



BEARA A.C.

AUTUMN 5 MILE RACE
SERIES 2021



PARTICIPANT DECLARATION

Glengarriff and Derrycreha National Schools in conjunction with Beara AC look forward to welcoming you to Glengarriff on Saturday 4th September 2021 for the first race of our annual Autumn Road Race Series.

By attending our event, you are confirming the following in relation to Covid 19 regulations:

- 1. I am not displaying any COVID-19 symptoms.**
- 2. I have not been around someone with symptoms of Covid-19 in the last 14 days.**
- 3. I am not in a period of self-isolation and/or cocooning under the current Health Policy Rules.**
- 4. I have not been out of the country in the last 14 days.**



We have worked hard to make this event safe and enjoyable for all participants and volunteers. Please take a moment to familiarise yourself with what you can do on the day to help the event run smoothly as per the Race Day Information below.

SATURDAY 4th SEPTEMBER 2021 - START 2:30pm

This race takes place on open Public Roads and through Glengarriff Woods Nature Reserve and will be run on a mixture of surfaces with tar and chip to the public roads and gravel and concrete paths within the Nature Reserve.

We wish to thank the National Parks and Wildlife Service and An Garda Síochána for their co-operation in staging this event.



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RACE-DAY INFORMATION

- **NO SPECTATORS** will be permitted on the course. The only people on the course should be registered participants and pre-approved volunteers. Please do not bring friends or family to the event.
- **CAR-POOLING IS NOT ADVISED.**
- The **EVENT CARPARK** will be at Glengarriff National School. Signage and Volunteer stewards will assist you. If the carpark is full participants will be directed to use street parking along the Bantry Road towards the Eccles Hotel. When arriving please be mindful of social distancing.
- **NO REGISTRATION** on the day and no unregistered participants may take part.
- **Toilets** are available in the Parochial Hall, as will the event **HQ/Help Desk**. Please remain socially distanced when queuing.
- There is **NO BAG DROP FACILITY**. Please keep your bags/personal items in your car.
- When warming up please move away from the race course and **OBSERVE SOCIAL DISTANCING**. Participants are advised not to warm up on the Kenmare Road.
- Please **BRING YOUR OWN WATER BOTTLE** with you and carry it on the course if possible.
- Familiarise yourself with course route. At the start note which "wave" you are allocated to. This is based on your estimated finish time. Wait for the announcement to go to the start with your wave. There will be six waves of 33 approx runners per wave setting off. There will be 30s to one minute between each wave.
- At the start you will have a mark to stand on to ensure 2m social distancing.
- Please **WEAR YOUR BUFF/MASK/FACE COVERING** in the start area before the start of the race and in the finish area afterwards. You may remove your face mask / buff during the race.
- **Do not litter the COURSE** with disposable masks. Similarly, use bins provided at water stations to dispose of water bottle/cups. Anyone littering risks disqualification and not registering a time.
- Please do not crowd in the start area. **THIS RACE IS CHIP TIMED.**
- We have a **GP & AMBULANCE SERVICE** available on the course. These will be stationed at the Parochial Hall. Contact a Steward if you need assistance.
- Please **USE THE HAND SANITISATION** points available to you at the course start, in hall area where toilets are located and at the school water station.



