

EcoTrail Wicklow - Race Day Checklist

Please find key information about our event on Saturday 24th September which you should read thoroughly.

Route changes

Please note to maximise the use of sustainable trails and to improve the 80 km route in particular, there has been some changes to the routes. Check the latest maps and GPX files on our website for the final routes.

This affects the 80 km in particular which changes from 81 km with 2670m climb to 80 km with 2470m climb

General information about Race Bib Pickup at Bray Promenade Bandstand area

You can sign-in and collect your bib for your event distance on Friday evening from 16:00-21:00 or on Saturday morning during the intervals shown below.

Race	Bib collection opens	Bib collection closes	Race Start
80 km	6:30	7:00	7:30
46 km	7:30	8:30	9:00
30 km	9:00	9:30	10:00
19 km	10:00	10:30	11:00

Please ensure you arrive in time to park and reach bib pickup area or if you are using Public Transport that you have enough time to walk from the station to the registration area.

Public transportation



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Please note the DART (train) is not running on the weekend of the race. Racers in the 19k, 30k and 46k events can instead use Dublin Bus services as outlined here.

[Public transport options](#)

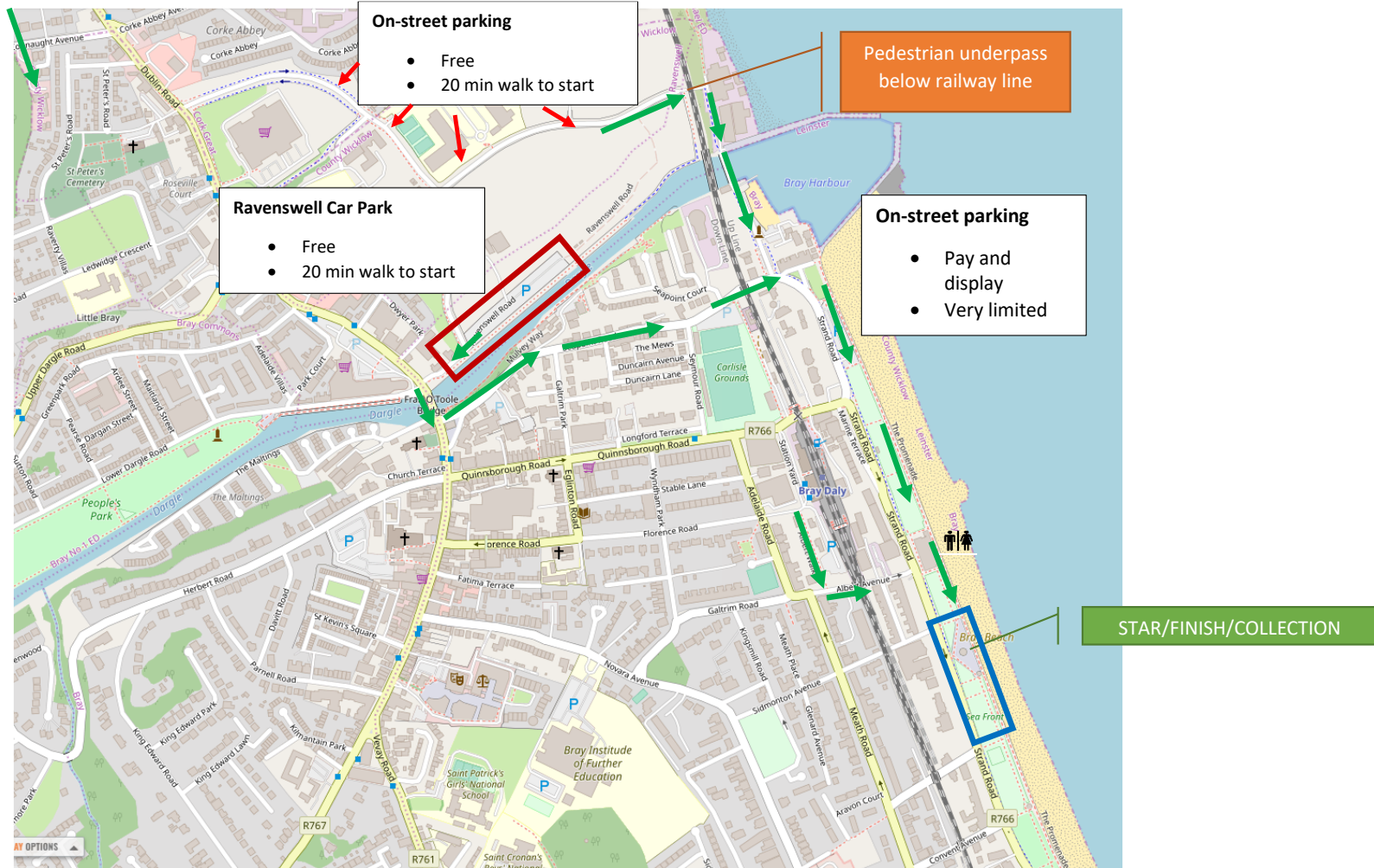
80 km please make other arrangements or book our EcoTrail shuttle bus departing from Liberty Hall, Eden Quay in Dublin City Centre at 6 am on Saturday morning with pick-ups at the Merrion Square, Burlington Hotel, UCD and Brides' Glen LUAS stop. This bus is free but you must fill out the form below to book.

