

Westport AC
WESTPORT 40 – 5k and 10k
14th September 2019

RACE INSTRUCTIONS/ INFORMATION FOR ATHLETES

Dear Participant,

Thank you for supporting our event!

As we get ready for Saturday, here is information that we hope will help to make your day run smoothly! We look forward very much to welcoming you to Westport to celebrate the 40th Anniversary of Westport AC.

If you are in or are arriving in Westport on Friday evening, come up to our Mile Festival at Westport Track, Horkans Hill, Town Centre, where there will be a series of mile races starting with U-10s at 4:30 up to Senior Races at 8pm and 8:30pm. More details here <https://www.popupraces.ie/race/westport-40-mile-festival/>. It promises to be a great evening of athletics. Parking available in town or at Scoil Phadraig and Sacred Heart School (Google Map links below).

<p>PARKING SATURDAY</p>	<p>Westport will be busy on Saturday morning. Parking for the race will be in Westport Town Centre. We recommend that you park first and walk to Registration. Avoid the Westport Leisure Park Car Park as you are almost certain not to get a space!</p> <p>Your parking options are:</p> <ul style="list-style-type: none"> • Public Car Parks: Coin-operated Ticket dispensers. These carparks are located at: <ul style="list-style-type: none"> ○ Mill Street Car Park: https://goo.gl/maps/YsSWh336kwJbPsC8 ○ Mill Street / High Street Car Park: https://goo.gl/maps/b1YWDaduXrTZPTEx9 ○ James Street Car Park: https://goo.gl/maps/DKqafQAQGbxgt6ua9 • On-street parking: Requires a parking disc which can be purchased in many of the shops locally or use the Mayo E-Parking App or www.mayoparking.ie • Free overflow parking (marshals will be there) at: <ul style="list-style-type: none"> ○ Scoil Phádraig, Newport Road (5 minute walk to Registration): https://goo.gl/maps/qLEaLZ4UvJFHnRG6 ○ Sacred Heart School, Castlebar Street (7 minute walk to Registration): https://goo.gl/maps/R2AbH414X6zVp9U86 <p>See Town Centre Map and Mayo County Council Parking Map attached.</p>
<p>5K/10K REGISTRATION</p>	<p>Registration will take place at Race HQ in Westport Leisure Park, James Street, Town Centre: (Eircode F28 FN32) on:</p> <ul style="list-style-type: none"> • Friday 13th September: 8pm – 9:30pm; • Race Day Saturday 14th September: 8am - 10am.
<p>T-SHIRTS</p>	<p>T-shirt pickup at time of Registration. The first 200 entries in the 5k, and the first 200 entries in the 10k will receive a T-shirt.</p>

TOILETS	Available at Race HQ at Westport Leisure Park and portaloos in the Leisure Park car park near James Street.
BAG DROP	Available at Race HQ at Westport Leisure Park. Bags are left at the owner's risk, so please do not leave any valuables in your bag.
RACE BRIEF	<p>5k: Please gather for Race Brief at the Clock, Shop Street, at 10:20am.</p> <p>10k: Please gather for Race Brief in the Leisure Centre Car Park, at 10:45am.</p>
RUNS – START TIMES, LOCATION	<p>5k Start: 10:30am at the Clock, Shop Street in the Town Centre, approx. 3 min walk from Race HQ.</p> <p>10k Start: 11am at James Street in the Town Centre, approx. 1 min walk from Race HQ.</p>
5k & 10k – ROUTES / NOTES	<p>See the route maps attached.</p> <p>Please note that much of the routes are on live roads, and you must be careful of traffic.</p> <p>The race starts are on live roads through the centre of town. You will be gathered off-road. Do not go onto the road until called to do so.</p> <p>There are raised ramps on the streets all through the town centre. Watch your footing!</p> <p>Please take note that there are some right-hand turns along the routes. Obey marshals at all times, look over your shoulder before crossing a road and do not take it for granted that traffic has stopped!</p> <p>On the 10k route, from approx. 4.6km to 7.8km, as you go along the coast road, keep on the LHS of the road. You will be on a live road.</p> <p>There are sections of gravel along the route, especially in the last kilometre of both the 5k and 10k, watch your footing.</p> <p>On both routes, there is a kerb you must run up onto the grass, approx. 20m from the finish line. Watch your footing with the kerb and on the grass! A ramp will be provided for wheelchair competitors.</p>
RACE NUMBERS	Race Numbers must be worn on the front and be clearly visible.
WATER STATION	<p>5k: Water available at the Finish.</p> <p>10k: Water Station at the 5k mark, and at the Finish.</p>

