



Wicklow Way Race 2025 Info. Pack

Registration/ Sign-In from 19:00 to 20:45. **Race Start Location:** WW Way plaque area.

Reg. Location: Google Maps link – <https://maps.app.goo.gl/nvWFGnC2XsF6Gg1b7>

Race will start sharp at 21:00. The 15 minutes between close of registration and gun time will allow us to answer any questions that arise, have a short pre-race briefing and finalise drop bags for checkpoints. We will also get some pre-race photos of the field.

Registration & Mandatory Race Kit Check:

Participants are required to appear in person to complete the race sign-in process. You need to bring all your mandatory kit to registration. Our Reg. kit check volunteers will ask to see random items. **The mobile phone you will carry as part of the mandatory kit will also be crossed checked at registration to ensure we have the correct phone No. for you.**

Tracker Collection and Fitting:

Primal Tracking are once again our partners for the race participants live tracking. Trackers will be fitted to your backpack at registration, and it must be always carried by you during the race. You need to be sure this item is returned to a volunteer when you finish the race.

Race Bib Numbers:

Your 2025 race No. will be used for this race. If you have not collected it yet this year, your No. will be at Reg. Numbers must be worn for the entire race. Emergency contact No. is on the reverse of your bib. Please save it to your running phone for handiness.

Mandatory Kit: At registration, you will be asked to show random items.

You must carry all the items listed below for the entire duration of the race. There will be random kit checks at check points during the event. If you are found not to be carrying all your kit, you will be expelled from the race and listed as a DNF (Did Not Finish) in the race results.

Waterproof jacket and full-length leg cover: A light wind breaker type jacket IS NOT sufficient. Your jacket must have taped seams and be more than shower proof. It is IMRA policy that a jacket must be carried for the duration of all races. Running tights can count as your full-length leg cover.

Mobile Phone: The phone is your first port of call if something should go wrong on the day. You need to always carry it and ensure the battery life is sufficient to last the maximum duration of the race, 21 hours. The IMRA emergency phone number **+353872617599** is the number you should use during the event to contact the race director. If you cannot get a signal continue to try until you do. **SAVE THE Ph. No. TO YOUR PHONE NOW to have it done.** Do not send a text to this phone No. You will need to make a phone call if you get into difficulty.

Headtorch/light + spare batteries (or 2nd headtorch) & Hi Vis/ armband reflectors: You must carry a head torch or other type as you wish. As the race will see you running on open, public roads at night, you must also have reflective material visible during the hours of darkness. You must carry both the hi vis item and a light for the entire duration of the race. Armbands or flashing red lights will pass kit check.

Map of Route & Compass: You must carry a map & compass and refer to it frequently to ensure you are confident you are staying on race route. The race is long enough without making it longer for yourself! Screen grabs of maps on phones, Google Maps or other electronic forms of maps are not sufficient to pass kit inspection.

Food & Drink: How much of each you carry in this regard between check points is entirely your decision. We require that you be sensible and do not put yourself at risk of running short of nutrition between check points. Do remember that random kit checks will be taking place throughout the race, so do not try to save 500g. by leaving the water bottle unfilled!

Whistle: If you do become lost this simple piece of kit can prove essential in helping rescuers, find you. Backpacks with whistles attached will suffice.

Gloves & Hat/Cap/Buff & a Foil Blanket.

Tracker: This device will attached to your backpack at registration. If you need to drop out of the race before the finish line, our volunteers will collect the tracker from you. At the finish line - we need to try and ensure nobody heads home with their device still attached.

Cup or Other Drinking Vessel: We are applying a policy of no disposable cups at checkpoints. So, you will need to have either a cup, small bottle, or other vessel to drink from at all check points. There will be no cups at checkpoints other than what you carry on you. So, if you want Coke, you had better have a cup!

