



SATURDAY 26TH SEPTEMBER · BRAY SEAFRONT · OFFICIAL
RACE BRIEF

Your race brief.

This is the one document to read before Saturday. It covers bib collection, mandatory kit, aid stations, cut-offs, course marking and the finish, plus what's on in Bray on Thursday and Friday. Please read it all the way through and keep it on your phone for race day.

GPX UPDATED · 17 SEPTEMBER

Routes were updated on 17 September. If you downloaded a GPX file before then, download it again and replace the old version on your watch, phone or navigation device.

YOUR ROUTE

Choose your distance.

Final measured distances and GPX downloads

RACE	FINAL DISTANCE	MAP & GPX
10 km	9.6 km	Plotaroute · Trace de Trail
19 km	19.6 km	Plotaroute · Trace de Trail
30 km	30.6 km	Plotaroute · Trace de Trail
46 km	46.3 km	Plotaroute · Trace de Trail
80 km	80.1 km	Plotaroute · Trace de Trail

PRIVATE ESTATES

No access to Kilruddery or Powerscourt Estates is permitted except on race day.

Race HQ is on Bray seafront, in front of The Martello Hotel, about five minutes on foot from Bray DART station

Friday is strongly recommended. Bib collection is open **16:00 to 20:00 on Friday 25th**. Collecting on Friday means a calmer Saturday morning for you and a shorter queue for everyone.

If you can only collect on Saturday, times vary by race and collection **closes 30 minutes before your start**. Allow time to park or walk to the seafront.

RACE	OPENS	CLOSES	START
80 km	06:30	07:10	07:30
46 km	07:30	08:40	09:00
30 km	09:00	09:40	10:00
19 km	10:00	10:40	11:00
10 km	11:00	11:40	12:00

Have these ready at collection:

- Your registration confirmation email and photo ID (passport or driving licence). A picture on your phone is fine for both.
- Your race-number SMS, sent on Friday morning to the mobile number you registered with.
- Collecting for someone else? You need a screenshot of their race-number SMS and their photo ID.
- If you ordered a T-shirt, collect it with your bib.

NO ON-THE-DAY ENTRY

All runners must be registered online before entries close. Bib and timing-chip collection is required on Friday evening or Saturday morning.

RACE WEEK

While you're in Bray.

Two evenings before the race, both on or beside the seafront

Thursday 24th · The Gathering, The Harbour Bar

Food, a few drinks and a panel Q&A with John Boyle, Ed Payne, Sorchá Loughnane, Niamh Fitzpatrick and Dave Ryan, hosted by Seanie Clifford.

Doors 19:00, Q&A from 19:30. €15 including a meal from the Wicklow Wolf menu. Spaces are limited.

BOOK THE GATHERING

Friday 25th · Shake Out Run, 18:30

A relaxed 5K led by Conor from Altar Fuel, starting and finishing at the bib collection area. No timing, no pressure, no one left behind. €5, with every cent going to the Jack and Jill Children's Foundation as part of their Power Hour. Every four entries fund one hour of in-home nursing care. Open to everyone, so bring whoever's with you.

SIGN UP FOR €5

Friday 16:00 onwards · EcoTrail Expo on the seafront: nutrition, gear and trail essentials. Continues through Saturday.

Friday around 17:00 · EcoTrail press conference hosted by Eoin Flynn.

02 · PACK YOUR KIT

Ready for the trail.

Carry the mandatory kit for your distance for the whole race. It will be checked.

EQUIPMENT	MANDATORY FOR	RECOMMENDED FOR
Food for the whole race	19 / 30 / 46 / 80 km	
Water container	10 km: 250 ml 19 / 30 km: 500 ml 46 / 80 km: 1 litre	
Jacket	10 km: windproof 19 / 30 / 46 / 80 km: wind and rainproof	
Fully charged phone	All races	
Proof of identity	All races	
Cap or buff	19 / 30 / 46 / 80 km	
Foil blanket	46 / 80 km	19 / 30 km

80 KM: WORKING HEADTORCH

On the return leg, anyone leaving Great Sugarloaf after 16:30 must show the marshal a working headtorch. Without one, you cannot continue.