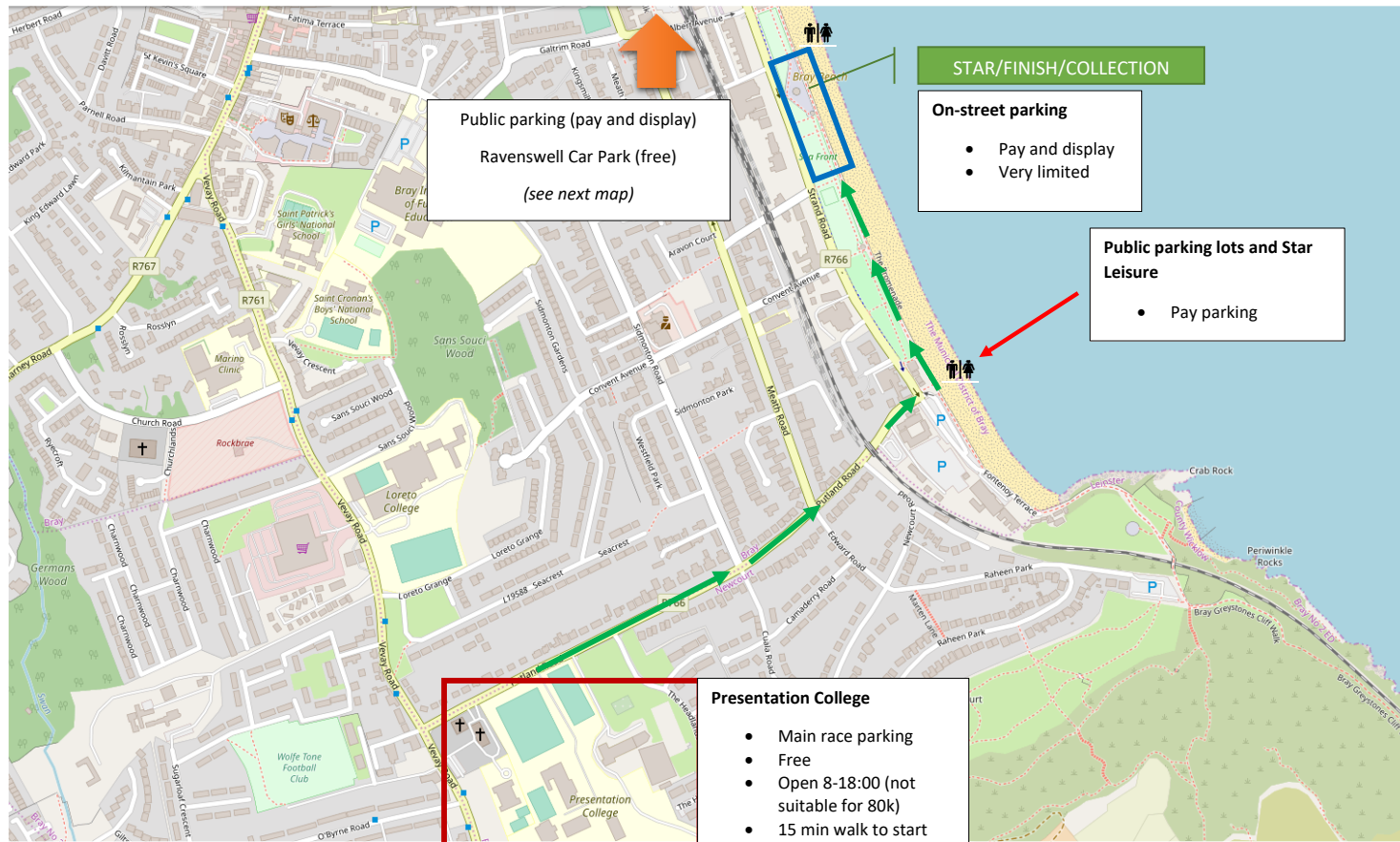
[Book morning bus](#)



Parking Information

Numerous parking options are available in Bray as shown in the two graphics on this page and the next.





