

Dunshaughlin A.C.



41st Michael Manning Memorial Dunshaughlin 10km Road Race

Saturday June 18th 2022 Race Start Time 7.30pm

Competitor Race Briefing

Hello fellow runner,

It's been a while, in fact, it's been a long while. Almost three years to the day since we last gathered together and celebrated our 40th anniversary race but now we're back and cannot wait for this Saturday to get back into the swing of what we all love to do. Everyone at our club and also in our wider community are eagerly looking forward to seeing our biggest entry yet (1,200 entries long sold out). All of you are welcome back to racing around the roads of Dunshaughlin once again!

When you put your toe on the line this Saturday evening take a brief pause to yourself and consider 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, to run our clubs 10km in memory one of our own, Michael Manning. 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.

Please remember - this race will start at 7.30pm sharp.

Generous cash prizes are 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 Fionnuala Mc Cormack (Kilcoole 2019) 32 mins 18 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,

Mick Summerville,

Dunshaughlin Athletic Club Chairman

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

Our main race sponsor and club supporter is Kealy Construction <https://kealyconstruction.ie/>



In conjunction with Pop Up Races and as part of the Kia Race Series, 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.



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

Time	Location	
17:00 hrs – 19:10hrs	Race HQ	Race T Shirt and number collection
19:20 hrs	Race HQ	Last call to race start (approx 500m from race HQ)
19:30	Race Start	Link road near water tower.
19:59 (approx)	First Male Finisher	NEW RACE FINISH on Lagore Road.
20:01 (approx)	First Female Finisher	NEW RACE FINISH on Lagore Road.
20:30	After Race Tea/ Coffee/ Food/ Cakes	20:01 (approx)
21:15 (approx)	Prize giving	Race HQ

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 Siochana 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

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. Bus Eireann operates between Dublin city centre and Dunshaughlin, timetable can be found <http://www.buseireann.ie/timetables/1425902151-109.pdf>

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Location of Registration Area and Race Start
Race Registration (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.500m 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 any medical condition that the race organisers should be aware of, please inform the registration team when collecting their number. 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.

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 additional 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 willful abandonment of cars, motorcycles and vans while very tempting if you are behind schedule is actively discouraged. Give yourself time and arrive early.

Car park locations

All entrants should cooperate with marshals when parking.

There will be car parking at the registration area, Dunshaughlin Community College / Centre and Dunshaughlin GAA grounds which is beside the race HQ.

We encourage people to carpool where possible as we are expecting a very big attendance for this year's event. 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. We respectfully ask you to be considerate of other competitors, and especially the local community who are giving us great support.

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The Run Route

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

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, 55 or 65 minute finish times, please position yourself accordingly at the start.

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

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 to the First Past The Finishing Line (Gun Time) and NOT on the net time. The official time shall be the time elapsed between the firing of the starting gun and the athlete reaching the finish line.

Route

Start on the R125 close to the Water Tower. (New start is now closer to the water tower than previous years)

At the first roundabout take the THIRD exit **RUNNING ANTI CLOCKWISE around this roundabout as directed by race officials.**

Continue running towards Dunshaughlin, veering to the right at the Arch Bar and continue onto the main street.

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

Continue on the R125 until the 6km mark and at the cross roads turn right. Running downhill for 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.

Each kilometre and mile will be marked along the route. **For those of you that have raced our event before, please note that the finish line has been moved back and is now located 140 metres before the previous years finish, just before the Aldi supermarket on the Lagore road.** There will be water available along the route. Water will also be available at the finish line.

Results will be made available to competitors shortly after the Race Director has given his approval. They will be on display at Race HQ after the race and also on www.popupraces.ie .

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Prizes - Overall

	Women	Men
1st	300 Euro	300 Euro
2nd	200 Euro	200 Euro
3rd	100 Euro	100 Euro
4th	80 Euro	80 Euro
5th	70 Euro	70 Euro
6th	60 Euro	60 Euro

Age Groups O/40,O/45,O/50,O/55,O/60,O/65

	Women	Men
1st	50 Euro	50 Euro
2nd	40 Euro	40 Euro
3rd	30 Euro	30 Euro

Age Groups Junior

	Women	Men
1st	50 Euro	50 Euro
2nd	30 Euro	30 Euro

Teams

	Women (3 to count)	Men (4 to count)
1st	90 Euro	120 Euro
2nd	75 Euro	100 Euro
3rd	60 Euro	80 Euro

Course Record Bonus

	500 Euro POP UP RACES COURSE RECORD BONUS	
Men	Noel Cullen (Clonliffe Harriers)	29mins 21 secs
Women	Fionnuala Mc Cormack (Kilcoole AC)	32mins 18 secs

Overall do not qualify for age group categories. Age on the day of the race applies to category prizes. Spot prizes are at the discretion of the race organisers. Each prize category is equal for men and women.