Everyone: save the medical emergency number **089 4199970** and the numbers printed on your bib. Bring a pen and fill in the medical details on the back of your bib before you start.

Bag drop. A small bag-drop area is at the marquee near the start/finish, mainly for 80 km runners. No valuables, waterproof the contents, and write your race number clearly on the bag before you approach. You need your bib to reclaim it.

No drop bags or outside support on the course. No food, drink, clothing or equipment may be handed to you or left along the route in advance. Doing so may lead to disqualification.

03 · REFUEL AND REFILL**Know your next stop.**

AS = food and water · WS = water only · distances are km from your start

Aid stations have water, bananas, berries, apples, other fruit, crisps, jellies, KIND bars, Altar Fuels Speed Dust and Reign. Water stations are water only. Treat station food as a top-up: carry enough of your own for the gaps on your course.

STATION	10 KM	19 KM	30 KM	46 KM	80 KM
Great Sugarloaf AS			15	15 / 30.6	15 / 63.5
Lough Tay WS					29.2 / 52.3
Vartry Trails Car Park AS					39.75 / 47.1
Belmont / Fatbike Adventures WS		12.2	23.3	39	72.8

A blank cell means your course does not visit that station. Two numbers mean an outward and a return visit.

10 KM: NO STATIONS ON THE COURSE

Provision is at the finish only. Fill your water container before you start. Minimum 250 ml; we recommend 500 ml if you expect to take over two hours.

BRING YOUR OWN REFILL CONTAINER

There are no cups at aid or water stations. Carry your own bottle or flask and refill it.

[Full aid-station guide](#)

04 · TIME LIMITS

Leave before the cut-off.

Cut-offs are strict and may change on the day for weather or safety

ARRIVAL IS NOT ENOUGH

You must leave each checkpoint by its cut-off. The 10 km, 19 km and 30 km have no checkpoint cut-offs; their only deadline is at the finish.

RACE	START	FINISH BY	ALLOWANCE
10 km	12:00	17:00	5h
19 km	11:00	17:00	6h
30 km	10:00	17:00	7h
46 km	09:00	18:00	9h
80 km	07:30	20:00	12h 30m

46 km checkpoint deadlines

CHECKPOINT	DISTANCE	LEAVE BY	ELAPSED
Great Sugarloaf outward	15 km	12:00	3h
Great Sugarloaf return	30.6 km	15:00	6h

80 km checkpoint deadlines

CHECKPOINT	DISTANCE	LEAVE BY	ELAPSED
Great Sugarloaf outward	15 km	10:30	3h
Djouce Wall	23.9 km	12:00	4h 30m
Vartry Trails outward	39.75 km	13:45	6h 15m
Vartry Trails return	47.1 km	15:00	7h 30m
Lough Tay return (water only)	52.3 km	15:45	8h 15m
Great Sugarloaf return	63.5 km	17:30	10h
Belmont / Fatbike Adventures	72.8 km	18:50	11h 20m

80 km runners: from Belmont there are 7.3 km left. Leaving at 18:50 gives you 70 minutes to finish by 20:00, about 9:35 min/km including stops. Aim to leave by 18:30 for a 90-minute margin. Arriving at Sugarloaf outward after 10:00 leaves little room for the later cut-offs unless you pick up the pace; check in with the marshals.

[Full cut-off guide](#)

05 · SHORTER ROUTES

Speak to a marshal first.

