



Saturday August 25th 2018

Dear Participant,

Thank you for entering the Bantry Bay Adventure Race!

At this stage you should have received confirmation of your entry by email. This information pack provides you with all the relevant information for the event on Saturday August 25th.

PARTICIPANTS PLEASE NOTE THE FOLLOWING:

EVENT DETAILS:

5K Run (Whiddy Island) 1,500m Kayak (Across Bantry Bay) 22.8K Cycle (Sheep's Head Peninsula).

Those completing the team event (running and kayaking leg) will travel on the 7.55am ferry. All teams will take part in Wave 1. Runners on the team event will be ferried back to Bantry after completing the running leg.

Those taking part in the team event will have a Single Kayak to complete the kayaking Leg. Solo Participants will use Double Kayaks for this leg. Kayaks are Sit-On-Tops. Paddles and Life Jackets will be provided.

Wave, Start & Ferry Times

Wave	Start Time	Ferry Details (ferry leaves the Marina a short walk from Event HQ)
Wave 1 (Including all Teams)	8:30am	7.55am @ Bantry Pier
Wave 2 (Solo Participants only)	9:30am	8.55am @ Bantry Pier

Please note that ferry times will not be delayed.

Arrive with at least 10 minutes to spare to board your ferry as it's a short walk from the Registration Station. See map >>[HERE](#)<<



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GENERAL INFORMATION:

Sign in details:

Please ensure that you have confirmation details of your booking which was emailed to you or your team (Wave time etc). All participants must sign-in at the Event HQ which is The Abbey Pier. Click [HERE](#) for directions.

A Bike mechanic will be available from 6:30am to 8:30am – provided by Bike’N’Beara (there will be a cost to this service)

NOTE: THERE IS NO PARKING AT EVENT HQ

Sign in takes place between 6:30am to 8:25am @ The Abbey Pier. This will be clearly marked on the day. Click [HERE](#) for directions.

Here you will receive the following:

- Event number and Timing Chip.
- Teams will receive 1 timing chip that will be passed on by participants.
- Please note that 1 Team Member can sign in on behalf of the Team.
- BBAR 2018 Event T (*extra cost of €5 if signed up before June 30th, €10 thereafter*)

ROUTES:

Please [Click Here](#) or view the last page of this document to view the route maps of each leg.

FINISHING AREA:

Please note that the cycling leg which is the final leg will finish by the old [Bantry Rugby Club](#) pitch which is opposite the Westlodge Hotel, a few mins outside the town. Cyclists can make their way back to Event HQ where they will receive a print-out of their times etc. Event medals will also be handed out to each participant when finished the event. **All participants are advised that the prize giving will take place in the Quays Bar Bantry immediately after the event.** Participants are also invited to spend some time in Bantry town afterwards where there will be great atmosphere for all to enjoy (Details about local restaurants, accommodation, and things to do are available at <http://livingthesheepsheadway.com> and <http://westcorkislands.com/whiddy-island>).

PRIZES Prizes will be awarded in each category as follows (**prize giving will take place in the Quays Bar on Wolfe Tone Square Bantry immediately after the final participant completes the event**):

Men's & women's races:

- €150 Edge Sports Shop Vouchers - First Place
- €100 Edge Sports Shop Vouchers - Second Place
- €50 Edge Sports Shop Vouchers - Third Place

Team race: €150 Edge Sports Shop Vouchers - First Place



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T-SHIRTS

Participants who registered before the end of June 2018 will be entitled to claim an event t-shirt for €5. Please email your chosen size (S, M, L, XL) to us before the event if possible. If you registered later, you can claim your t-shirt for €10. Again, please email us on info@bantrybayadventure.com to save time on the day.

ALL PARTICIPANTS PLEASE NOTE:

- **Cyclists will not be allowed to commence cycle if not wearing a helmet.**
- No earphones are allowed to be worn during the event.
- Timing for the event is provided by SportIdent Timing Solutions.
- The cycle leg will take place on open roads and Rules of the Road will apply and will be strictly enforced
- The Red Cross have been engaged to provide Medical Emergency Cover on all sections
- A safety briefing for all participants will be delivered by the Event Coordinator prior to the event commencing.
- Adequate Stewarding and Signage is provided to ensure the welfare of participants. Marshalls and stewards are all volunteers and participants are asked to be mindful of this.
- Toilet facilities will also be available here for participants.
- Water refills will be available for participants.
- Showering facilities are being kindly offered by the [Leisure Club in the Maritime Hotel](#) in Bantry. You will need to provide proof of entry (medal or registration email).

