

2022 / 2023 IRISH WINTER SUP RACE SERIES Event 7 - THE EYE RACE - Notice Of Race

The following Notice Of Race [NOR] has been published to provide you with information regarding THE EYE RACE - Event 7 (of 8) of the Irish Winter SUP Race Series.

Date 22/04/23
Location Howth, Dublin 13
Organiser Discover SUP

Please carefully read all the information; should you have any questions, Eoin from Discover SUP will be happy to answer them. You can contact him on 0876707573 or at hello@discoversup.ie.

Version	Date of this draft	Primary author
3.0	05/04/2023	Eoin Kernan

GENERAL INFORMATION

Race format Exposed water, saltwater, long-distance, looped
Route Claremont beach - Ireland's Eye - Claremont beach
Distance Class 1 - 11.5km (approx), Class 2 - 5.5km (approx)
Car parking Free throughout Howth harbour (can get busy, so get there early to avoid delays).
Entry fee €27

- Details with regards to locations and times of registration, pre-activity participant safety briefing, and race start will be published in the Race Instructions (see communications timeline further on). **It is anticipated that the race will start mid-morning, with prior registration early-morning.**
- While not a requirement, Discover SUP recommends that participants have their own personal appropriate insurance policy in place which provides appropriate cover for such SUP activities.

- This is not a SUP education session. Previous SUP education and/or exposed water SUP experience is required. You must have the ability to self-rescue (prone paddling, and getting back on your board) and you must be able to complete the course distance unaided.
- Due to the offshore nature of this location Discover SUP and race management personnel reserve the right to postpone or cancel this activity at short notice (including during the race), where they believe that the safety of the participants may be at risk due to adverse weather and/or water conditions. Our refund policy can be found here <https://discoversup.ie/sign-up-terms-and-conditions/>

COMMUNICATION TIMELINE AND NOTES

- 05/04/23 - **Notice Of Race published**, available on <https://discoversup.ie/the-eye-race>
- 05/04/23 - Entries open, receipt sent to participants by email
- 18/04/23 - Entries close
- 18/04/23 - **Race Instructions published**, available on <https://discoversup.ie/the-eye-race>, sent to participants by email
- 22/04/23 - Race day
- Short-notice updates - sent by WhatsApp msg
- Participants' email addresses and contact numbers included at registration will be those used for communication.

ELIGIBILITY, CLASS, & ENTRY INFORMATION

- For your safety and the safety of others, this activity is only suitable for participants with previous SUP education and/or exposed water SUP experience. You must be able to self-rescue (prone paddling, and getting back on your board from the water) and you must be able to complete the race distance unaided. Proof of your ability may be requested by Discover SUP in order to confirm your entry. You must be aged 17yrs or older at the time of entry.
- For this activity, participants will be grouped by, and compete within, two classes.
 - Class 1 - Race and Touring boards up to 14ft (hard, soft, inflatable)
 - Class 2 - All-round boards up to 11ft (hard, soft, inflatable)

- Participation numbers are limited; all participants must enter online by the closing date (18/04/23) through the appropriate link on the following page - <https://discoversup.ie/the-eye-race>. Entries will not be considered confirmed until the full entry fee has been paid (and proof of ability has been confirmed, if requested as above).
- For this activity, awards (non-monetary) will be given to the first 3 male and first 3 female finishers in each class.
- For this activity, finisher points will be awarded as defined by the Irish Winter SUP Race Series rules, and go towards the overall series leaderboard.

RULES OF RACING

- This activity is governed by the general rules of racing as defined by the Irish Winter SUP Race Series organisers. Any protests or rule queries specific to this activity must be directed to them, and not to Discover SUP.
- Inclusions/exclusions/amendments to the general rules, specific only to Event 7, will be published in the Race Instructions. These will be made available to all participants on or around 18/04/23.
- Participants must obey instructions from race management personnel at all times.
- Howth Yacht Club, Howth harbour, and the race course are potentially high-traffic zones of boating operations, where it is not possible to sterilise the area. Participants must familiarise themselves with, and operate under, the rules of
 - Department of Transport - Code of Practice: The Safe Operation of Recreational Craft - <https://www.gov.ie/pdf/?file=https://assets.gov.ie/23847/2cd943c13a0b45d2a18361539208943b.pdf>, in particular, Appendix 1 - The International Regulations for Preventing Collisions at Sea (COLREGs).
- A detailed protocol for launching/landing and transiting to the starting area will be published in the Race Instructions. This protocol must be followed by all participants; if it isn't followed, the participant in question will be automatically disqualified from the activity.