Checkpoints (CPs) & Cut Off Times:

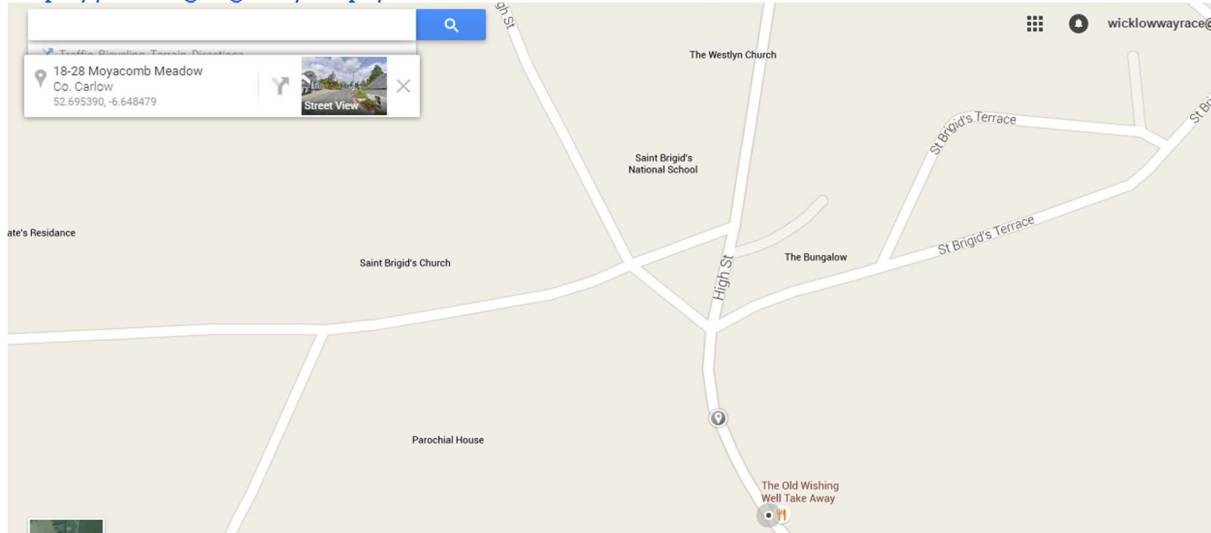
See below for support locations and associated cut off times. They are there to ensure you do not put yourself at risk by continuing beyond your ability and to control the duration of the event. Please do not ask for exceptions to be made if you miss a cut-off as the answer will disappoint you! If the race director/ other volunteer deems it unsafe for you to continue or if you have missed a checkpoint cut off, they will make this clear to you. You will be asked to return your tracker and leave the race. We will attempt to assist in getting you transport either back to your car or onwards to the finish as best we can. Please note that this may take some time on the day as runners will be spread out on the course.

On entering a checkpoint make yourself known to the volunteers and tell them your bib number.

Start: 21:00 – Clonegal, Carlow.

Drop Bags for all CPs will be collected here -labelled, neat, tidy in size and tied closed. Our CP helpers will have a spot identified with CP places clearly on show. Be mindful when adding your bags for transportation to ensure all are placed where you next want them.

Google maps link: <https://maps.app.goo.gl/nvWFGnC2XsF6Gg1b7> or the 2nd one for the scenic village drive through.
<https://www.google.ie/maps/@52.6957875,-6.648817,17.91z>