PARKING INFORMATION

There will parking available for participants at the following locations:

- Westlodge Hotel Overflow Car Park – access only from main entrance on N71.
- Bantry Town, free with 2 and 3 hour limits
- Public Car Parks (Free and no time limit) on Pier Road, off Wolfe Tone Square.
- **NOTE: THERE IS NO PARKING AT EVENT HQ**

Finally, we hope that your training schedule is on track. We are looking forward to welcoming you to Bantry and Whiddy Island this weekend.

And we'd like to extend our thanks for your support on behalf of CoAction and Bantry Inshore Rescue Association – the charities we are supporting through this non-profit event.

For further event information, see bantrybayadventure.com or contact us on the details below.

Yours sincerely,

Bantry Bay Adventure Race Committee
info@bantrybayadventure.com

086 303 0991



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PARKING MAP



The registration and departure points are all on the main N71 approach road just outside Bantry's main Wolfe Tone Square. Please help us to avoid congestion by parking well away from the pier entrances for bike drop-off and registration as well as event participation (see information above). Your cooperation in this matter would be much appreciated.

ROUTE MAPS

For more route info, see <http://bantrybayadventurerace/route-info>

Run | Whiddy Island

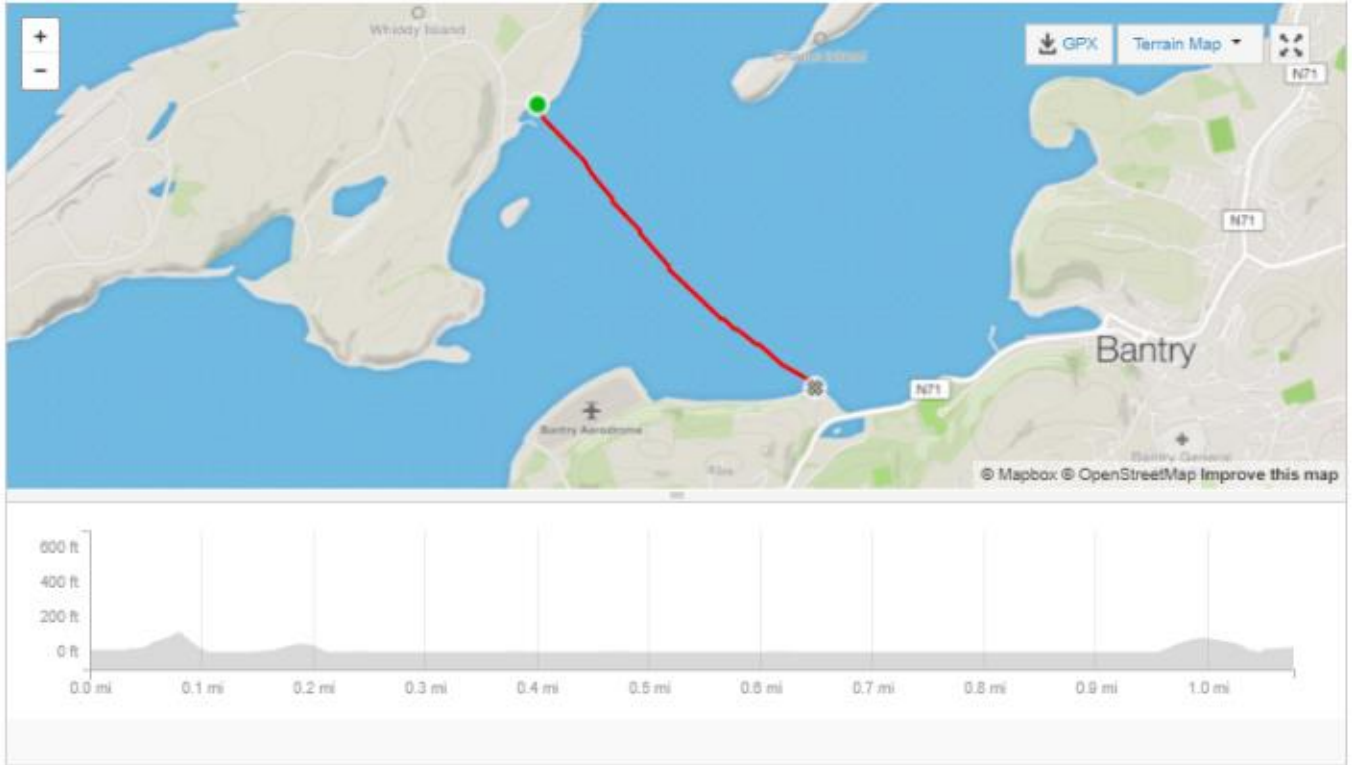
WHIDDY ISLAND 5K RUN ROUTE

5.0 km in Bantry, M, Ireland

powered by
mapmyfitness



Kayak | Bantry Bay Blueway



Cycle | The Sheep's Head Peninsula