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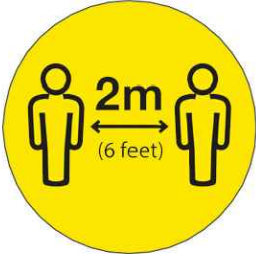
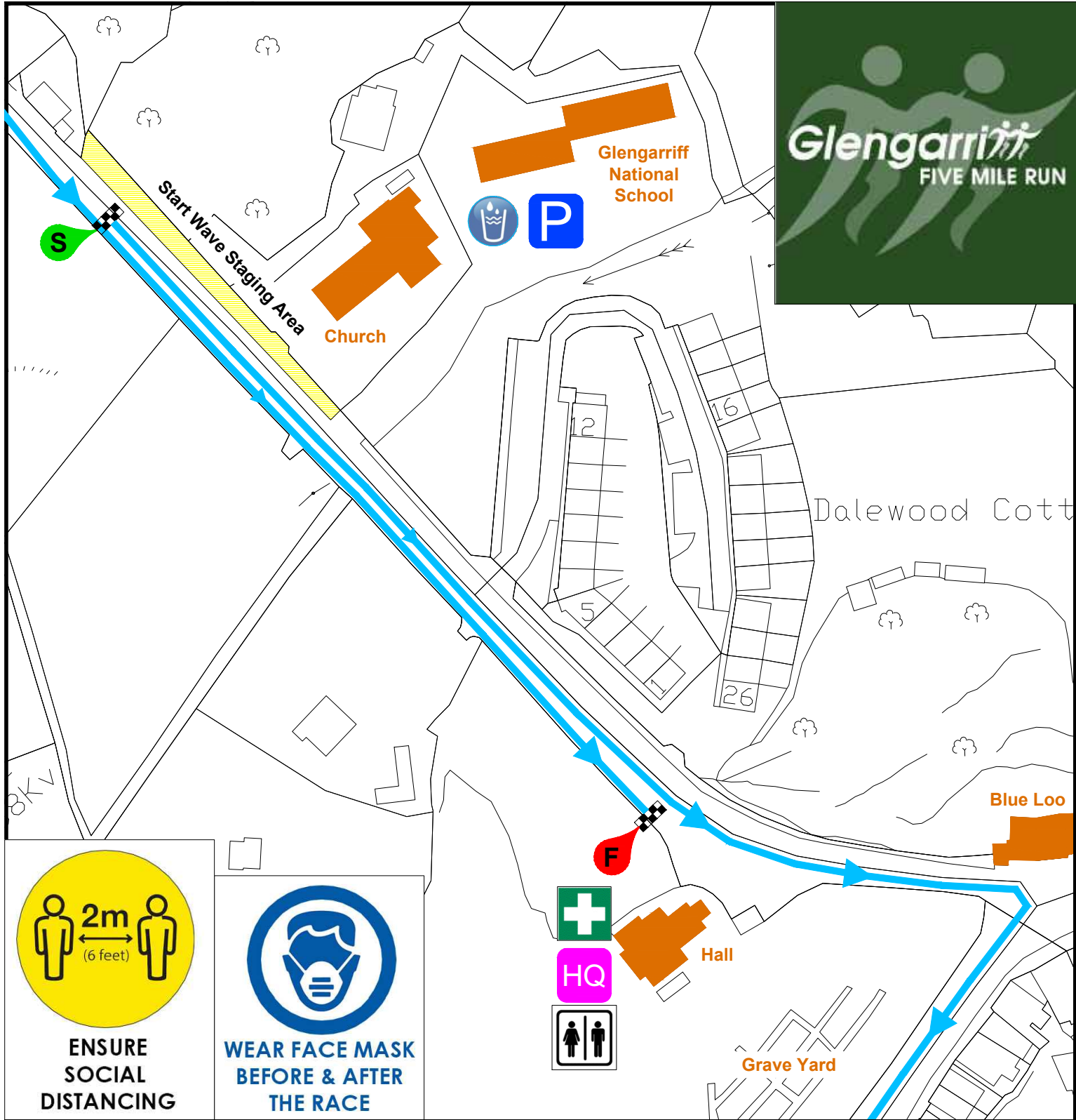


- Participants and volunteers should remain socially distanced avoiding all contact, handshakes etc, and use cough/sneeze etiquette.
- The route will be partially on public roads that will remain open for the duration of the race. Please be mindful of traffic, of other road users and use footpaths where available.
- The Nature Reserve paths will be in use by the public for the duration of the race. Please be respectful of other users and in particular be cautious when approaching users with buggies, kids, dogs, etc.
- We would ask you to note that half the course will be on tarmac roads with the other half on trails of gravel and concrete in the Nature Reserve. While this is not ideal for wheelchair participants we would ask you to note that said paths are used regularly by participants with buggies in the weekly parkrun.
- When on the course, please keep a **SOCIAL DISTANCE WHEN OVERTAKING** and avoid spitting.
- Please remain alert and listen to event announcements. **HEADPHONE USE IS NOT PERMITTED.**
- When you have completed your run please **MOVE AWAY FROM THE FINISH AREA.**
- Due to covid restrictions there will be **NO POST-RACE PRIZE GIVING.** We will contact the prize winners and distribute the prizes.
- On completion of the race please avail of water and fruit at **Glengarriff National School** provided by our sponsor:



- Please cool down and stretch away from the finish of the course, remaining socially distanced and being mindful of other participants still on the course.
- **NUMBER TRANSFER WITHOUT PERMISSION IS PROHIBITED.** This is for the safety of all participants as well as for proper prize allocation. The named person must be registered to bib they are wearing and must have responded to the Covid symptoms declaration.

Thank you for registering for the event and we hope you have a great day!



