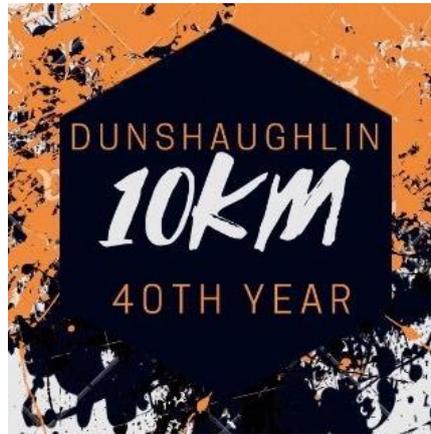


Michael Manning Memorial Dunshaughlin 10km Road Race

Saturday June 22nd 2019 at 7.30pm



In association with our race sponsors

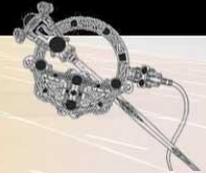
Willis Towers Watson



Race Series
2019



Dunshaughlin Athletic Club



Competitor Race Briefing

Hello fellow runner,

When you lace up your shoes on Saturday evening and you've got your race number pinned, take a few moments for yourself to think about why you're here. Whether it is a new PB, to break 60 minutes, win an age group category or even break the course record, you will all have a target to aim for. As a club and as runners ourselves, we respect the reasons that you are here with us, running a 10km. We hope that all participants have respect for their fellow competitors and enjoy the evening.

The information you need about the race is included in the next few pages. It is important, so please take a few minutes to read it through completely. This is necessary in order for you to have a safe and positive racing experience on the night.

Firstly, if this is your first visit to Dunshaughlin then we would like to welcome you. If you are one of the many hundreds of runners returning to race with us again, welcome back. Thank you all for supporting a race organised by runners for runners.

We are delighted that all 1,000 starting slots have been sold out for the first time ever so we respectfully ask you to arrive on time to the registration and start areas. The race will start at 7.30pm sharp.

A generous cash prize fund is on offer for the leading athletes in all categories, including Course Record Bonuses of €500 to the first male and first female to break the impressive course records of **Noel Cullen** (Clonliffe Harriers, 2000) **29mins 21 secs** and **Lizzie Lee** (Leevale AC 2015) **33 mins 13 secs**.

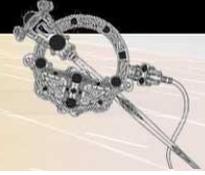
At the finish line, there will be plenty of water available to help you recover. We look forward to meeting with you afterwards at our renowned after race supper back at the community centre where prize giving will take place.

Have a safe race and remember to finish with a smile!

Yours in sport,

Michael Summerville,
Dunshaughlin Athletic Club Chairman

Dunshaughlin Athletic Club



Thank you to all of our race sponsors. Please support them as they are supporting us.

Willis Towers Watson's Financial Advisor Team is a market leading advisory service with personal financial advisors located across Ireland. This sits within the larger Willis Towers Watson operation that advises corporate clients across a range of areas from corporate pension plans to insurance structures.

<http://www.willis.ie>

Willis Towers Watson



Race Series
2019

www.kiaraceseries.com

Athletics Ireland

This event is sanctioned by the governing body for athletics in Ireland, AAI. The race complies with well-established rules including safety regulations, race organisation guidelines and provision of third-party insurance cover.



www.athleticsireland.ie



Dunshaughlin Athletic Club

Event timetable

****Thank you in advance for not littering the race course or our community****

	Date	Time	Location
T-Shirt & Number Collection	20/06/19	18:00 – 21:00	Pastoral Centre (Behind Church)
T-Shirt & Number Collection	22/06/19	17:15 – 19:10	Race HQ, Dunshaughlin Community Centre
Last Call to Start Area from Registration	22/06/19	19:20	Link road to water tower. 500m from race HQ
Race Start	22/06/19	19:30 SHARP	On the link road to the water tower.
First Male Expected	22/06/19	19:59	Race Finish Beside Village Grill
First Female Expected	22/06/19	20:03	Race Finish Beside Village Grill
Last Finisher Expected	22/06/19	20:45	Race Finish Beside Village Grill
After Race Supper	22/06/19	From 20:30	Race HQ, Dunshaughlin Community Centre
Prize Giving Ceremony	22/06/19	From 21:15	Race HQ, Dunshaughlin Community Centre
Race Video, Chat and Party	22/06/19	From 22:00	The Arch Bar Dunshaughlin

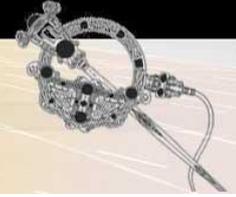
We look forward to a wonderful day and to the support of all the local communities, athletes, friends and families. Support from our club marshals, volunteer marshals, Civil Defence and An Garda Síochána are core elements in running a safe and enjoyable race.

