

Number and Tshirt Pick up will be available from 8.30am at the CBD Complex beside Charlestown GAA Pitch F12 R832

Please note, for Family 5k, we will require you to sign a form listing all family members taking part in the 5k run. Sign in at the CBD Complex  
ALL CHILDREN MUST BE ACCOMPANIED BY AN ADULT AT ALL TIMES BEFORE, DURING AND AFTER THE RACE

Extra Tshirts and Hoodies will be available to purchase on the day in the CBD Complex

## ARRIVAL

Sufficient carparking is available at the CBD Complex approx 400m from the Assembly/Start Line

Toilets will be available inside the CBD Complex, at the GAA dressing rooms behind the Complex and at the Pastoral Centre which is beside the National School/Start line.

Please arrive allowing plenty of time for number pick up and to make your way to the assembly.

PLEASE NOTE - Traffic will be stopped for a short time at the beginning of each race, so please allow for this delay.

Start Times: Half Marathon 9.30am, 10K race 10am and the 5K race 10.15am

Assembly for the Half Marathon and the 10k will be in the National School Car Park.

Assembly for the 5k will be at the carpark across the road from the playground.

Please make sure you run across the mat at the start line so that your time is recorded.

The races are chipped and your results will be available online after the race on the Pop Up Races site.

## DURING THE RACE

Please KEEP RIGHT at all times during your race until you are asked to cross over to the left in town to make your approach to finish line. Marshalls will direct you to cross and will stop traffic. For the Half, this will happen at the Bridge. For the 10k this will happen at the top of the town. For the 5k this will be just before the finish line.

Mini bottled water will be available at water situated at approximately the 4km, 9km and 14km marks of the Half Marathon,

The water station is at the 5km mark for the 10k race.

There are no water stations on the 5km route.

Beaumont Ambulance Services will be on duty for the durations of the races. If you require assistance please inform one of our marshalls. *In the event of an emergency contact 999.* Please also see attachment with details and locations of local defibrillators

For the Half Marathon, toilets will be available at Curry GAA pitch should you need them.

## FINISH LINE

Bottled water and fruit will be available at the finish line.

Medals will be presented to all finishers and goodie bags for the children,

Please join us after the race for some light refreshments, kindly sponsored by Supermacs - Charlestown Service Station

We ask that all children are supervised at all times as the area around the finish line and the car park will be extremely busy.

## KEY POINTS

We are delighted that all restrictions have been lifted, but we still have a shared responsibility around hand hygiene etc.

If you are feeling unwell, please stay at home.

Please respect our marshalls and volunteers at all times. They are here for your safety and we are indebted to the time they give so freely.

*Finally, Colm's family, friends and neighbours are all looking forward to welcoming you to Charlestown. We thank you for your support on what we know will be a lovely day to remember Colm and a fitting tribute to him each year. Take care, enjoy your run and join us for a cuppa afterwards.*