



# Mullaghmore Sailing Club's Sailors for the Sea Clean Regattas Programme Report 2025

Camile Mullaghmore Regatta 2025,

25<sup>th</sup> to 27<sup>th</sup> July 2025

Mullaghmore, Co Sligo, Ireland



# Introduction

Mullaghmore Sailing Club remains deeply committed to environmental sustainability and proudly supports the Sailors for the Sea Clean Regattas Programme. Each year, our Camile Mullaghmore Regatta is designed around the five interconnected Sustainability Themes: **Elimination of Single-Use Items, Environmental Stewardship, Green Boating, Community Involvement, and Responsible Waste Management.**

Following our Platinum Level achievements in 2022, 2023, and 2024, our Green Team once again set the bar high for 2025. Using the latest Sailors for the Sea Toolkit, the team worked diligently to meet all 20 Best Practices.

This report highlights how Mullaghmore Sailing Club successfully delivered a Platinum-Level Clean Regatta during the Camile Mullaghmore Regatta 2025.

## **Elimination of Single-Use Items**

- ✓ - 1. Eliminate Single-Use Water Bottles and Provide Water Refill Stations
- ✓ - 2. Eliminate Plastic Straws
- ✓ - 3. Serve Food with Plastic-Free Dinnerware
- ✓ - 4. Skip Bags or Go Reusable
- ✓ - 5. Award Practical Items or Use a Perpetual or Upcycled Trophy

## **Community Involvement**

- ✓ - 6. Publicize Your Sustainability Efforts
- ✓ - 7. Involve Local Organizations
- ✓ - 8. Post Educational and Reusable Signage
- ✓ - 9. Serve Local Food or Source Seafood Sustainably

## **Responsible Waste Management**

- ✓ - 10. Organize a Green Team
- ✓ - 11. Ensure Proper Waste Bin Placement and Signage
- ✓ - 12. Divert Food Waste from the Landfill
- ✓ - 13. Use Paperless Event Management

## **Environmental Stewardship**

- ✓ - 14. Host a Beach or Marina Cleanup
- ✓ - 15. Prevent Toxins from Entering the Water
- ✓ - 16. Increase Awareness of Wildlife and Habitat Protection
- ✓ - 17. Offer Vegetarian or Vegan Alternatives

## **Climate Awareness**

- ✓ - 18. Promote Alternative Transportation
- ✓ - 19. Reduce Day-of Emissions
- ✓ - 20. Inspire Future Action

## Eliminate Single-Use Water Bottles and Provide Water Refill Stations

Mullaghmore Sailing Club continues its long-standing ban on single-use plastics, introduced eight years ago. We are saddened to learn that Plastic beverage bottles are still consistently in the top five most collected items at beach clean-ups around the world, according to the International Coastal Cleanup. Our commitment ensures fewer plastic bottles reach our waters or shorelines, reinforcing our pledge to protect the marine environment.

Members and visitors are encouraged to use reusable bottles and containers, supported by easily accessible drinking water taps throughout the clubhouse and at the slipway.

Reusable containers and bottles have featured as Regatta prizes in recent years, and it is rewarding to see them in active use season after season.

Furthermore, the club has invested in glassware that is reused year after year for functions, including the annual Camille Regatta Dinner. We have wine glasses, tumblers and jugs that are used for these occasions.





## Eliminate Plastic Straws

Plastic straws and stirrers remain among the top littered beach items globally. Our club continues its strict prohibition of single-use plastic straws. Instead, glass jugs and reusable glassware are used at all social events, and our kitchen is fully equipped with ceramic mugs, glassware, and steel utensils — eliminating disposable alternatives entirely.



**SKIP THE  
PLASTIC  
STRAW**

**PROTECT  
MARINE  
ANIMALS**

SAILORS OF THE SEA CLEAN REGATTAS

Two garbage trucks' worth of plastic end up in the ocean every minute. As a #CleanRegatta, we are reducing the amount of single-use plastics at our event.

#BreakFreeFromPlastic

16:53



## Serve Food with Plastic-Free Dinnerware

As outlined in our 2024 report, Mullaghmore Sailing Club has fully transitioned to reusable dinnerware, and our 2025 Camile Regatta Dinner continues to embody that commitment. It is encouraging to see returns on our initial investment year after year, which has reduced our overall spend and significantly reduced single use plastics in our club.