Location

53.5118° N, 6.5395° W, 86 meters above the sea level. Dunshaughlin is situated just off the M3 on the R147, 31km from Dublin City and 24km from Navan.



Dunshaughlin Athletic Club



From Dublin (Toll)

Travel Northbound on the **M3** (signposted Cavan) out of the city by passing Clonee and Dunboyne and through the M3 toll plaza, the toll is €0.70 for motorcycles, €1.40 for motor cars and €2.20 for small goods vehicles. Take the next **Exit 6 Dunshaughlin**. At the top of the off ramp, you will come to a small roundabout - Take the third exit and drive across the bridge over the M3. Follow the signs for Dunshaughlin 10km. www.eurolink-m3.ie

Or (No Toll)

Travel Northbound along the M3 (signposted Cavan) out of the city by passing Clonee and Dunboyne. Take Exit 5 and then take the third exit onto the **R147**. At the next roundabout take the second exit signposted Dunshaughlin. Continue on this road until you enter Dunshaughlin. Follow the signs for Dunshaughlin 10km.

From Navan

Travel Southbound along the M3 sign posted Dublin. Continue on this road until Exit 6 Dunshaughlin. Follow the signs for Dunshaughlin 10km.

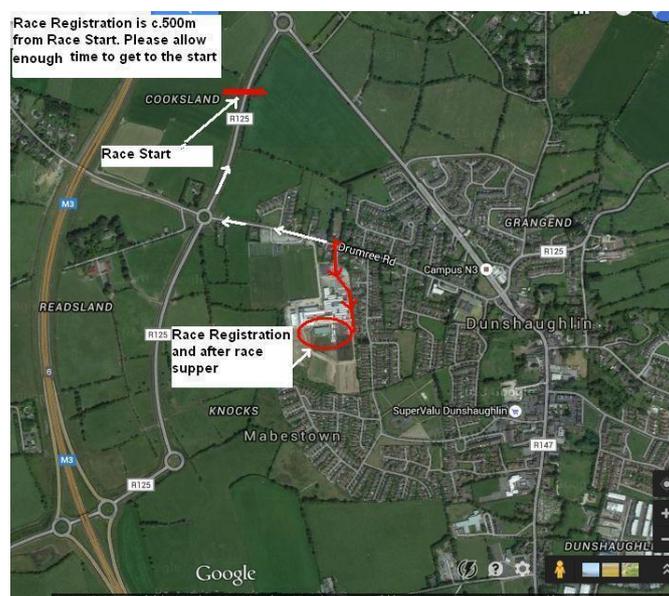
Or

Travel along the R147 (old N3) signposted Dublin out of Navan. Continue on this road until you enter Dunshaughlin. Follow the signs for Dunshaughlin 10km.

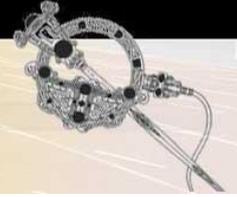
Travelling by bus from Dublin city centre

A regular bus service runs between Dublin city centre and Dunshaughlin. Saturday's timetable can be found <http://www.buseireann.ie/timetables/1425902151-109.pdf> .

Location Map for Registration Area and Race Start



Dunshaughlin Athletic Club



T-Shirt and Race Number Collection (Race HQ) is in the Community Centre, behind Dunshaughlin Community College. If coming from the village of Dunshaughlin, take the R125 (sign posted Trim), the college is on the left-hand side c.600m from the Arch bar. If coming from the Trim direction, it is located just past the GAA pitch on the right hand side.

IMPORTANT - Should you have a medical condition that the race organisers need to be aware of, please advise the registration team at Race HQ. Your race number will be noted and marked so as to inform medical personnel of your condition in the case of an emergency. Also, we will ask that an emergency contact and number be provided to the registration team and written on the back of your race number

All entrants will receive a **race number that contains your timing chip** (to be worn the front of your running vest). Pins will be available for all at registration. **Please do not fold the race number.**

Maps of the run route will be on display at registration.

In addition to the male and female toilets /changing areas in the community centre, there will be five (5) port-a-loos beside the community centre.

**** CAR PARKING ** VERY IMPORTANT**

We respectfully request that **ALL** entrants cooperate with the organisers when parking. We ask you to consider other competitors and especially the local community who are giving us great support. The wild and wilful abandonment of cars, motorcycles and vans while very tempting if you are behind schedule is actively discouraged.

