

Charlestown 10k 2020 - Kindly Sponsored by Murrays Bar

Arrival:

Sufficient carparking is available at the CBD complex, approx 400m from the Assembly/Start Line.
Please assemble at St Attractas National School Carpark
Hand Sanitizer will be available for use at all entrances.
Assembly will be divided into 5 zones (please see image attached)

Please go to the appropriate Zone, based on the expected time you submitted with your entry.

- Zone A - Sub 40mins - Enter through Main Gate of School (BLUE on map)
- Zone B - Sub 48 mins - Enter through Main Gate of School (BLUE on map)
- Zone C - Sub 54 mins - Enter down lane way and into carpark (RED on map)
- Zone D - Sub 60 mins - Enter through Car Park at Pastoral Centre (BROWN on map)
- Zone E - Over 60 mins - Enter through Car Park at Pastoral Centre (BROWN on map)

2m spacings will be marked out in each Zone, 3 persons across

The start line is just outside the main gate of the school. Each Zone will be moved forward at the appropriate time.

The race is chipped and results will be available online after the race.

During the Race:

Shutter Fever Photographer, will be on route, after you turn right at Gradys. Smile for the camera!
Mini bottled water will be available at the 5km mark.
Large bins will be provided further down that road, just before the T - Junction.

Finish Line:

Well done.... You smashed it! Possibly your first and only road race of 2020!
Individual water bottles will be provided.
We encourage you to move through the barriers and make your way to your car as soon as possible.
Results will be shared as quickly as possible online.
€100 Prize Cheques will be posted to 1st Male and 1st Female, based on chip times.

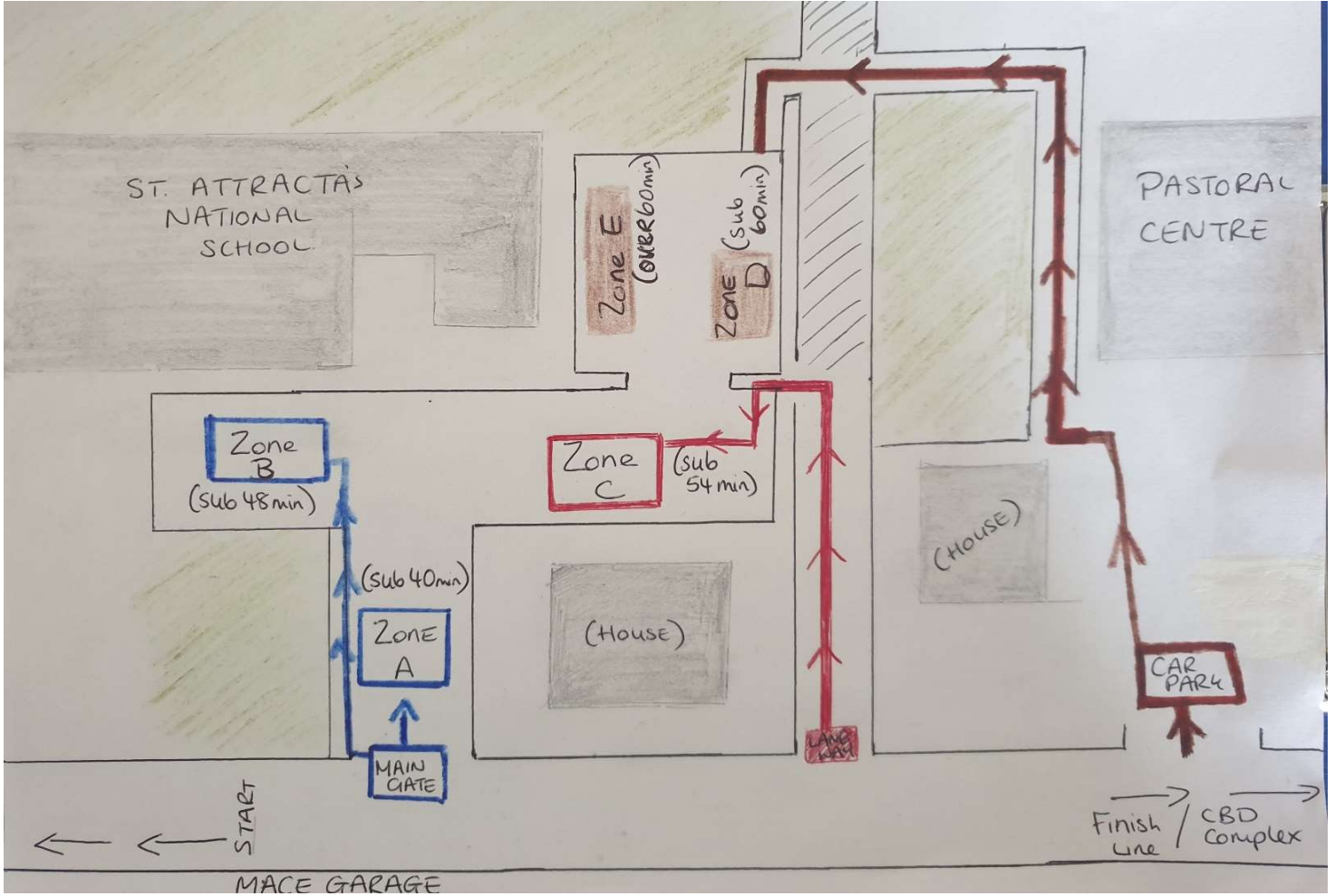
Key Points:

We all have a shared responsibility with regards to social distancing and hygiene standards.
If you are feeling unwell or displaying any symptoms we ask that you do not attend.
Your participation on the day confirms that you have managed your own risk and are happy to attend and take part.
Please respect our marshalls and Covid Officers at all times

No spectators are permitted.

Finish Line experience is to be live streamed. Find details on our facebook page Charlestown 10k

(map not to scale!)



Stay safe guidelines exercising outdoors.

Coronavirus COVID-19



Coronavirus COVID-19 Public Health Advice



Know
the symptoms. If you have them self isolate and contact your GP immediately



Stay
2m away from people



Avoid
contact sports



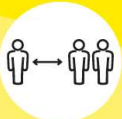
Don't
share exercise equipment



Pay
special attention to vulnerable people



Practice
good cough /sneeze hygiene. Use your elbow or a tissue



Step
aside to give others space



Wash
your hands for at least 20 seconds when you return home



Keep
a log of who you meet each day

COVID-19 symptoms include

- > high temperature
- > cough
- > breathing difficulty
- > loss of sense of taste or smell
- > flu-like symptoms

#holdfirm



Rialtas na hÉireann
Government of Ireland