



Race Information – GGR Great Gorey Run 2023

The organisers of the Great Gorey Run are delighted to host the 2023 run. **THANK YOU TO YOU ALL** for your support of this event. We wish you all the very best of luck in your run.

[Please note registration will CLOSE THIS Friday 11th March at 1pm \(Limited space left so once reached the registration will close\).](#)

Number Pick up

Due to the large numbers of registrations, we will have race number available on the days before the race as well as on the morning of the race. To avoid queues, please pick up on Friday or Saturday if possible. One person can pick up multiple numbers but please bring a copy of the email confirmation for each person along. Name changes to entries are not possible from this time on.

Naomh Eanna GAA ground, Clonattin, Gorey, Y25 P7K7

Friday Collection: 6pm - 8pm

Saturday Collection: 10am - 3pm

Race day Collection: 8am - 9.30am (CLOSING 9.30am SHARP)

Refer to maps below for location of Naomh Eanna GAA Grounds

Races HQ

Race HQ will be in Naomh Eanna GAA grounds, Clonattin, Gorey Y25 P&K7. This is located only a few hundred metres from the start lines. There will be toilets available in this area and there is space to warm up here also. Race HQ and the start area will be clearly signposted and marshals will be available to help direct.

Parking

Limited parking is available at Naomh Eanna GAA grounds, Gorey Rugby Club and Weatherglaze. This is based on first come first serve bases. Access to the GAA grounds will not be permitted after 9.30pm.

Once the car parks are full, please use suitable on-street parking in the town or any of the public car parks in the town. All on-street parking are free of charge on Sundays.

Please follow the instructions of our marshals with regard to parking – they are there to ensure that the traffic flows smoothly and that delays are avoided. Remember that they are volunteers who are aiming to help both race entrants and local residents. Please DO NOT park in residential estates or in shopping car parks. It is your responsibility to ensure you park legally and safely.

Ensure you allow enough time to get to the race HQ/race start points (if you need to collect your number bib). Race HQ is approx 1.5km from the centre of Gorey town.

Pre- Race

Secure bag drops will NOT be available on the day. If you leave your belongings in the GAA hall this is done at your own risk.

The Race

Start Times – **10 Mile – Warm up by Bluezone 9.30am, Move to start point 9.45am, Race Starts 10.00am**
5km – Warm up by Bluezone 10.10am, Move to start point 10.20am, Race Starts 10.30am

The race is chip timed and will have a chipped start mat also – so please do not crowd the start, you will get an accurate recorded time for your race regardless of how far back from the start line you are when the gun goes. Your time begins when you cross the start mat. Please make sure to run over the mat at the starting line so your running bib can be chipped.

There will be **pacers for the 10 mile for 1 hr 15 mins, 1 hr 25 mins & 1 hr 30 mins** – they will be clearly visible with a white t-shirt and a balloon at the start line so please make your way to your preferred pacer.

There will be two **water stations** with small bottles & plastic cups. When finished with your bottle or cup can you please throw it as near to the bin provided to make it easier for clean up!

10 Mile – 4 mile & 6 mile
5km – Finish Line

Water and bananas will be available at the finish line. We will also provide teas, coffees and some light refreshments in the Naomh Eanna GAA hall beside the finish line.

We will have race stewards at various points along the route – please listen to any instructions they might give you. They are there to help ensure the safety of all participants. We would strongly discourage the wearing of headphones as, while we will endeavour to limit/divert traffic as best we can, we cannot guarantee a completely traffic free route. So there will be traffic on the routes. Please be cautious especially around bends in the road.

Post- Race

There will be bottles of water and boxes of fruit on tables just after the finish line. You can also make your way to the GAA hall for additional refreshments.

Toilets

Toilets will be available:

- Downstairs in the complex bar
- Entrance to GAA hall
- Toilets and urinals are also available in the GAA dressing rooms.

Please use the facilities provided and NO NOT use surrounding buildings as a toilet – respect our neighbours and our neighbour businesses.