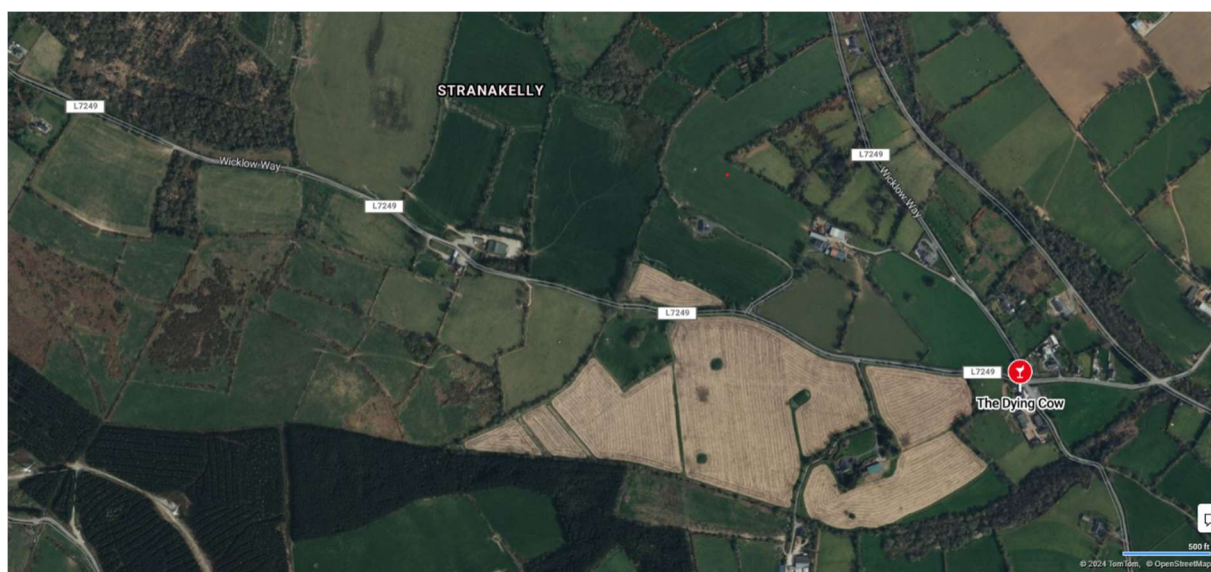
CP1: Dying Cow, approximately 26KM

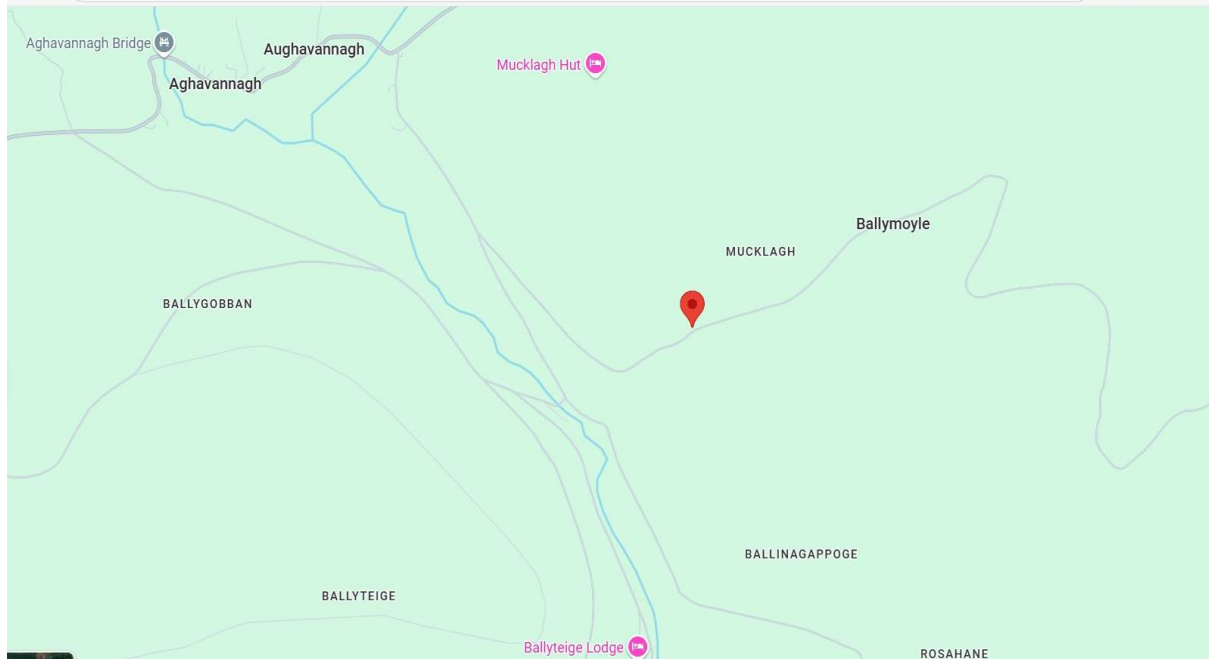
Cut off Time: 00:30.

Drop Bag: Disposable. Not to be seen again. Will not be returned to the finish line.