SHOWERS	Showers are available afterwards in Westport Leisure Park at a cost of €3 (third party provider).
RESULTS	Our timing partner for this event is Pop Up Races. Results will be available immediately when you finish here or via the Pop Up Races app. DOWNLOAD THE APP NOW: ITUNES: HERE PLAYSTORE: HERE If you have any queries on your results don't hesitate to contact the team on results@popupraces.ie
PRIZEGIVING	Prizegiving will take place in the Leisure Park (Race HQ) at 1pm . Link to prize details: click here .
SPOT PRIZES	To be in with a chance of winning a Spot Prize, come to the prizegiving at 1pm in Race HQ, write your name on the back of your race number, put in the box provided for a draw.
TEAM PRIZES	Senior Teams can include Senior, Junior or Masters athletes and will be 3 to score (aggregate times). There will not be separate Masters team prizes. To be eligible for a team, each athlete must ensure that you are registered with your AAI/Athletics NI Team. If you are not sure whether you entered with your club, please talk to us at Registration. We need this information for compiling team results!
AFTER PARTY - BUFFET	Join us at the Wyatt Hotel, The Octagon, Town Centre, for our After Party – Buffet at 7pm on Saturday evening, and share your stories. Great value at €12.50 for a ticket. Tickets will be available at Registration (Friday evening, Saturday morning) and at the Prizegiving at 1pm Saturday.

Emergency Numbers

Emergency: **112** or **999**

Event Medical Co-ordinator (Order of Malta: Seán Smith): **(086) 834 3707**

Castlebar Hospital: **(094) 902 1733**

Out of Hours Urgent GP Care – Westdoc: **1850 365 000**

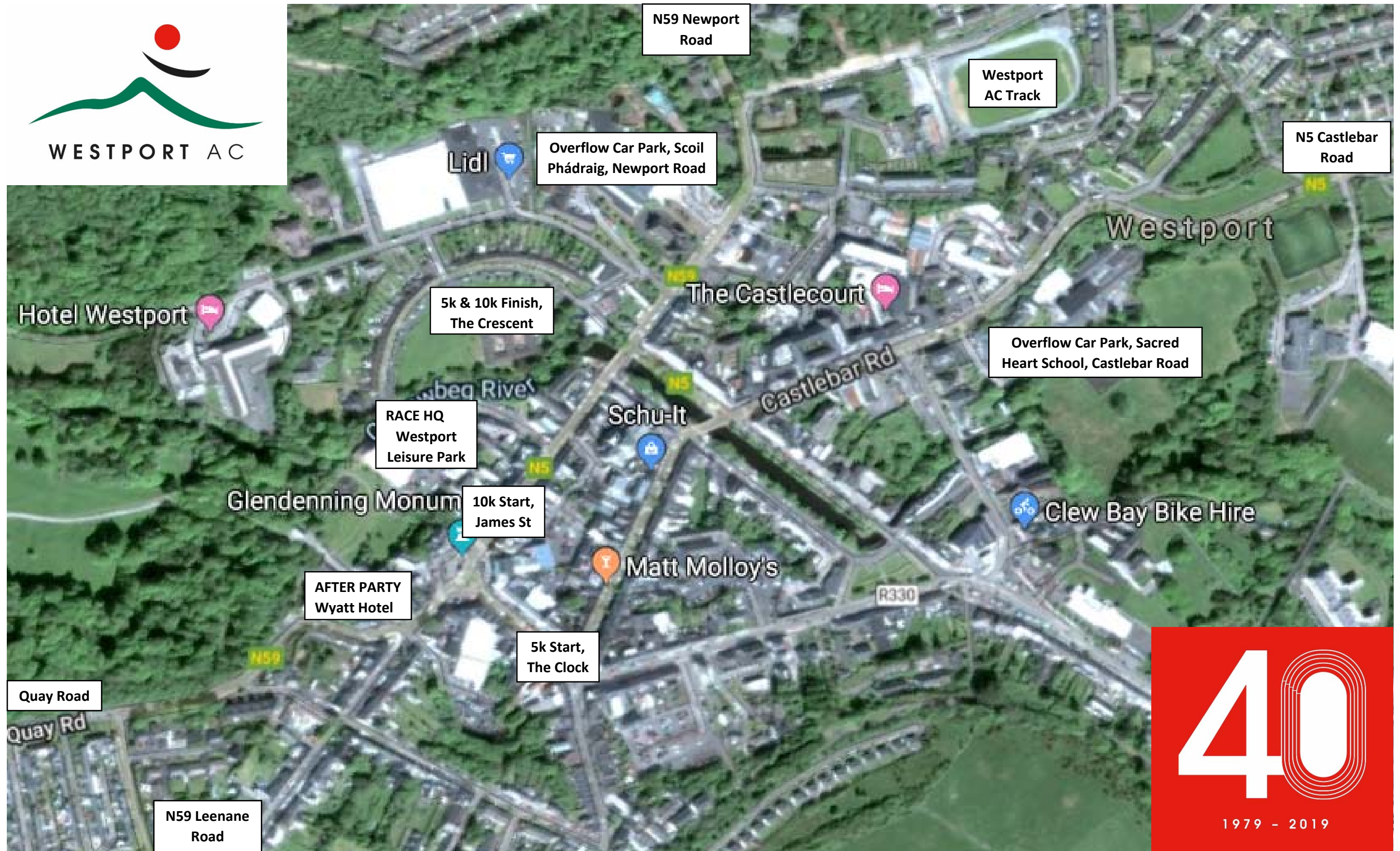
Race Director: Pat Staunton **(087) 967 9569**