Car park locations

There will be car parking at the registration area, Dunshaughlin Community College / Centre and Dunshaughlin GAA grounds.

We encourage people to carpool where possible as we are expecting our biggest attendance ever. So please, if you are part of a club, pick up the phone, make a friend and carpool.

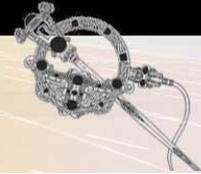
There will be NO PARKING on the roadside along the run route.

Dunshaughlin Community College / Community Centre / Dunshaughlin GAA are NOT liable or responsible for your car or contents left in your car.

There are no parking charges in Dunshaughlin.

Please cooperate with marshals when parking. We respectfully ask you to be considerate of other competitors, and especially the local community who are giving us great support.

Dunshaughlin Athletic Club



****Thank you in advance for not littering the race course or our community****

The Run Route



Please cooperate with the instructions of the start officials.

The starting area is possibly the widest in Ireland giving plenty of room for everyone.

If you are targeting a 40, 50 or 60-minute finish times, please position yourself accordingly at the start.

For safety reasons, **we ask runners NOT to wear headphones while racing as they may not hear emergency vehicles or marshal instructions while running.**

There will be a timing mat at the start line.

Route

Start on the R125 close to the Water Tower.

At the first roundabout take first exit towards Dunshaughlin and continue onto the main street.

At The Village Grill turn left and stay left around the next bend.

At the next junction turn right onto the R125 towards Ratoath until you come to cross roads at 5.7km

Take the right at this cross roads and after 400 metres you will pass over a small bridge where you will turn right again (sign posted for Dunshaughlin).

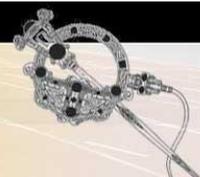
Continue straight along this road until you come to the finish.

Weather

No rain is forecast and the outlook is for a warm evening with temperatures of about 16C. Expect a gentle breeze about 11kph from East / South East.

DON'T FORGET TO ENJOY THE RACE!

Dunshaughlin Athletic Club



Prizes

MICHAEL MANNING MEMORIAL DUNSHAUGHLIN 10KM

WillisTowersWatson

PRIZE STRUCTURE - INDIVIDUAL		
	WOMEN	MEN
1 st	€300	€300
2 nd	€200	€200
3 rd	€100	€100
4 th	€80	€80
5 th	€70	€70
6 th	€60	€60

PRIZE STRUCTURE - AGE GROUPS		
JUNIOR/O40/O45/O50/ O55/O60/O65	WOMEN	MEN
1 st	€50	€50
2 nd	€40	€40
3 rd	€30	€30

PRIZE STRUCTURE - TEAMS		
	WOMEN (3 TO COUNT)	MEN (4 TO COUNT)
1 st	€90	€120
2 nd	€75	€100
3 rd	€60	€80

COURSE RECORD BONUS SPONSORED BY POP UP RACES			
MEN	€500	Noel Cullen (Clonliffe Harriers AC)	29 minutes 21 seconds
WOMEN	€500	Lizzie Lee (Leevale AC)	33 minutes 13 seconds

1st 3 Men Teams (4 to score)

1st 3 Women Teams (3 to score)

Overall do not qualify for age group categories.

Age on the day of the race applies to category prizes

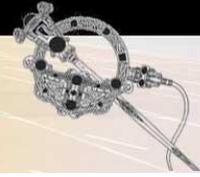
Second place prizes shall be awarded when there are at least eight competitors in a category

Third place shall be awarded when there are at least thirteen competitors in a category

Spot prizes are at the discretion of the race organisers

The prize value in each category are equal for men and women.

Dunshaughlin Athletic Club



The permit for the Michael Manning Memorial Dunshaughlin 10km Road Race is granted by Athletics Ireland, who are affiliated to the IAAF (International Association of Athletics Federations). This race then operates according to the IAAF rules on race timing meaning that prizes are awarded on the First Past the Finishing Line (Gun Time) and NOT on the net (chip) time. The official time shall be the time elapsed between the firing of the starting gun and the athlete reaching the finish line.

There will be numerous water stations along the route with the biggest located just before the 6km marker. Water will also be available at the finish line courtesy of www.refill.ie.



Official results will be available to competitors shortly after the Race Director has given their approval. They will be on display at Race HQ after the race. A link to results will be posted on www.popupraces.ie

By the way, everyone who finishes will receive a finishers medal specially designed for this race. It is based on the Lagore Brooch, we hope you love it as much as we do!