Tables were beautifully set with washable tablecloths, steel cutlery, ceramic plates, and glass drinkware. Water was served from glass jugs, and decorations included reusable glass candle holders. All food provided for the Camile Mullaghmore Regatta 2025 was stored and served from reusable containers, using steel serving utensils and wooden/ceramic washable dishes.



## Skip Bags or Go Reusable

Since Ireland's plastic bag levy in 2002, public behaviour has changed dramatically. Our members continue to model this shift, using reusable shopping bags, washable cloths, and tea towels instead of paper products.

At the 2025 Regatta, biodegradable bags made from plant starch were used when necessary for food waste only. This year we eliminated the use of plastic/ biodegradable bags for collecting general waste and recycling. Instead, we provided bins which were washed after our Regatta and are ready for reuse again next year.

Our annual beach clean again revealed just how successful these practices have been — very few plastic bags were found on the beach or harbour area for the second consecutive year.





## Award Practical Items or Use a Perpetual or Upcycled Trophy

In keeping with our sustainability ethos, our Camile Mullaghmore Regatta prizes include only practical and reusable items as well as our perpetual trophies. Thankfully our sponsors support our sustainability efforts and to this end Camile sponsored our practical prizes again this year.

Year after year we see crew members proudly re-wearing their t-shirts from previous Regatta's. This year we sourced baseball hats from a local business in Sligo town. Winning skippers also received a reuseable hot/cold drink container sourced from Eco Set. Eco Set donate a percentage of each purchase to [www.cleancoasts.org](http://www.cleancoasts.org).



## Publicize Your Sustainability Efforts

Mullaghmore Sailing Club actively promoted our plans to host a Clean Regatta and our environmental initiatives through social media, newsletters, and community events.

Our annual Beach Clean was well-attended again this year and was run in collaboration with Mullaghmore Active. The effort to our village's Tidy Town submission, in which we ranked 7<sup>th</sup> out of 23 towns/villages in Co. Sligo.

The Sailing Club hosted the Mullaghmore Biodiversity Blitz Day this year as part of National Biodiversity Week which proved to be a massive success. Over 125 species were recorded over a 3-hour period and the attendees enjoyed educational talks on biodiversity.

We made sure to tag @sailorsforthesea in our social media posts as well and really appreciated the encouragement back from them. We again utilised the Sailors for the Sea logos and social media documents. We printed and laminated the Sailors for the Sea posters this year for display around the club. These have been wiped down and stored for use again next year.

Camille Mullaghmore Regatta skippers were kept updated on our sustainability plans and 20 Best Practices through communication on WhatsApp. Again, we utilised Sailors for the Sea posters.



The image shows a Facebook post from the page 'mullaghmoresailingclubsligo'. The post features a large, colorful poster for a 'Beach Clean' event. The poster has a blue sky and beach background. At the top left is the 'Mullaghmore Sailing Club' logo. At the top right is the 'SAILORS FOR THE SEA' logo. The main text on the poster reads: 'CAMILE MULLAGHMORE REGATTA', 'Beach Clean', 'MEET AT MULLAGHMORE SAILING CLUB WEDNESDAY 23RD OF JULY @ 6:00PM', 'Calling all beach buddies!', 'Join us for a big beach clean!', 'WITH MULLAGHMORE ACTIVE'. At the bottom of the poster are logos for 'Camile' and 'KBIGI'. A handwritten-style text at the very bottom of the poster says 'DON'T FORGET YOUR GLOVES'. To the right of the poster, the Facebook post text reads: 'Join us for our Big Beach Clean on Wednesday 23rd July at 6pm in association with Mullaghmore Active. Everyone is welcome. Please join us for an hour or two to help remove plastic and waste from our shoreline. Be part of our community committed to restoring ocean health. Are you up for it? .... Bring your own gloves 🧤'. Below this text are several hashtags: '#mullaghmoreactive #oceanhealth #bethechange #beachcleanup #sligococo #camilethaisligo #sailorsforthesea #camilemullaghmoreregatta'. The post is dated '14w' (14 weeks ago). At the bottom of the post, there are icons for 'View insights', 'Boost post', and 'Like', 'Comment', 'Share'. Below these icons, it says 'Liked by jenfarrell2 and 17 others' and 'July 18'. At the very bottom of the post, there is a comment input field with a smiley face icon and the text 'Add a comment...' and a 'Post' button.

