



10 Mile Road Race

Race Information

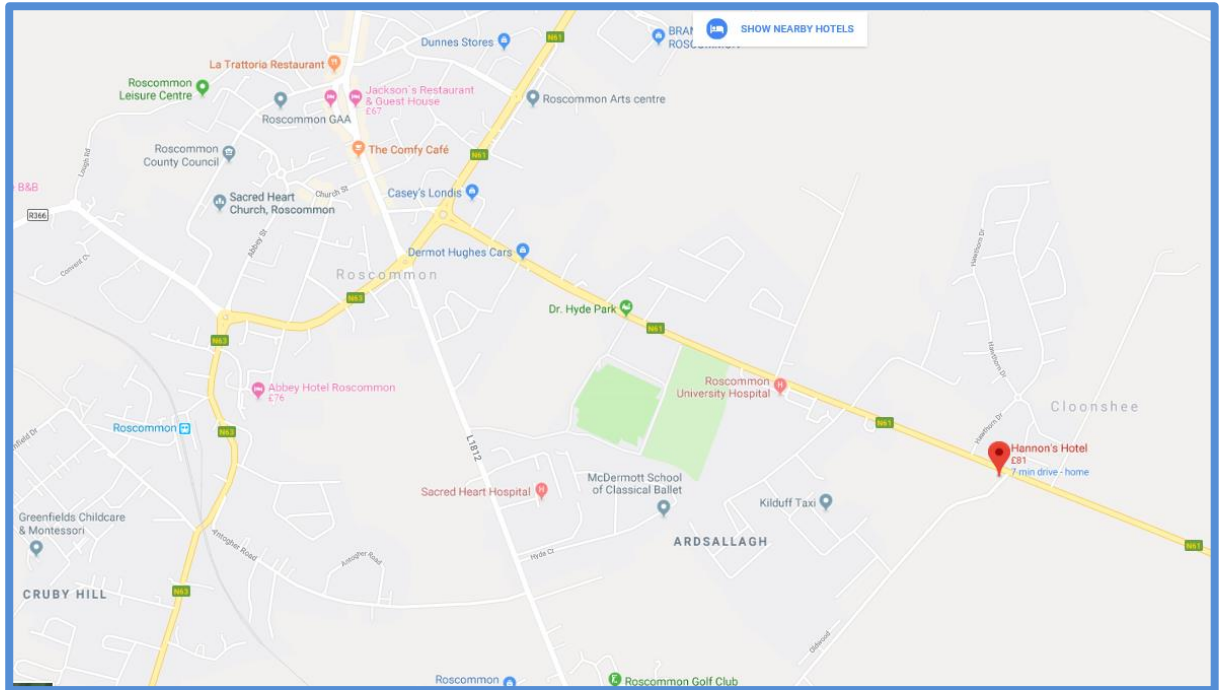
This 10 mile Road race is on a scenic, flat and fast route, which will ensure PB's all-round. This is our 6th Annual 10 mile race for the Roscommon Harriers A.C. and we are positive it will be a race to remember. With a total of €1000 in prize money up for grabs, an opportunity to get your hands on a super technical running T-shirt, a fantastic Medal and a promise of great food and fun afterwards....What's not to like??

Date:	6 th July 2018
Number pick up on the day:	9:00 am – 11:00am
Race start time:	11:30am
AAI approved:	✓
Chip Timed:	✓
Mile Markers:	✓
Registration Details	Run Fully sold out. No registration on the day

On-line Registered runners: number and T-shirt collection open on Friday Evening from 7pm – 9pm

Race Headquarters, Registration, T-Shirt pick up , Free Car Parking
- **Hannon's Hotel, Athlone Road, Roscommon**