Downgrade requests and missed checkpoint deadlines

REQUEST POINT	WHO / ROUTE	WHEN
10 km split · 5 km	19 km runners may request the 10 km route	Only after 11:30
Below Little Sugarloaf · 9.4 km	Any runner on a longer course may request the 19 km route	Only after 11:30
Djouce Wall · 23.9 km	80 km runners may take the 46 km route as directed	Leave by 12:00

- A request-opening time is not permission to change route. Tell the marshal before you take a shorter course and follow their directions.
- Miss 12:00 (46 km) or 10:30 (80 km) at Sugarloaf outward and you are directed onto the 30 km route. Miss 12:00 at Djouce Wall (80 km) and you are directed onto the 46 km route.
- Miss any other mandatory cut-off and you retire. A shuttle returns runners to the start when available. You may not continue independently after retiring or after the race has ended.

- 80 km runners dropping to the 46 km at Djouce Wall: tell the marshals there and the timing officials at the finish. You get a 46 km finish time but are not eligible for prizes.

06 · COURSE MARKING

Know your colours.

Yellow/black outbound · orange homebound · both colours on two-way sections

Follow **yellow and black** arrows, tape and streamers heading away from the start, and **orange** on the way home. On long sections you'll see a comfort marker roughly every 200 m. **Multicoloured tape means a distance decision is coming up:** read the sign, follow the arrow for your race, and tell the marshal before any downgrade. The full guide is below.

COURSE MARKING GUIDE

OUTBOUND YELLOW / BLACK	HOUBOUND ORANGE / HI-VIZ	TWO-WAY SECTION YELLOW + ORANGE	COMFORT MARKERS ~ EVERY 200 m
Follow yellow/black arrows, tape and streamers while travelling away from the start.	Follow orange arrows, tape and streamers while returning towards the finish.	If you see both yellow and orange marking, you are on a section used in both directions.	On longer sections you will see a single comfort marker approximately every 200 metres to reassure you that you are still on course.

SPLIT & TURN-POINT MARKING

SPECIAL SIGNS AND MULTICOLOURED MARKING MAKE DISTANCE CHANGES CLEAR

1 BEFORE THE SIGN MULTICOLOUR = DECISION AHEAD	2 AT THE SIGN READ YOUR DISTANCE	3 AFTER THE SIGN MULTICOLOUR = CONTINUE TO LONGER COURSE
Look out for multicoloured tape and streamers before the sign. This means a distance decision is coming up – be ready.	Read the sign carefully and follow the arrow for your race distance.	If you continue past the sign onto the longer course, you will see multicoloured marking after the sign to confirm you are on the right route.

The race progression is: 10 km → 19 km → 30 km → 46 km → 80 km.
If you are running a longer distance, you will pass the turn points for the shorter races.

EXAMPLES OF SPECIAL SIGNS

10K RETURN! Turn / return sign (for the distance shown)	30 KM TURN-POINT Turn / split sign	46/80 KM SPLIT POINT! Split sign (example)	 Multicoloured tape used at split and turn points
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 Follow all instructions from race crew and Gardaí. Where Gardaí are present, cross only at the designated crossing point.	 Look for the arrows, tape and flags – they will keep you on course.	 Know your distance, know the turn points and enjoy the adventure!	 If you need to downgrade to a shorter distance at a split or cut-off, tell the marshal before changing route.
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www.ecotrailwicklow.ie

07 · SHOPS AND FACILITIES

Useful stops along the way.

Shop access is allowed but opening hours are not guaranteed, so carry what you need

Kilmacanogue · 30 / 46 / 80 km · Circle K, southbound and northbound

Powerscourt Waterfall · 46 / 80 km · The Bug Buffet Kiosk & Cafe

Belmont · 19 / 30 / 46 / 80 km · Andrew Holmes Catering

Ballinastoe · 80 km · Trails Cafe

Toilets at the start/finish: on the promenade behind Bray Seaworld, towards the end of the promenade, and beside the Bandstand.

Toilets on the route: Great Sugarloaf aid station (30/46/80 km), Powerscourt Waterfall (46/80 km), Vartry Trails Car Park (80 km) and Belmont (19/30/46/80 km). The 10 km has none on course.

08 · SAFETY AND RESPECT

Look after each other.