SAFETY EQUIPMENT INFORMATION (MANDATORY)

- It is the responsibility of all participants to use equipment which is in good condition, fit for purpose, and safe. Any participants presenting for inspection at the launching area with equipment deemed inappropriate or unsafe by race management will not be allowed to take part.
- All participants must supply their own coiled board leash and use it at all times while afloat.
- All participants must supply their own CE-certified PFD and wear it at all times while afloat.
- All participants must supply their own safety whistle (and optional signalling mirror) and carry it on their person at all times while afloat.
- All participants must supply their own reliable means of digital voice communication (mobile phone or VHF radio), secured in a waterproof case, and carry it on their person at all times while afloat. Please save the following race management numbers - 0876707573 (Eoin), 0857491450 (Karolina).
- All participants will be supplied with a high-visibility vest (which must be worn on the outside of all other equipment) at all times while afloat.
- All participants will be supplied with a uniquely numbered sticker, which they must apply above the waterline on the Port (left) side rail of their board to remain in place while afloat and ashore. Participants will also have the same number written on the back of their hands at the time of registration, and must not remove this until after the activity finishes.

COURSE INFORMATION

The anticipated race course structure below will be published in further detail in the Race Instructions (including visual maps), and are subject to change.

- Start - Claremont beach
 - Participants in both classes will start together by means of a mass beach start, and leave in a direct line towards Ireland's Eye.

- Class 1 route - 11.5km (approx)
 - Participants will complete one lap of Ireland's Eye, followed by a number of laps between two internal marks laid on the SW edge of Ireland's Eye. *A backup route which removes the lap of Ireland's Eye from the course may be used.*
- Class 2 route - 5.5km (approx)
 - Participants will complete a number of laps between two internal marks laid on the SW edge of Ireland's Eye.
- Finish - Claremont beach
 - Participants in both classes will return in a direct line from Ireland's Eye to Claremont and be deemed to have finished by crossing a finishing line identified by two marks above the high water mark on the beach.

NEARBY ACCOMMODATION

The nearest hotel to Howth is [The Marine Hotel - Sutton](#), located within a ten-minute drive.

SOCIAL MEDIA

- You are encouraged to take pictures and videos and share content on social media. Please include tags for these accounts:
 - **Discover SUP** (@discoversup.ie)
 - **Irish Winter SUP Race Series** (@irish_race_sup_series)
 - **Sponsors -** **EXIT** (@exitwatersports)
 - **Supporters -** **Howth Yacht Club** (@howth_yacht_club),
Anulka (@madebyanulka),
A. Blaney Photography (@a.blaneysailing)

SPONSORS AND SUPPORTERS

THE EYE RACE is very kindly sponsored by...

EXIT - With unique and clever products such as the XRail, EXIT solves common problems associated with water sports and water activities. Using eco-friendly materials, their products are made to last with an emphasis on quality, affordability and practicality. View their product catalogue [here](#).

THE EYE RACE is very kindly hosted at...

Howth Yacht Club - As 2023 'Sailing Club Of The Year' (awarded by MG Motors), HYC offers unrivalled amenities and water access for its members, with top-class facilities supporting sailing through to SUP. They have membership options to suit all needs; we encourage you to explore them [here](#).

THE EYE RACE is very supported by...

Anulka - Karolina Badzmierowska, aka Anulka, produces beautiful hand-made artwork, often inspired by the aquatic world around her. Framed seaweed pressings, featuring specimens gathered on beaches around the country, are a favourite of many. You can look through her creations [here](#).

A. Blaney Photography - Annraoi is a photographer with a keen eye for the energy of watersports action. His ability to capture the 'moment' has seen his photos used in national publications. Enjoy looking through his portfolio [here](#).

RISK STATEMENT

The responsibility for an individual's decision to participate in, or to continue to participate in this activity, is his/hers/theirs alone. He/she/they understands that stand up paddle boarding is a potentially dangerous activity with inherent risks. Inherent in the sport of SUP is the risk of permanent, catastrophic injury or death by drowning, trauma, hypothermia or other causes.

By participating in this activity, each individual agrees and acknowledges that:

- They are aware of the inherent risks involved and accept responsibility for the exposure of themselves, their support team, and their equipment to such inherent risk whilst participating in the activity.
- They are responsible for the safety and behaviour of themselves, their support team, their equipment, and their other property whether afloat or ashore.\

- They accept responsibility for any injury, damage, or loss to the extent caused by their own actions or omissions.
- Their equipment is in good condition, fit for purpose, and safe to use in the activity, and they are medically and physically fit to participate.
- The provision of a race management team, patrol craft, and other officials and volunteers by the organiser does not relieve the participant of their own responsibilities.
- The provision of patrol craft is limited to such assistance toward the participant, particularly in extreme weather conditions, as can be practically provided in the circumstances.
- It is the participant's responsibility to familiarise themselves with any risks specific to this location/venue or this activity drawn to their attention in any rules and information produced for the location/venue or activity and to attend any safety briefing held for the event.

Participants will be required to confirm that they have read, understand, and agree to this statement during the online entry process.

CONTACT

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