Directions To Hannons Hotel – Eircode: F42 PH33

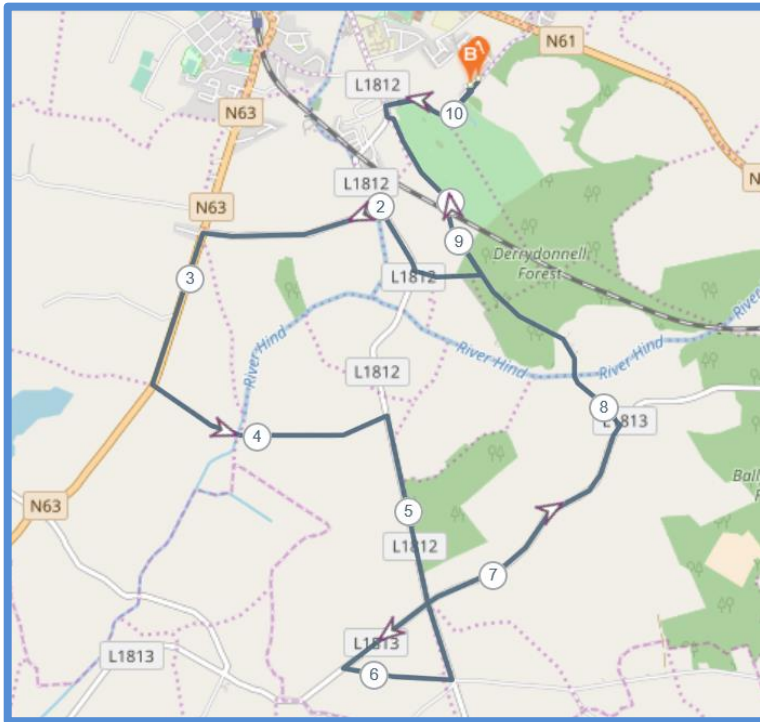


From Dublin: Take Exit 12 off the M6 and continue on N61 towards Roscommon town, Hannon’s Hotel is on the left hand side as you enter the town

From Sligo: On Entering Roscommon town, take 1st exit off 1st Roundabout, 1st Exit off 2nd Roundabout, 3rd Exit off 3rd Roundabout, 1st exit off 4th Roundabout, and 1st exit off 5th Roundabout (Caseys/Supermacs). Continue on N61 for approx. 1km and Hannon’s Hotel is on the right hand side

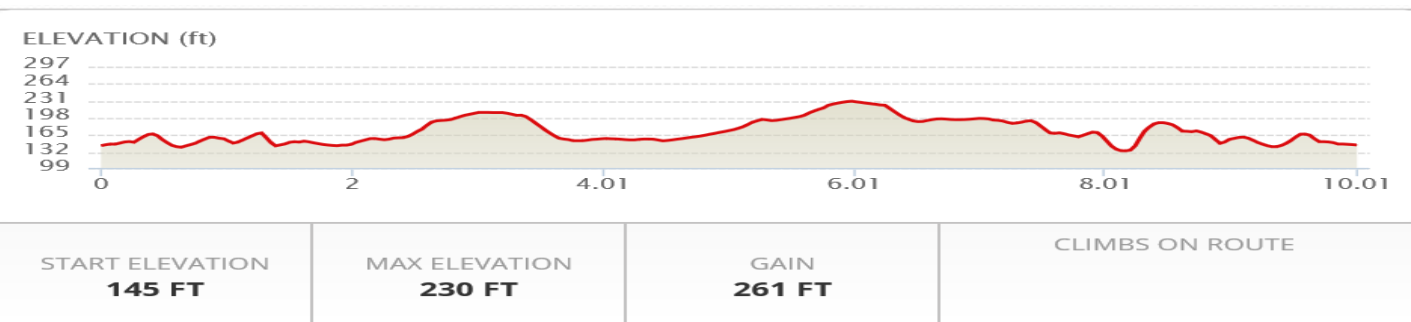
From Galway: On Entering Roscommon town take the 3rd exit at 1st roundabout, 2nd exit at 2nd roundabout and 3rd exit at 3rd roundabout (Caseys/Supermacs). Continue on N61 for approx. 1km and Hannon’s Hotel is on the right hand side

Course Map:



4 water stations on Route: 2 miles, 4 miles, 6 miles, 8 miles

Course Elevation:



Prizes: (Male and Female)

1st €250 + Trophy

2nd €150 + Trophy

3rd €100 + Trophy

Age Categories:

Male and Female

O40, O50, O60, O70

1st + 2nd – Trophies

Teams:

1st and 2nd Male & Female

Race Day Details:

9:00 – 11:00am: Number +T-Shirt collection

11:15am : Pre-race meeting

11:30am: Race Start

Post race: Refreshment in Hannon's Hotel

Looking Forward to Seeing you all in Roscommon on Saturday 6th July

Roscommon Harrier A.C.