What you must bring for Race Bib / Number collection at Bray Promenade Bandstand

You must bring:

- **Race Number Pickup Ticket** (link in email from EcoTrail Wicklow – check all folders)
- A **photo ID** (passport, driver's license, social insurance card etc.)
- Picture on phone ok for these
- Please mark your right hand with your allocated Race Number as this will aid number pickup without need to re-open Phone Screen

No one will be allowed use a number not assigned to them as runners not running under their own name would not be covered by our insurance for damage caused to 3rd parties.

You must collect **your own** number.

Teeshirt or Tree?

Your race number will be marked with the Tee size you have ordered or "Tree" if you have elected to have us plant a native Irish woodland sapling next month on your behalf.

Please take the tee size assigned to you which was selected by the original entrant.

If you want a different sized tee to that shown on your race number OR do not want to carry/ wear your tee during the race then we will mark your number accordingly and you can get your tee when you have finished your race.

Mandatory kit

We ask you to note the details of the mandatory kit and recommended other kit for your race distance which includes a waterproof jacket for all distances, etc

Equipment	Mandatory in:	Recommended in:
Food supply sufficient for the entire event	All races	
Water container	All races (1 litre in the 46k and 80k, 500ml in the 19k and 30k)	
Wind / Rainproof Jacket	All races	
Fully charged Mobile phone (enter the Emergency numbers of the organisation (Provided on back of your race bib) into its directory, do not hide its no	All races	
Proof of identity.	All races	
Pen OR Marker to Mark your hand with your race no & Provide your medical details on back of your race bib	All races	
Cap / Buff	All races	
Wind / Rainproof Jacket	All races	
Foil blanket	46 km, 80 km	19 km, 30 km
A personal cup or bottle.	46 km, 80 km	19 km, 30 km
Working Head torch*	80 km	

* only for 80km runners who expect to pass the Great Sugarloaf checkpoint after 17:00 (you must have a working head torch to continue at this stage)

These Mandatory Kit items need to be carried for all races – No Exceptions.

If you have these items than it is likely that will have everything you need in your bag being carried on the event.

Drop bag at finish line?

Whilst we will have a small bag drop area available (Uncovered) it is primarily intended for the 80 km competitors. We recommend you utilise the clothing in your mandatory kit immediately after the finish area.

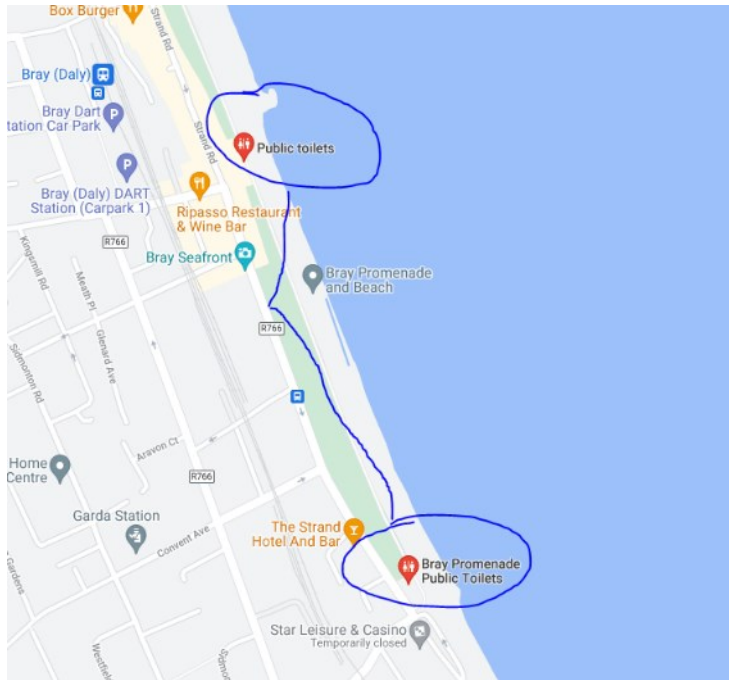
If you use the bag drop then you must ensure no valuables are left in your bag, relevant contents are contained in a waterproof bag and it is clearly marked with your **RACE NUMBER** prior to approaching the drop bag area

Drop bags on the course and outside support

Please note that no outside support with drinks or food, including placing drop-bags along the course in advance, is permitted and could result in disqualification. The spirit of the event is to provide a level playing field for all competitors and for each runner to be 'semi-self-sufficient' (carry all you need between water stations). Please do not place drop bags anywhere on the course and adhere to these rules

Facilities

Public Toilets are available on promenade close to the Start line. There are public toilets at either end – just to the left of the start line behind Bray Seaworld and towards the end of the promenade (on your right).



Toilets on race route are available at:

- 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 and marking

All event signage and marking will be black and yellow. Look out for black and yellow arrow signs, flags and marker tape as shown below.



All participants are responsible for following the marked race route.

Please do not assume the person ahead of you is following the correct route.

