



LONG WAY ROUND 2025



IMPORTANT INFORMATION

Thank you for supporting South Eastern Mountain Rescue by taking part in Long Way Round. This event is **sold out**. To ensure the safety and enjoyment of participants and crew there will be **NO** walk-in registrations possible on the day.

- **Check in** at Gael Cholaiste Ceitinn (Eircode E91 K2E2) **opens at 16:30**. Enter via the Mall only (front of building).
- You do not need to bring your confirmation email with you, number collection is sorted by surname.
- Essential equipment – torch, hi-vis vest, good hiking boots/shoes/trail runners, hat, gloves, warm layers, jacket, snacks and a drink.
- All participants must be over 18
- No pets are allowed
- **Check in closes at 18:30**
- To ensure safety of LWR participants and crew, we have made some changes to the waiting & starting arrangements, please co-operate with the marshals and volunteers to make these work well for us all.
- **Runners depart at 18:00 sharp**
- **Walkers depart from 18:05, last walking group leaves no later than 18:50.**
- Please fix your number to the **FRONT** of your jacket so that the chip in your number registers when you pass under the timer gantry on the way out and on the way back in. The event is not a race, it is timed for your information.
- For your safety and the safety of other road users, please keep to the footpaths and follow the marshals directions when walking / running through Clonmel town. While it is a marshalled event, the roads have not been closed and normal rules of the road apply.
- To reduce plastic waste, as much as possible, please bring your own reusable bottle. We will have a water/snack station on the route to refill/top up your bottle if needed.
- If for any reason, you leave the route early and do not return to the hall please let us know. Tell a walking group steward or a route marshal and hand in your race number.
- **Number Collection Thursday 23rd January (optional): You can collect your number and buff on Thursday night between 6-8pm at our base on Heywood Road, Clonmel E91 T9C5. You can also purchase calendars, LWR hats and enter in our LWR raffle – first prize is a Paramo jacket.**
- If you have any cold or flu like symptoms in the run up to LWR, please consider doing an antigen test to ensure it is safe for you to take part.
- Long Way Round Event Emergency Contact number, in case of emergency on the route is 087 1798481
- Finally and most important, enjoy LWR, take lots of pictures, meet great people and come back next year!

BECAUSE YOU SUPPORT LONG WAY ROUND

WE CAN SUPPORT YOU ALL YEAR ROUND