Be prepared. Give way. Leave no trace.

- **Road traffic has priority.** Stop at every road crossing until it is safe, and follow race crew and Garda instructions. Ignoring this leads to disqualification.
- **No littering, including gel packets.** Carry it to a station or the finish and use the segregated bins. Littering leads to disqualification.
- Start at your usual pace. Ask before overtaking and give other runners space. Give way to the public on trails.
- Medical cover is by [EFAST Medical Service](#) and Glen of Imaal Mountain Rescue. Emergency number **089 4199970**.
- **If you do not finish, tell the timing marshal at the finish** so every runner is accounted for. Do not run if you are unwell in the lead-up.

09 · THE FINISH

Celebrate your trail day.

Finish-line provisions, prizes and results

Every finisher gets an EcoTrail Wicklow / Wicklow Wolf finisher's tankard and a Wicklow Wolf alcohol-free beer as part of their entry. Finish-line refreshments match the aid stations. If you bought a meal after registering, collect it from The Martello marquee near the finish.

Prizes, supplied by Dynafit, go to the first three overall men and women in every distance, plus first Over 40, Over 50 and Over 60 man and woman in every distance except the 10 km. Gun time, one prize per person. Presentations happen once the first three in each race are confirmed, so please stay: prizes cannot be posted afterwards.

Results go up on the [EcoTrail Wicklow website](#) and are emailed after the event. Queries to support@myrunresults.com.

TIME	EXPECTED FINISH TIMES & PRIZE GIVING
12:15	Expected 19 km and 30 km winners
13:00	Expected 46 km winner
13:30	10 km prize giving
14:00	19 km, 30 km and 46 km prize giving
15:20	Expected 80 km winner
17:00	80 km prize giving
20:00	All runners home

OUR PARTNERS

Fuelled, dressed and looked after.

Who's on the aid stations and in the event village this weekend

Wicklow Wolf · Every finisher gets a Wicklow Wolf finisher's tankard and an alcohol-free beer at the finish.

Yoplait Skyr · Breakfast bowls in the event village. High-protein, exactly what you need after the finish.

Keelings · Fresh fruit cups in the event village, alongside the fruit on every aid station.

Altar Fuel · Speed Dust on the aid stations and their own area at the finish. Conor from Altar Fuel is leading Friday's Shake Out Run too.

Reign Storm · Clean energy drinks on the aid stations and in the finish area.

KIND · Protein bars on the aid stations and at the finish.

Outwest Clothing · In the event village if you need a layer before or after. EcoTrail runners get 15% off in store and online with the code ECOTRAIL15.

ECOTRAIL WICKLOW 2026 PARTNERS



EcoTrail Wicklow runs as a three-day festival with the support of **Fáilte Ireland**. Thank you to them for backing the event and helping bring runners from across Ireland and beyond to Bray this weekend.

GETTING TO BRAY

Take the train if you can.

Parking is limited around the seafront

Public transport is strongly recommended. If you drive, park only in designated bays, keep accesses clear and pay at the meter. Allow time to reach the seafront. [Travel information](#)

Supporters: live splits are available at key checkpoints and results are live on MyRunResults.com. The tracking link will be posted on social media next week. Updates can lag if a chip is covered by clothing or a bag.

BEFORE YOU HEAD TO THE START

Your checklist.

Six things to tick off

- Download the current GPX (17 September version) and delete old versions from your device.
- Check your route, split points, station gaps and cut-offs.
- Bring your confirmation email, photo ID and race-number SMS for collection.
- Pack your mandatory kit, food, water and a refill container.
- Save the emergency numbers from your bib, charge your phone and fill in your medical details.
- Know your distance and tell a marshal before any route downgrade.

Anything not covered here is in the [EcoTrail Wicklow FAQ](#).

See you in Bray.

— The EcoTrail Wicklow and Bear Races team



You're receiving this email because you're signed up to EcoTrail Wicklow 2026.

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