**Mullaghmore Sailing Club**

**SAILORS FOR THE SEA**

**CAMILE MULLAGHMORE REGATTA**

**Beach Clean**

**MEET AT MULLAGHMORE SAILING CLUB WEDNESDAY 23RD OF JULY @ 6:00PM**

**Calling all beach buddies!**

**Join us for a big beach clean!**

**WITH MULLAGHMORE ACTIVE**

**Camile**

**KBIGI**

**DON'T FORGET YOUR GLOVES**

**mullaghmoresailingclubsligo** Join us for our Big Beach Clean on Wednesday 23rd July at 6pm in association with Mullaghmore Active. Everyone is welcome. Please join us for an hour or two to help remove plastic and waste from our shoreline. Be part of our community committed to restoring ocean health. Are you up for it? .... Bring your own gloves 🧤

#mullaghmoreactive #oceanhealth #bethechange #beachcleanup #sligococo #camilethaisligo #sailorsforthesea #camilemullaghmoreregatta

14w

View insights Boost post

Like Comment Share

Liked by jenfarrell2 and 17 others July 18

Add a comment... Post



mullaghmoresailingclubsligo 14w

Let's keep up the excellent standard again this year



**Camile Thai Mullaghmore Regatta 2024**  
Hosted by Mullaghmore Sailing Club

**PLATINUM LEVEL  
CLEAN REGATTAS CERTIFICATION**  
July 26 to 27, 2024

Emily Corbridge  
Campaign Manager  
Sailors For the Sea

David McKeown, Jr  
President  
Sailors For the Sea

@sailorsforthesea  
@Cleanregattas  
@breakfreefromplastic

mullaghmoresailingclubsligo 14w



**CLEAN REGATTAS**  
We've joined the race to restore ocean health!


## Involve Local Organizations

This year we were delighted to hold our Camile Mullaghmore Regatta Beach Clean in collaboration with Mullaghmore Active, our local community group. We had participants from across the community come together to achieve a common goal - Keep our coastline clean and plastic free. Participants consistently reported back that the beach and sand dunes were much cleaner than previous years, and this was evidenced with the reduction in volume of rubbish we collected. Sligo County Council collected and disposed of the waste.










The Sailing Club proudly hosted the Mullaghmore Biodiversity Blitz Day this year as part of National Biodiversity Week, and the event was an outstanding success. Over the course of just three hours, participants recorded more than 125 species, while also enjoying a series of engaging and informative talks on local biodiversity and conservation.







The Sailing Club also hosted the Mullaghmore Sustainable Energy Community (SEC) information evening this year, which is a voluntary community initiative to educate and inform how to participate in a SEC and/or install PV solar panels in homes or business.

Mullaghmore Tri-Club kindly supplied a bike stand this year for our Camile Mullaghmore Regatta.



**130+ SPECIES FOUND**

 <p>GANNET</p>	 <p>HERMIT CRAB</p>	 <p>BLACK GUILLEMOT</p>
 <p>FOUR SPOTTED CHASER</p>	 <p>BIRDSFOOT TREE FOIL</p>	 <p>SNAKELOCK ANEMONE</p>
 <p>MARSH FRITILLARY</p>	 <p>SWIFT</p>	 <p>PIPEFISH</p>









## Post Educational and Reusable Signage

Our reusable, laminated signage—created with Sailors for the Sea graphics—continues to direct visitors to recycling, compost, and water refill stations. Educational boards around the clubhouse highlight local marine wildlife, encouraging members and guests to engage with and protect our biodiversity.





## Serve Local Food or Source Seafood Sustainably

The annual Mullaghmore Sailing Club Regatta Dinner remains as a social occasion for the whole community here in our small village in Co. Sligo. We are lucky to have excellent organic food growers, seafood suppliers and master butchers on our doorstep and are very happy to support them year after year.