Please check at every junction & if no marking evident then retrace your steps to 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 cake, flapjacks, melon, bananas and biscuits.

Water stations provide only water refill points.

Please regard these as treats and ensure you have sufficient food on your person to complete the event

Please note access to shops are possible at the following points should you run short or elect to take a more leisurely approach to the event. Note these may not necessarily be open at the time you pass them (if passing early in the race or towards the end).

AREA	Races	Options:
Kilmacanogue	30k, 46k, 80k	Pluck's Pub
		Circle K Northbound & Southbound
Powerscourt Waterfall	46k, 80k	The Bug Buffet Kiosk and Cafe
Belmont	All races	Store and Yard Cafe

Water

To reduce the use of single-use plastic there are no cups at our water stations. Remember to carry the mandatory reusable cup and / or water container which you can refill with water

Water and Aid Stations

The following water stations are found on the route:

Water station	19 km	30 km	46 km	80km
Great Sugarloaf		14.6 km	14.6 km / 30.5 km	14.6 km / 64 km
JB Malone / Lough Tay				29 km / 51.8 km
Coach House, Roundwood				34.5 km / 46.4 km
Belmont / Yard Café	12.0 km	22.8 km	39 km	72.2 km

At the finish line

In 2022 all finishers will be awarded our unique EcoTrail Wicklow and Wicklow Wolf finisher's tankard as shown right. We hope this will be a more useful memento of the event than a medal.

This mug will be useful to avail of the [Wicklow Wolf](#) non-alcoholic beer served behind the Finish Line.

Those doing the 80km event and those who purchased the meal at race registration time will have a "Hot Dish" available as provided by [The Martello](#) near the race finish.

Vouchers for these are on your race number.



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. **Please 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, etc.

The event is held on generally accessible public walking trails, forest roads, with some sections on public roads

Rules of the road apply and traffic must be given priority at all time
This means Stopping at all road crossing points until it is clear to safely cross
Anyone disobeying this Rule will be Disqualified

Cut-off information

The following cut-offs apply for the 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.

Checkpoint	19 km	30 km	46 km	80 km
Sugarloaf Aid station (out)			12:00 (3 hours)*	10:30 (3 hours)*
Wicklow Way / Djouce				11:15 (3.75 hours)*
Vartry Trails Aid station (in)				13:30 (6 hours)
Vartry Trails Aid station (out)				14:45 (7.25 hours)
Lough Tay Aid Station				15:45 (8.25 hours)
Sugarloaf Aid station (in)			14:30 (5.5 hours)	17:30 (10 hours)
Belmont Aid Station				18:45 (11.25 hours)
Finish	17:00 (6 hours)	17:00 (7 hours)	18:00 (9 hours)	20:00 (12.5 hours)

* Runners can transfer onto the shorter course instead of retiring

No littering / Leave no trace

EcoTrail is an international organisation that prides itself on lack of litter so please adhere to the “Leave no trace” policy and use the segregated waste bins provided at water stations and Finish line to dispose of litter. Littering the course will lead to disqualification.

First aid

Medical Cover will be kindly provided by local [Bray Order of Malta](#) & [Glen Of Imaal Mountain Rescue](#) for the duration of the race to deal with any emergencies that may occur

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 that may be needed in an emergency for your benefit so Please Complete!



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If you do not complete 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 as this may cause serious health issues

Prizes

Our prizes will be pieces of Wicklow sourced granite crafted by local runner [Richard Healy](#). Overall race winners will also receive an automatic free entry for an EcoTrail Wicklow event of their choice in 2022.

- 1st, 2nd & 3rd Overall Male and Female
- Granite 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 will not be eligible to also receive an age category prize

There must be minimum 2 people in a category for it to be eligible for a prize

Prize Presentation for 19k, 30k and 46k events will be at finish area at 14:00

Prize Presentation for 80k event will be at finish area at 17:00

Race results

EcoTrail Wicklow race results will be posted on the official [EcoTrail Wicklow Website](#)

Links to results will also be posted on our [EcoTrail Wicklow Facebook page](#):

Results posted will be considered provisional until any race timing queries have been investigated

Please address any timing queries to info@redtagtiming.com





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Race photographs

Race photographs will be posted on the [EcoTrail Wicklow Facebook Page](#) soon after the event
These are provided free of charge so please do tag and share these photos with family and friends

Spectator bus

A bus for spectators is running from Bray to Roundwood and back on the day. For time tables and more information:

[Timetables and info on spectator bus.](#)

More information

All the information you require should be contained in this document and on [FAQ section of Website](#).
Please adhere to our No Number Swapping, Refund, Deferral or Entry Request Policy at this stage thanks

We look forward to welcoming you to Bray on Sat 24th September for our 2022 EcoTrail Wicklow International Trail Running Festival.



Our sponsors

