



Runners Information: The Ros Run Sliabh Bawn 2019

1: Registration

Your race number will be posted out to you this week and you can collect your T-shirt at our race HQ at St. Faithleachs GAA grounds in Ballyleague, N39 TH77, on the morning of the race.

You can also collect your t-shirt on Friday evening between 17.30 - 19.30 and will reopen on Saturday morning from 7am and again Sunday morning at 7am.

You will need to arrive a minimum of 1 hour before your race start time to allow you to park at ST. Faithleachs, collect your t-shirt and get the bus to the start line. Bus collection and drop off is from St. Faithleachs GAA grounds

There is no on the day registration as the event is sold out.

2: Starting Times

Full Marathon	-	09:00am	-	<u>last bus to start line will be 8.30am</u>
Half marathon	-	10.00am	-	<u>last bus to start line will be 9.30am</u>
10km	-	11:00am	-	<u>last bus to start line will be 10.30am</u>

3: Mandatory Briefing

There will be a short briefing at the start line for each race and all participants must attend.

4: Start Line

The bus will drop you off at the start line and pick you up at the finish line after. Please see map [here](#).

-Full Marathon	-	T8
-Half Marathon	-	Substation
-10km route	-	T7

5: Race Bibs and Timing

You will receive your race number by post this week so please take care of your running number, do not tamper with it in any way. If you do forget, loose or do not receive your number please just go to the t-shirt collection area and speak to a member of the team

The Marathon bibs will have a BLUE square.

The half marathon bibs will have a YELLOW square.

The 10 Km route will have a WHITE square.

All runners must wear their bibs to the front and be clearly seen upon arrival at St. Faithleachs to collect your t-shirt.

If you have any medical conditions please state this on the back of your bib number with emergency contact details.

The race director's number has being printed on the front of all bibs for emergency purposes down the right hand side.

Pop-up-races is the timing company that will record all timings. At the finish line you will pass through the time gantry that will register your time as you pass. This will be the official timing of the race. If you do not wear your chipped number the system will not record your finishing time.

6: Parking

There is ample parking at St. Faithleachs GAA grounds for all participants. Please follow marshals and please be courteous of everyone else that is parking beside you. Please remember that people may be finished before you and need to leave so do not block in any cars or do not block any of the exits.

There is no parking on Sliabh Bawn, All participants must park at ST. Faithleachs and get the bus to the start line and a bus back from the finish line

8: Water/Aid stations & Port-a-loos

This is a 10k looped course. There are 5 water stations around this course with small bottles of water, cups of water, shots of coke, fizzy jellies, fruit, etc.

There will be 3 port-a-loos around the course with more at the finish line also.

9: Marshals

Marshals will be at some junctions and all water stations. They are there for participant's safety and directing runners. Any instructions given by a marshal must be adhered to and if not followed you will be removed from the course and runners given a DNF.

The route is on a closed course which is heavily sign posted and taped off at every turn so you won't get lost.

11: The finish line

The finish line, for all 3 routes, is located at Terminal 7 (T7). There will be a gantry for finishers to pass through this will give the runners their finishing time. Spectators are welcome, however if you have family and friends coming please ensure they are aware of the limitation on parking.

12:Facilities & services available

-There will be hot showers available for all participants. Separate male and female shower rooms available at ST. Faithleachs

-Toilets are available at the club house and also on the course.

-Hot food will be provided for all participants after the race. When crossing the line you will receive a meal voucher, you must hand this in whilst receiving your meal. This service is for participant only. Meal vouchers cannot be replaced.

No voucher-No food

See you all on Saturday and Sunday.

Fingers crossed the weather will hold up for us.

Kind regards,

Johnny, Claire and the Ros Run Sliabh Bawn team.