Course Director: Sean Sweeney **(086) 193 1722**

Chief Marshal: Garry Bracken **(086) 345 4910**

Race HQ Director: Michelle Needham **(086) 878 1525**

WESTPORT 40 – TOWN CENTRE DETAIL



PINK ZONE

Free Parking for first hour

Pink Disc (€1) required

Maximum stay of 2 hours permitted

BLUE ZONE

Hourly rate applies
Blue Disc (60c) required

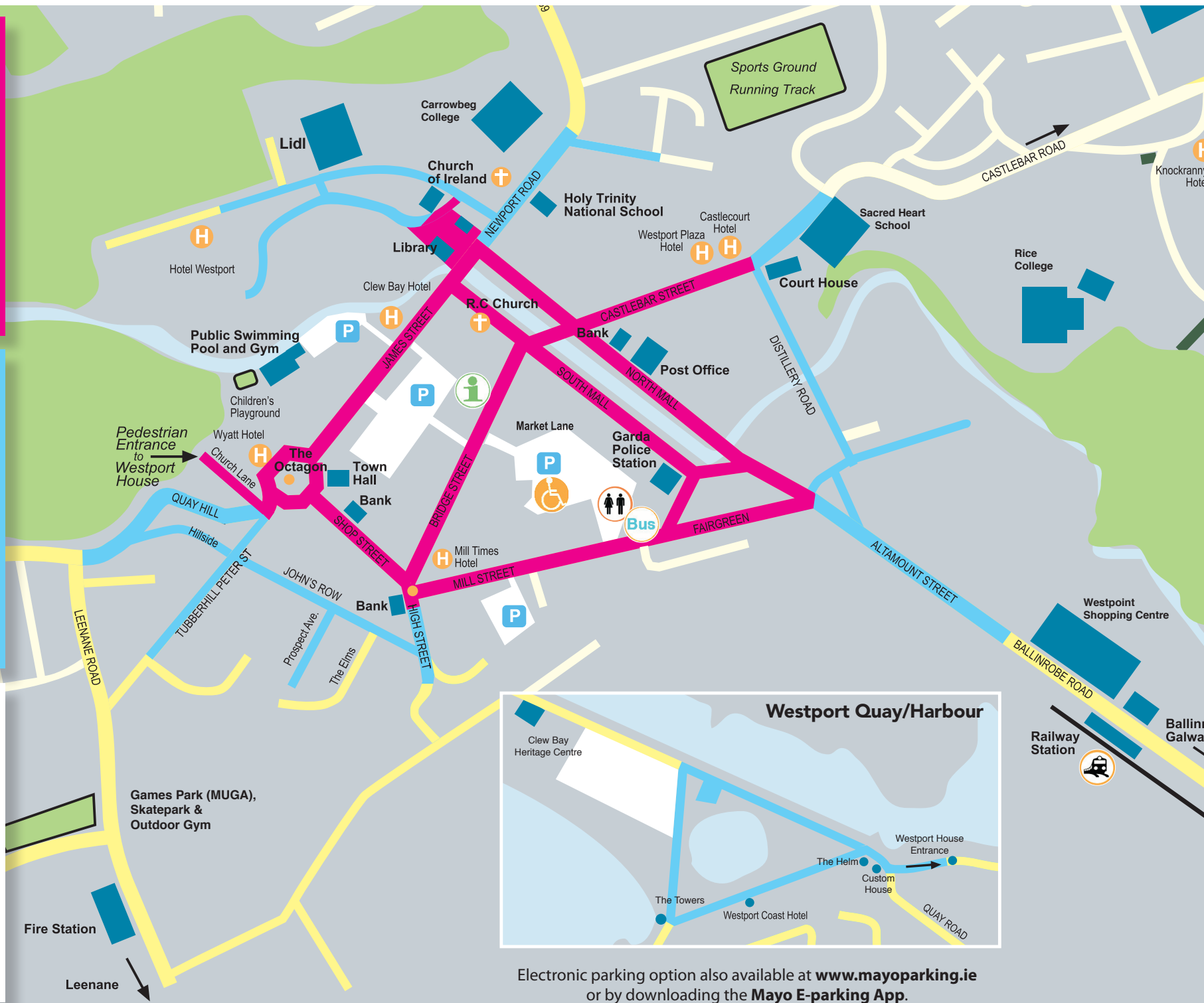
No restriction on length of stay provided a valid disc is displayed

