



THE WEST CORK ADVENTURE DUATHLON

Race Day Information Pack

RACE START TIME: 9.30am on Saturday 18th October 2025

REGISTRATION: From 7.30am until 8.45am

RACE BRIEFING: 9.10am.

Dear SCAR Participant,

Thank you for registering to take part in SCAR The West Cork Adventure Duathlon 2025. **The Lions Club Skibbereen** who have organised SCAR as well as **Carbery** the main sponsors, are delighted to be back with the 13th SCAR event in Skibbereen, West Cork. During the past twelve years, 300,000 euro has been raised for [West Cork charities and good causes](#). This incredible amount of fundraising is all thanks to You, our SCAR participants. Every year, 100% of participant registration fees, go directly to West Cork charities and good causes.

The course HQ and your start/finish line, is the fantastic Castlehaven GAA stadium (Eircode: P81ET78). It is kindly made available to us, by our friends at the Castlehaven GAA Club and we are very appreciative of this. This stadium complex is the main base for the day and will provide: parking, registration desks, bike-racking for your first transition zone, a hub for marshals and emergency services, changing facilities and the very important kitchen and stand-seating for post-race refreshments and warm food.

Both courses, Sport and Taster, will take you to some of the most beautiful landmarks and iconic beauty spots, along the West Cork coast.

Thank you for supporting SCAR The West Cork Duathlon 2025.

Please review the detailed information in the following pages, and ensure you are familiar with our

Key Messages:

1. **Take Care** of yourself, of each other, of our marshals, our volunteers, of the public and of all other road users.
2. When using a public road for the run or bike sections, remember **The Rules of the Road Apply**.
3. **Respect our environment** and our facilities and let's continue to keep the beautiful countryside clean after us.

Arriving:

Car parking, Race Registration and Bike Drop for all courses are located at **Castlehaven GAA complex, Moneyvollahane, Castlehaven, Co. Cork, P81 ET78.**

If you arrive by car, whether participating or supporting a participant, please follow directions and marshals' instructions to the designated parking area.



Please be aware that other events may also be happening at the GAA grounds on the day, so please follow all rules, traffic management guidance and any marshals' instructions while at the GAA stadium. Be cautious and aware of other participants on the roads, junctions and entrances as you approach the GAA complex.

Race Pack Collection:

Your race pack, which will include your **race number and timing chip** will be available for collection at **Castlehaven GAA Grounds** from **7:30am until 8:45am on Saturday 18th October 2025.**

Please note Castlehaven GAA have two pitches so make sure you look for Moneyvollahane, **Eircode: P81ET78**, (GQRJ+6F, google maps) which is 4km out the R596 - Castletownshend Road from the Lidl Roundabout in Skibbereen. There will be plenty of parking at club grounds. Please follow the marshals' instructions when you arrive.

Registration will CLOSE at 8.45am for BOTH COURSES: Sport & Taster.

To streamline race-day registration, your race number will be sent to you in advance by email.

You will **CHECK-IN** on Race Day at the Registration Desks at the upper area of the grandstand, **please note your number** and present it at the correct registration desk on the morning.

Anyone who has ordered a **SCAR T-Shirt** can collect these along with your Race Pack. **After checking in you must descend the stairs to collect your timing chip at the separate timing-chip-desk.**

Please note that there will be a limited number of SCAR t-shirts available to buy on the day of the event, for those who did not pre-order & pre-purchase one when registering. Cost: 25 euro (cash only please).

Race Numbers, Stickers, Chips:

Race number: Your race number must be worn on the front of your race jersey. If you do not wear your race number, you will be deemed as an unofficial participant.

Bike Sticker: You must place the bike sticker on your bike close to the headstock/handlebars to allow good visibility. You cannot remove your bike from the bike paddock at the end of the race unless your bike sticker and race number match. If you lose either, you will unfortunately need to wait until all bikes are retrieved, before we will release your bike to you. This is for equipment security.

Timing Chip: Each participant will receive a timing chip, which must be worn on your wrist as you will need to "dib" the Timing Chip against a control box at each checkpoint. Please note that you must return your chip at the finish line, even if you do not start, or if you pull out of the race for some unforeseen circumstance. Please note that you will be charged a **penalty fee of €35** if you do not return your chip. If you collect packs on behalf of others, you will be responsible for any penalty for non-returned chips. **We will automatically be charged by the timing company for non-returned chips which is why we have to pass this charge unfortunately, so please help us with this.**

Bike Drop Arrangements:

Participants can drop their bikes to the Bike Transition within the Castlehaven GAA Grounds between **7:30am and 8:45am on Saturday morning only. Registrations close for both courses at 8.45am.**

Changing area & Bag-Drop Arrangements:

The GAA stadium changing rooms will be available and open to participants - no bag supervision will be provided, anything left in the changing areas will be at your own risk so please avoid leaving valuables here. Showers will be available after the race. Together let's remember to respect the goodwill of our hosts and ensure these facilities are kept clean after us and please keep showers brief to conserve water.