The menu this year included beef brisket cooked over 72hrs in a sous vide bath followed by a charring on our club BBQ, or a slow cooked vegan bean stew. All served along with a selection of salads. Volunteers from our club prepared and cooked both dishes, using equipment that the club invested in over the past few years. This equipment includes a slow cooker, a sous vide bath and a gas BBQ. Our research showed that gas BBQs are the best environmental option versus charcoal. Gas grills are more efficient, burning cleaner with fewer carbon emissions, and better air quality for our grill masters and our neighbours.

Our brisket was sourced from our local butcher Burn's Meats, whose staff continue to implement the Five Freedoms of Animal Welfare: 1. Free from hunger and thirst, 2. Free from discomfort, 3. Free from pain, injury or disease, 4. Free to express natural behaviour, 5. Free from fear and distress. Our salads were sourced again this year from our local café in Grange Co. Sligo, The Jam Pot.









## Organize a Green Team

Our enthusiastic Green Team this year included junior instructors, social organisers, and club volunteers, many of whom carried the torch from 2024.

The Green Team worked collaboratively across all aspects of the Regatta — from waste management to food sourcing — ensuring that every detail aligned with Clean Regatta principles.





## Ensure Proper Waste Bin Placement and Signage

Clearly labelled stations for Recycling, Compost, Waste, and Glass were strategically placed around the site. Regular monitoring by the Green Team confirmed excellent compliance, with waste correctly separated and glass diverted to local recycling banks.

We also eliminated the use of bags in the general/recycling waste bins this year. We instead opted to wash and disinfect the bins after use, and they are stored for use next year.

In addition, we set up separate glass bins to ensure glass did not end up in landfill. Green Team members took responsibility to dispose of glass into our local recycling banks.





## Divert Food Waste from the Landfill

Through careful planning, the Regatta achieved zero food waste again in 2025.

Dinner attendance was managed through online ticketing, allowing accurate meal preparation. Surplus food was reused at the Prizegiving ceremony or distributed among members. All plate scrapings were composted, and even meat scraps were taken home by pet owners, ensuring that nothing went to landfill.



## Use Paperless Event Management

All event administration — from boat registration to dinner ticketing and communication — was conducted online through Clubforce, WhatsApp and HalSail as well as through social media posting.

This system eliminated paper waste, improved efficiency, and allowed real-time updates and race results accessible to all participants.

- Clubforce is an online club management platform which streamlines club organisation and removes almost all paperwork. Examples of online transactions which removed the need for paper during the 2025 Regatta are:
  - Registration of boats and skippers taking part in the Regatta
  - Regatta Dinner tickets only available to purchase through Clubforce
  - Email communication/ Updates or changes to schedules sent via Clubforce.
- HalSail is online software that allows us to create, manage and run the Regatta.
  - Results can be entered on any device, and they can be seen online immediately.
  - Records times automatically on phone as boat crosses line.

Results from [Mullaghmore Sailing Club](#)

MSC ECHO		2025 Regatta Spinnaker ECHO							
ECHO Analysis									
MSC ECHO, 2025 Regatta Spinnaker ECHO									
Rank	Type	Name	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Score
1	J24	Jevan	2	1	4	2	(5)	1	10
2	First Clas	No Laws	1	2	3	(4)	1	3	10
3	J24	Gossip 3	4	(6)	2	6	3	4	19
4	J 80 OD	One Eyed Jack	5	5	(6)	3	4	2	19
5	SIGMA 38 O	Wardance	(9/DNF)	4	1	1	7	7	20
6	J24	Italian Job 2	3	3	5	5	(6)	5	21
7	J24	Take for the Run	(9/DNF)	(9/DNF)	(9/DNF)	(9/DNF)	7	6	24



### Camile Mullaghmore Regatta 2025

Fri, Jul 25, 2025, 5:30 AM – Sun, Jul 27, 2025, 6:30 AM  
[Mullaghmore Sailing Club \(map\)](#)

We are excited to announce that the Mullaghmore Sailing Regatta for 2025 will take place from Friday, July 25th to Sunday July 27th. Join us for a weekend of thrilling races and maritime festivities at Mullaghmore Sailing Club.