Yellow Disc (€3) provides for all day parking

PUBLIC CAR PARKS

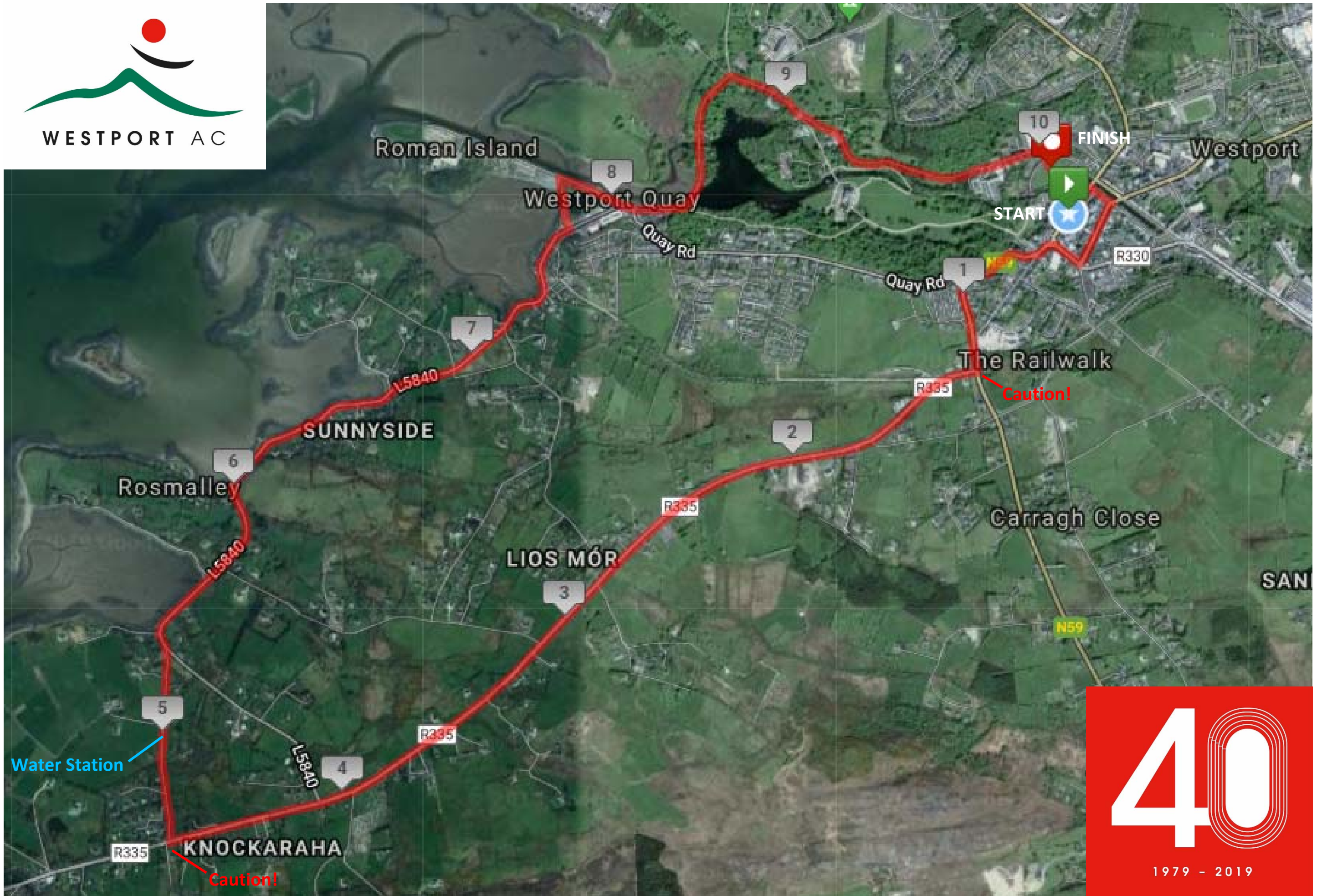
Hourly/daily rates apply.

Coin-operated machines with ticket dispenser available.



Electronic parking option also available at www.mayoparking.ie or by downloading the **Mayo E-parking App**.

WESTPORT 40 - 10k ROUTE



WESTPORT 40 - 5k ROUTE