Starting Waves:

All Courses Start and Finish at the Castlehaven GAA Grounds:

The Sport Course will start at 9:30 am.

The Taster Course will also start at 9:30 am.

All Sport & Taster competitors must assemble on the pitch by 9:10am for a race briefing.

Mandatory & Recommended Kit:

It is vital that all Sport participants bring the following mandatory kit with them to the start: All mandatory kits will be checked before the race

- Basic First Aid Kit
- Cycle Helmet, spare tube, pump
- Race Number
- Hi Visibility Clothing (**Compulsory**).
- Hat, gloves and waterproof jacket
- Suitable footwear
- Whistle (if possible)

If you wish to use Cycling Cleats please note that you will need to carry your runners on a small back pack with you, to change at the Transition Zone. Alternatively, you could use flat pedals and wear runners for the whole event.

Carrying appropriate food and drink is also recommended. There will be limited hydration points along the course.

All participants must take personal responsibility to arrive suitably nourished, hydrated, prepared and fit for this Adventure Race.

On arrival at the bike drop, marshals will check that all bikes are roadworthy and that your brakes are working. You will not be allowed to mount your bike unless you are wearing a helmet.

Parking:

There is plenty of parking at the GAA club grounds. All parking is inside the grounds of Castlehaven GAA pitch and only in the designated area. A one-way system will operate, please be guided by our Marshals. **DO NOT** park on the road outside the grounds as you will impede the course. Be careful on the roads and junctions on approach and when departing the GAA grounds, other earlier/later participants may be on the course.

Toilets:

Toilets will be open & serviced at Castlehaven GAA Stadium from 7:30am.

One further public toilet facility is available on the course at the **Tragumna Transition Zone**.

Finish line & Medals:

All routes finish at Castlehaven GAA complex, in the vicinity of the stand area. At the finish line you are responsible to ensure you 'dib' the final checkpoint and deliver your dibbing-chip to the finish line marshals and/or deliver it personally to desk.

All competitors will receive a **SCAR West Cork Adventure Duathlon medal** at the finish line.

Post-Race:

With the finish line, medals, food and presentation, centred around the stand area, we ask all participants, supporters and marshals to encourage the participants, as they arrive home from their adventure.

- Refreshments & hot food will be available to all participants after the race, free of charge. This will be served at the stadium stand area.
- Showers will be available (please refer to note above on showers).
- Prizes will be presented at the stadium after the races. Prizes for participants of the Sport Course only, 1st, 2nd, 3rd place prizes for male and female).
- There is an **Eighties Over 30s Disco happening in Skibbereen** on the night of the 18th of October. To find out more information, please go [HERE](#).

Running Sections:

- The running sections are a combination of open public roads, paths, trails and much of the trails are very wet and soft so expect muddy ankles! Rules of the road apply to all sections on the public roads.
- The forest trail has a lot of fallen leaves and will be slippery. Trails may have some exposed tree roots so take care.
- Generally, participants are asked to keep to the left-hand side of the track or road. Note some running sections are in-and-out run so you will have participants coming towards you at times. Please give way to inbound (faster) racers.
- Sport Course have a compulsory check-point at the turn of the first run section after 3.5KM.
- Use care and attention especially on the public road section.
- All runs will eventually finish back at the starting point of that run.
- Note: there is a 1.5Km descent during the second SPORT run **coming down off Lough Hyne Hill** which involves a series of stone step sections, some steep descents, and some exposed edges. The stepping stones can be slippery, especially when wet, and may not be firm, some edges are unguarded and some descents are steep. **Participants should take exceptional care.**
- Sport may have a CUT OFF TIME. You will be advised of this on the day. If you miss the cut off time you will be allowed to continue but the course may not be marshalled.

Biking Sections:

- The cycle takes place predominantly on **open public roads**. Markings and marshals are there to help you and to manage traffic safety but **you must take responsibility for your own safety and obey the rules of the road at all times.**
- **All participants must take personal responsibility for their road-awareness, their ability to cycle safely and their bike's continued road-worthiness. This is especially important if participants feel tired or exhausted. In such instances participants should pause and rest, or seek assistance from marshals or safety personnel.**
- Road surfaces are typically tarmac covered country/back roads and generally will be normal to poor surface, **sometimes VERY poor**. Any markings stating that there is bad surface ahead can be taken seriously. Note, any descents marked as dangerous must be cycled in single file with no overtaking allowed.
- **There is one 'No Race Zone'**. This is on the Sport Course, starting as you reach the top of Coomb Hill (The Wall) and continuing for approx. 700m, ending at the four-cross-roads known locally as Evans'Cross. You will **not** be allowed to pass another competitor in this zone. Single-file-only is allowed. Should you ignore this rule, you will be disqualified and asked to withdraw from the event.
- Please rack your bike as tightly as possible and attach your helmet to your bike whilst it is in transition. Bikes will be moved by marshals if not racked properly.
- You will be instructed to mount and dismount your bike at certain points - specifically for safe access and road crossing at Tragumna Transition - and you must obey these instructions. Anyone failing to do so may be disqualified and/or asked to abandon the race by the Race Director.
- **You will not be allowed to mount your bike unless you are wearing a helmet. For safety reasons Aero/Tri Handlebars are not permitted.**
- Puncture resistant tyres are strongly recommended for the Sport course.
- Beware, towards the end of the bike leg for all courses, cyclists must make a right-hand-turn across the main road back to Castlehaven GAA grounds entrance gates. Please pay extra attention at this turn when instructed.

Sport Course: Beware, Coomb Hill, known locally as "The Wall" is a narrow steep climb where many will need to dismount. As instructed by marshals, please walk on the left and pass on the right only.

Sport Course: Beware, Coomb Hill – Descent - on the other side of "The Wall" there is a steep descent down to the outskirts of Skibbereen Town. It is your responsibility to limit your speed to what you can control. In addition, the initial 700m of this descent is a no-race-zone, please respect signage and marshal instruction.

Sport Course: Beware, early in Bike 2 – rejoining the Baltimore Road requires making a right-hand-turn across the main road. You may need to stop for main-road traffic. While the junction is marshalled, you must follow normal rules of the road.

Sport Course: Beware, Later, during Bike 2 – after leaving Skibbereen, 2.4km from the Lidl Roundabout, cyclists must make a right-hand-turn across the main road at LAKE CROSS turning towards Tragumna. You may need to stop for main-road traffic. While the junction is marshalled, you must follow normal rules of the road.

Route Maps & Strava links:

Please study your route map on the [DOCUMENTS LINKED HERE](#) and also published on the SCAR website at www.thescar.ie

While the route will be marked and marshalled, you are responsible for following the correct route and registering at any checkpoints on your course.

In case of Incident/Accident or Emergency:

If you observe an incident, accident, emergency, or a fellow participant in trouble;

1. In the first instance and if necessary, decide if you can safely stop and assist.
2. If safe to stop and if you have access to a phone, call the **SCAR incident number**.
PLEASE SAVE THIS (UPDATED 2025) SCAR INCIDENT NUMBER TO YOUR PHONE: 087 - 34 31 339
3. If you cannot assist, or if it is unsafe, inappropriate, unnecessary to assist, please proceed along the course to the next marshal point and inform the first marshal you meet.
The marshal will phone the SCAR incident number: 087 - 34 31 339.
4. If the course route is blocked, or it is unsafe to proceed, please pause and be patient and when safe to do so, then make your way around the incident.
5. If you deem the incident to be an emergency and have access to a phone, please call 999 first, and then the scar incident number: 087 - 34 31 339.

Important Final Notes:

- Participants undertake SCAR The West Cork Adventure Duathlon, at their own risk. The event is covered by public liability insurance but should you require personal insurance, you should make your own arrangements, as with any sport event you participate in.
- **At all times, the rules of the road Apply.**
- **Before, During, and After the event; Individuals remain responsible for their own wellbeing and should be mindful throughout of their personal safety, their level of physical exertion and any onset of fatigue or exhaustion. If in any doubt as to your ability to safely continue, please pause, talk to someone if possible and personally assess your situation.**
- Please familiarise yourself with the route maps. [DOCUMENT LINKED HERE](#). **All competitors are responsible to know and follow the route.** While the route is marked and marshalled, you are responsible for following the correct route and registering at any checkpoints on your course.
- Please observe warning signs and any race marshal's advice.
- We are privileged to be allowed to race in several of these iconic facilities normally reserved for casual recreation and private property, please respect these country environments.
- Anyone found littering in any section of the course will be immediately disqualified. Together let's keep our event litter free.
- Together, let's aim to reduce the amount of single use plastics used at the event.
- Please remember that every one of the organisers, 100+ marshals, civil defence, medical support team, food team and photographers you meet during the race are giving their time freely to volunteer to make your race better. Together let's thank them on the day of the event!

Finally have lots of fun and adventure and we really look forward to meeting you on Saturday the 18th of October 2025.

If you have any queries before Saturday, please email us on: info@thescar.ie

See you soon for this memorable fun event!

Best wishes from The SCAR Team.



Is organised by a race team from
Skibbereen Lions Club



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