Google maps link:

<https://www.bing.com/search?q=dyling+cow+pub+directions&qsn&form=QBRE&sp=-1&lq=0&pq=dyling+cow+pub+directions&sc=4-24&sk=&cvid=589EDBC313E24E49ABEA9ED19FD18ED0&ghsh=0&ghacc=0&ghpl=#>

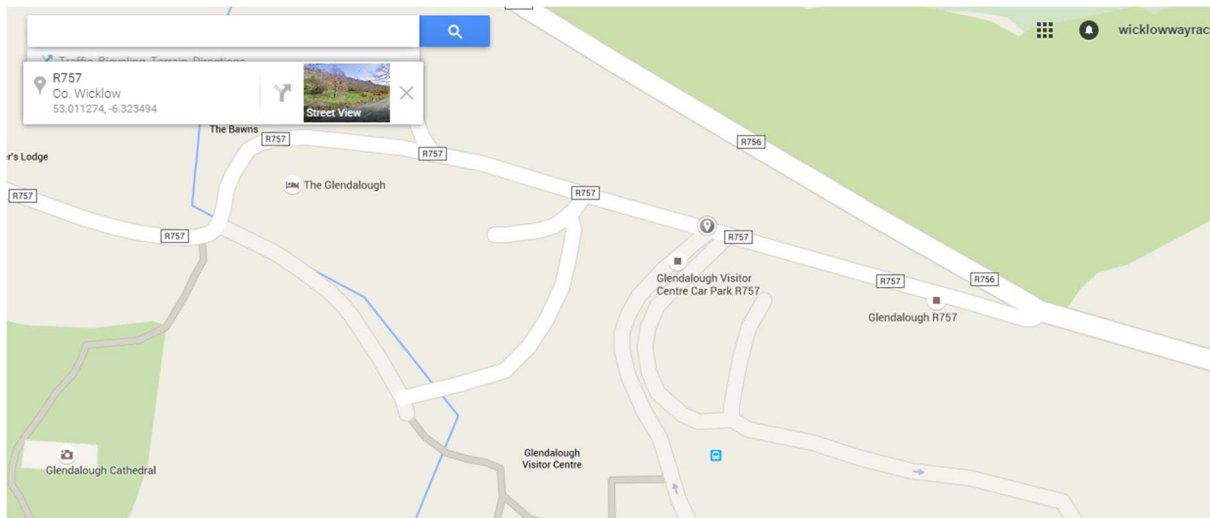


CP2: Mucklagh, approximately 50km**Cut off Time: 04:30****Drop Bag:** Food & shoe/ clothes option. Bag will be brought to the finish line.Google maps link: <https://maps.app.goo.gl/DTDbURXAiRe Jo mVtXH9>

Runners but more importantly supporters of runners who plan to visit the CP3 in the early hours of race morning need to remember that there are houses near this CP. Noise should be kept to an absolute minimum. We get better tracker coverage at this higher up location and less bloodsuckers from the river. Midge repellent would be a good call too.

Top Tip! Daybreak will be no length off with the real hills ahead. Don't stay here for long. The midge count will be mighty. Be sure to focus on the navigation between here and Glenmalure.

CP3: Glenmalure Lodge, approximately 66KM**Cut off Time: 07:00 - Keep noise to a minimum here please.****Drop Bag:** Disposable. Not to be seen again. Will not be returned to the finish line.Google maps link: <https://maps.app.goo.gl/w966YJPbkdJsiU9t8>**CP4: Glendalough - Lower Lake Car Park, approximately 80KM****Cut off Time: 10am****Drop Bag:** Food & shoe/ clothes option. Bag will be brought to the finish line.Google maps link: <https://www.google.ie/maps/@53.0109789,-6.3237136,18z>



The Glendalough CP is in the car park beside the visitor center in Glendalough. Again, noise should be kept to a minimum as there is a hotel is nearby, and the paying guests and staff will want to enjoy the peace and tranquility of one the most famous valleys in Wicklow!

Top Tip! Leave the tourism for the bus loads of visitors. You are here to do a job, and it is not to take photos of the round tower! You will have been through the dark of the night and your body will want to wake up and kick on here. So, use that natural boost to make steady progress out of the valley for home but do not bust a gut after brekkie!

CP5: Crone Woods, approximately 105KM

Cut off Time: 14:30.

Drop Bag: Disposable. Not to be seen again. Will not be returned to the finish line.

Google Maps link:

<https://www.google.ie/maps/@53.1652103,-6.217438,18z>

Top Tip! Do not underestimate this section. It is a slog to the finish after a great day in the hills.

Finish: Marlay Park – 127km

Cut off Time: 18:00

Drop Bag: Food and dry bag. Bags from CP2 and CP4 will be here for collection.

Top Tip! GET HERE BEFORE 6pm! And you will get a grand chunk of Wicklow granite as a memento of the yellow Wicklow Way Man by Richie Healy Sculptor. **2nd top tip** – be ready to call hughie. Your belly is likely to be in a bit of a hoop from the sugar overload after racing.