[COMPETITOR REGISTRATION / DINNER TICKETS](#)

For more details checkout our [regatta page](#).. 2025 Camile MSC Regatta

Mark your calendars and prepare for a fantastic weekend on the water!





# Camile

## MULLAGHMORE REGATTA

### 2025



**25TH TO 27TH JULY 2025**  
**FIRST RACE 7PM FRIDAY**  
Spinnaker & Non-Spinnaker Classes IRC & ECHO

Scan Below For Registration & Regatta Dinner Tickets



## Host a Beach or Marina Cleanup

Mullaghmore Sailing Club hosted a beach and harbour clean on July 23<sup>rd</sup> 2025. We collaborated Mullaghmore Active and we had people from across the Mullaghmore community participate in the clean-up. We even had holiday makers join us for the evening. Sligo County Council provided litter grabbers and organised rubbish removal the following day.

Our volunteers combed the beach, sand dunes, riverbank, harbour piers and the green areas around the club. Fishing nets, lines, small plastic fragments, cigarette butts again dominated the collection, but somewhat encouraging were reports back that litter had significantly reduced compared to previous years.







## Prevent Toxins from Entering the Water

Spill kits were available on all powerboats, and our Race Officer ensured proper environmental safety briefings were held. Boats are never cleaned near the waterline, preventing harmful runoff into the bay.

The Green Boating Guide was shared electronically with all members before the event.





## Increase Awareness of Wildlife and Habitat Protection

Awareness of marine life remains integral to our education programme. Inspired by last year's visit from humpback whale HBIRL24, and return visits this year of humpbacks, fin whales and minke whales our members remain passionate about habitat protection. The bay also welcomed an Orca this year, Aquarius. Aquarius is one of the last two surviving members of the Scottish West Coast Community of killer whales, the other being John Coe. His presence in the bay has been considered a "magical wildlife encounter". Our club members continue to serve alongside the Irish Whale and Dolphin organisation and recently refloated a live stranded dolphin. Well done to all involved.

The Sailing Club hosted the Mullaghmore Biodiversity Blitz Day this year as part of National Biodiversity Week, and the event was an outstanding success. Over the course of just three hours, participants recorded more than 125 species, while also enjoying a series of engaging and informative talks on local biodiversity and conservation.

The Green Boating Guide was circulated to all skippers taking part in the Camille Mullaghmore Regatta this year also.







## Offer Vegetarian or Vegan Alternatives

In line with sustainable catering practices, our Regatta Dinner featured vegetarian and vegan dishes, including the much-loved vegan bean stew and a variety of fresh local salads prepared by The Jam Pot Café.



## Promote Alternative Transportation

This year we welcomed two visiting boats from Sligo Yacht Club to compete in the Camille Mullaghmore Regatta. The two visiting J24s from Sligo Yacht Club once again sailed to Mullaghmore instead of being trailered by road — a testament to sustainable travel in action.

As most members of the club live locally there is little need for car transportation. Most of our instructors and volunteers walk or cycle to the club. Mullaghmore Tri – Club kindly supplied a bike stand this year. We promoted the use of our Local Link bus service, circulating timetables to skippers. The bus stop is conveniently located beside the club entrance.