**ENSURE
SOCIAL
DISTANCING**



**WEAR FACE MASK
BEFORE & AFTER
THE RACE**



GLENGARRIFF 5 MILE RACE

Saturday 4th September 2021. 2:30pm



ALLIHIES 5 MILE ROAD RACE

Saturday 25th September 2021. 2:30pm



BERE ISLAND 5 MILE ROAD RACE

Saturday 16th October 2021. 2:30pm



EYERLES 5 MILE ROAD RACE

Saturday 6th November 2021. 2:30pm

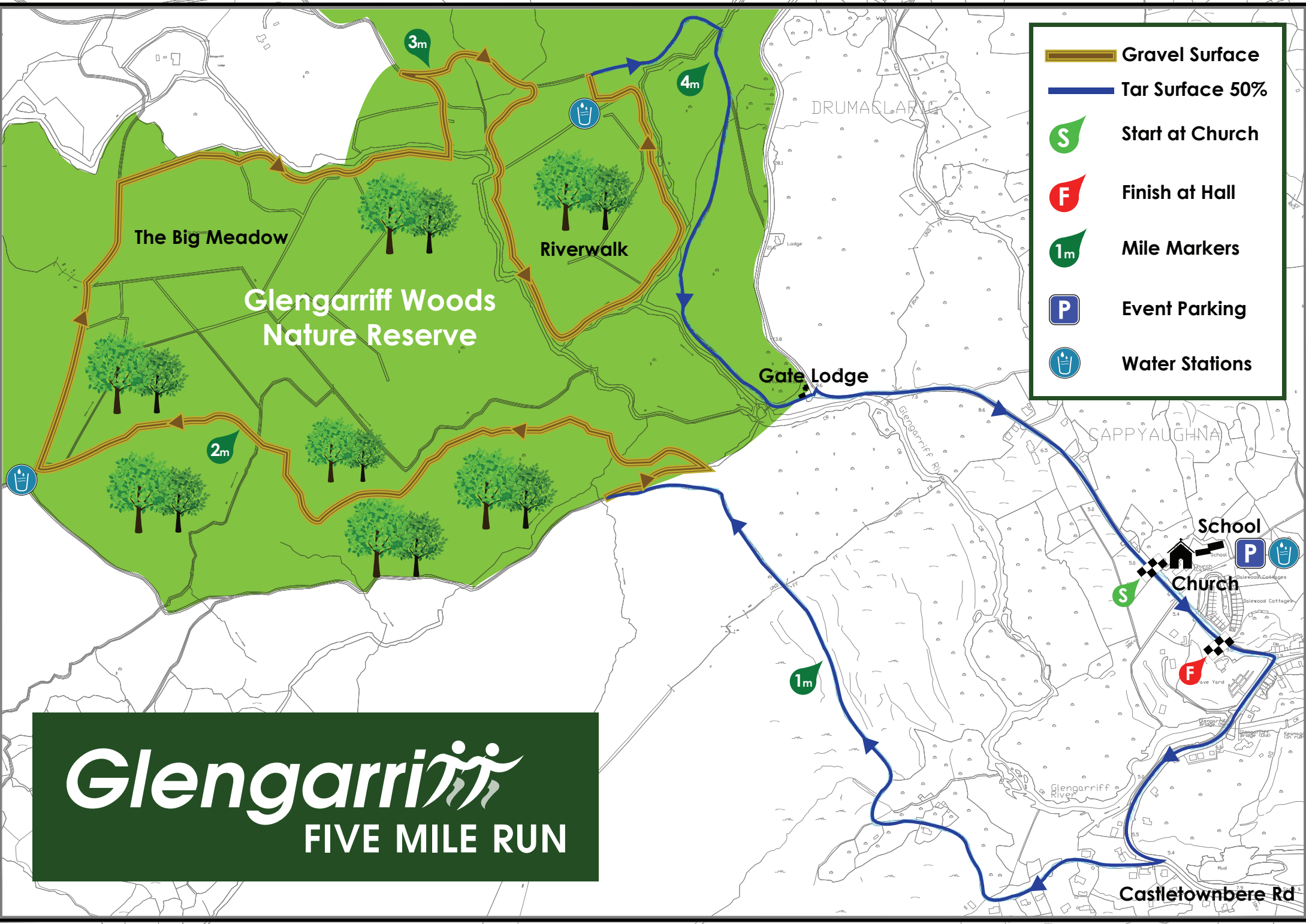
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Autumn 5 Mile

Series

2021





-  Gravel Surface
-  Tar Surface 50%
-  Start at Church
-  Finish at Hall
-  Mile Markers
-  Event Parking
-  Water Stations

Glengarriff

FIVE MILE RUN

The Big Meadow

Riverwalk

Glengarriff Woods
Nature Reserve

Gate Lodge

School

Church

Castletownbere Rd

3m

4m

2m

1m

DRUMASLARIFE

CAPPYAUGHNA

Glengarriff River