow website. These are provided free of charge, so please do tag, and share these photos with family and friends.

More Information

All information required should be contained in this document and on the FAQ section of the website <https://wicklow.ecotrail.com/en/faq> .

We look forward to welcoming you to Bray on Sat 27th September for our EcoTrail Wicklow International Trail Running Festival 2025.

The Wicklow EcoTrail Team.