### **Timetable**

**982** Sligo to Ballyshannon

SLIGO - DRUMCLIFFE - MAUGHEROW - MULLAGHMORE - BALLYSHANNON										
Stops	Monday - Sunday									
Sligo - Bus Station	08:45	09:45	12:30	14:10	16:30	17:00	18:40	20:40	23:30	
Markievicz Road - Bus Stop	08:47	09:47	12:32	14:12	16:32	17:02	18:42	20:42	23:32	
Sligo University Hospital - The Mall	08:49	09:49	12:34	14:14	16:34	17:04	18:44	20:44	23:34	
ATU Sligo - Campus bus stop	08:52	09:52	12:37	14:17	16:37	17:07	18:47	20:47	23:37	
Rathcormack - Bus Stop	08:59	09:59	12:44	14:24	16:44	17:14	18:54	20:54	23:44	
Drumcliff Yeats Grave - Bus Stop	09:01	10:01	12:46	14:26	16:46	17:16	18:56	20:56	23:46	
Carney Village - Opp. Laura's Restaurant	09:05	10:05	12:50	14:30	16:50	17:20	19:00	21:00	23:50	
Lissadell - Church	09:12	---	12:57	14:37	16:57	17:27	19:07	21:07	23:57	
Maugherow - Opp Dunleavy's Shop	09:16	---	13:01	14:41	17:01	17:31	19:11	21:11	00:01	
Ballyconnell Junction - Hail & ride	09:17	---	13:02	14:42	17:02	17:32	19:12	21:12	00:02	
Ballyscannell - McLeans	09:20	---	13:05	14:45	17:05	17:35	19:15	21:15	00:05	
Streedagh Cross - Hail & Ride	09:23	---	13:08	14:48	17:08	17:38	19:18	21:18	00:08	
Grange Village - Bus Stop	09:25	10:15	13:10	14:50	17:10	17:40	19:20	21:20	00:10	
Mount temple - Hail & Ride	09:28	10:18	13:13	14:53	17:13	17:43	19:23	21:23	00:13	
Cliffoney - Bus Stop	09:30	10:20	13:15	14:55	17:15	17:45	19:25	21:25	00:15	
Mullaghmore - Opp Sailing club	09:35	10:25	13:20	15:00	17:20	17:50	19:30	21:30	00:20	
Creedykeel - Gorevan's Pub	09:40	---	13:25	---	---	17:55	19:35	21:35	00:25	
Tullaghan - Opp Diamond Bar	09:49	---	13:34	---	---	18:04	19:44	21:44	00:34	
Bundoran West End - Bus Stop	09:53	---	13:38	---	---	18:08	19:48	21:48	00:38	
Bundoran - Tourist Office	09:54	---	13:39	---	---	18:09	19:49	21:49	00:39	
Bundoran East End - Bus Stop	09:56	---	13:41	---	---	18:11	19:51	21:51	00:41	
Finner Camp - Bus Stop	10:00	---	13:45	---	---	18:15	19:55	21:55	00:45	
Ballyshannon - Bus Stop	10:05	---	13:50	---	---	18:20	20:00	22:00	00:50	

**Route 982**  
 Ballyshannon to Sligo  
 (via Mullaghmore, Maugherow & Drumcliffe)

**local link**  
 Donegal Sligo Leitrim

Full information on all available journeys and connections on National Journey Planner at [www.transportforireland.ie](http://www.transportforireland.ie)





## Reduce Day-of Event Emissions

At Mullaghmore Sailing Club our aim is to limit the environmental impact of our annual Regatta. All participating boats in the Regatta are sailing yachts, allowing us to operate entirely under wind power as we sail on and off our moorings without the need for engines. A strict speed restriction is enforced within the harbour and mooring area to further reduce fuel use and emissions.

The committee boat anchors and powers down its engine for the duration of racing once the course is set. Motorboat use is kept to an absolute minimum, limited only to the essential mark-laying and safety RIBs.

Registration and communication for the Regatta all happens online, removing paper transactions.



## Inspire Future Action

The Green Boating Guide was circulated to all Skippers prior to our Camile Mullaghmore Regatta 2025. We posted on our social media account as well as directly sending out the principles on the WhatsApp group. Our sailors consistently demonstrate environmentally responsible habits — from reusable sailing gear and waterproof bags to reusing and repairing older equipment.

We hope that by the Sailing Club hosting two events this year; The Mullaghmore Biodiversity Blitz Day and the Mullaghmore Sustainable Energy Community (SEC) information evening, we will inspire club members and the wider Mullaghmore community to take tangible action towards running Green Events and respecting our amazing environment and wildlife we have in our bay.





## Conclusion

The Camile Mullaghmore Regatta 2025 has once again exemplified the principles of the Sailors for the Sea Clean Regatta Programme, and we believe successfully implemented all 20 Best Practices at Platinum Level.

Mullaghmore Sailing Club is honoured to lead by example in promoting sustainability, protecting our coastline, and fostering environmental awareness within our community and beyond.

Through education, collaboration, and continued innovation, we will keep inspiring the next generation of sailors to respect, protect, and cherish our ocean environment for years to come.