Checkpoints: Drop bags, Aid Stations, and Support Crews:

Food Drop bags will be taken to the checkpoints listed above. Please keep them small in size, clear ziploc or grip seal plastic bags work well. Please have your drop bags labelled clearly with you race number and the name of the checkpoint it should be taken to. You can add your name if you wish. **Drop bags need to be closed/ sealed well to save items being lost in transit to each CP.**

Runners' bags with post-race dry clothes will be transported to the finish from the registration area. Please try to keep these to a manageable size. **No roll-on suitcases summer holiday style.**

Aid Stations: We will have water hot & cold, pot noodles, coke, mixed fruit, salty crisps, chocolate, and jellies at each check point but be sure your drop bags have all you would want. Ultra-runners have broad tastes in preferred race nutrition so, ensure you put what you are familiar with eating from training runs in your drop bag.

Support Crews: Runners can, and where possible should, have friends or family support them on the day at these checkpoints or other points but please be sure that everyone obeys the rules of the road, parks safely and if out on the roads make sure they are visible to other road users. If you do have support on the day, be sure to let us know as it may help us with supporting other runners.

Support runners:

If a participant wishes to have someone run a section of the course with them **this is permitted from the Glendalough Checkpoint only and according to the time limits listed below.** Support runners are not permitted before this point.

- Where the participant is exiting the Glendalough Checkpoint between 09:30 and the 10:00 cut off.
- Where the participant is exiting the Crone Woods Checkpoint between 14:00 and the 14:30 cut off.

Support runners are only permitted where the participant leaves the checkpoint 30 minutes or less before the cut off time for that check point as outlined above.

The aim of this rule is to keep the front end of the race as fair as possible by ensuring those participants who do not have a support runner available to them are less likely to be competing against participants with a support runner. It also recognises that the runners closer to the cut off times and possibly struggling to make cut offs in order to finish within the strict 21-hour time limit can benefit from a support runner. Like all the rules of the race, please do not abuse this or the participant risks being disqualified from the race.

Where a participant is accompanied by a support runner the participant must carry their own compulsory kit at all times, support runners are not permitted to carry runners' mandatory kit.

Other Race Rules:

Support should not be provided outside of the official race check points. This is to ensure that all runners have the same level of support available to them and those with outside support are not at a significant advantage to those without.

Hiking Poles - The use of hiking poles is permitted.

If you are excluded from the race for not reaching a checkpoint within the allocated cut off times you must return your race number and tracker to the volunteer at the check point at which you are excluded from the race.

Route Finding and Navigation:

History and convention have dictated for WW record attempts - **the route as marked on the day is what the runner should follow. That is the spirit this race is being run. If you are familiar with the Wicklow Way and meet signs diverting you off this on the day, you must follow the diversion.** It is vital everyone follows any diversions for your own safety as there may be tree logging works taking place and for us to assist in getting you back on route should you take a wrong turn.

The course is marked with fixed posts but be under no illusion - it is **NOT** impossible to get lost on course! Whether you are racing for the lead or struggling to reach a cut-off you may begin to doubt you are on course, to avoid this, carry a map of the course and refer to it regularly to ensure you are confident of your current location.

OS Sheets 50,56 & 62 cover the route. Several other maps and publications as can be [seen here](#)

Race Permit Conditions - Marlay Park, Coillte & Wicklow Mountains National Park:

Part of the conditions under which Dun Laoghaire Rathdown County Council have allowed us to start the race and run through Marlay Park are that the ground is left free of litter and in the same condition as we entered it. We leave Marlay following the WW trail path only.

So please, no littering in Marlay Park or anywhere on the route. If you drop something, stop, and pick it up. This is reflected in the policy of no disposable cups at checkpoints. Also remember the race runs through The Wicklow Mountains National Park and various Coillte forests, as well as over private land in some places. Be respectful of others on the route, close any gates you open, Leave No Trace and enjoy your day out!

Runners observed to be littering by race volunteers will be expelled from the race.

Prizes:

Lead man and lead lady receive a return entry to next year's race. Our top three men and women received a fine chunk of Wicklow Granite Yellow Man styled as a memento thanks to the creativity of sculptor Richie Healy. All finishers will receive a smaller version of the race trophy.