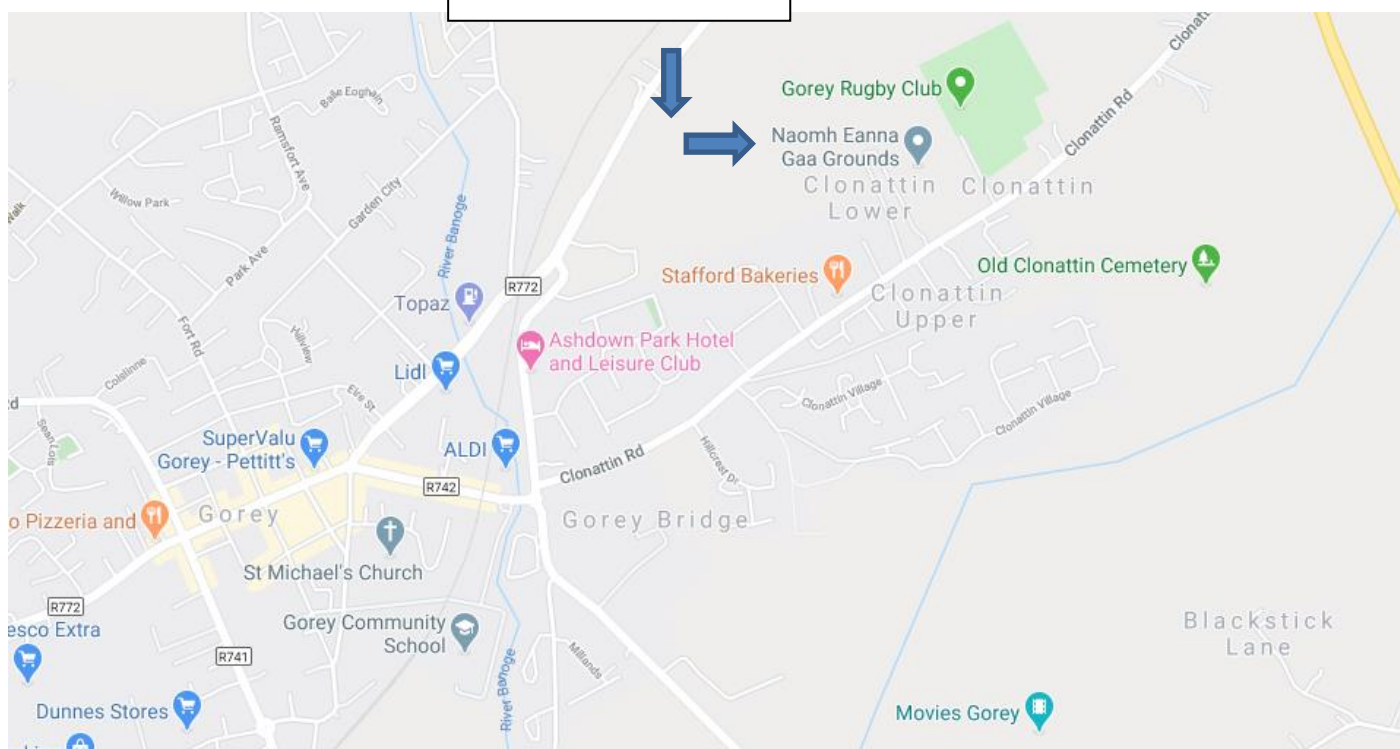
Bins

There will be bins close to the water stops and also at Race HQ Area. Please be considerate and use the bins for all litter or take your litter home with you.

We look forward to welcoming you to Gorey for our race – best of luck and enjoy the day!

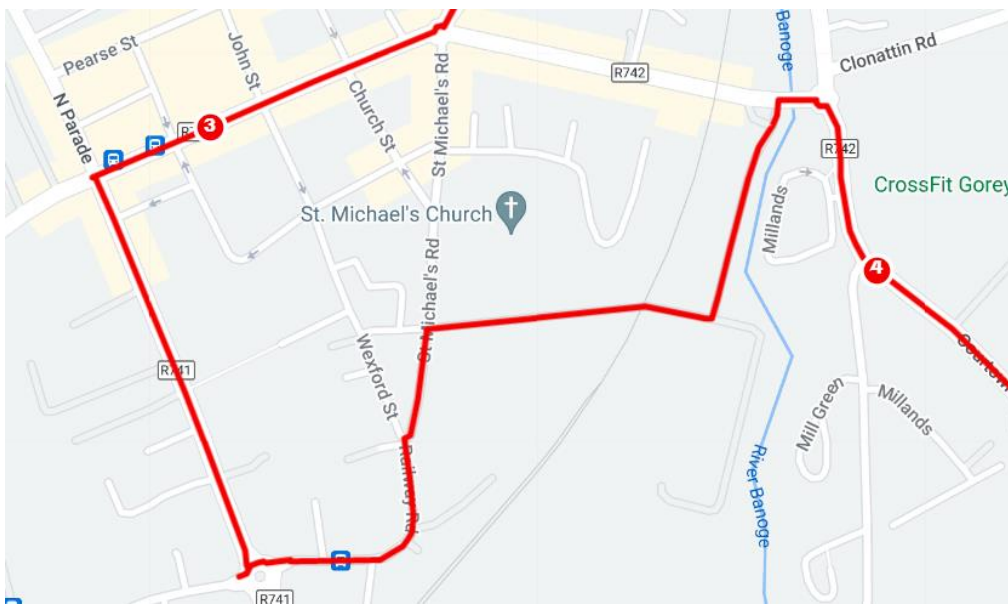
Race HQ

Race HQ / Start Line & Finish Line



Naomh Eanna GAA Club
Clonattin Lower
Gorey
Co. Wexford
Y25 P7K7

10 mile Route

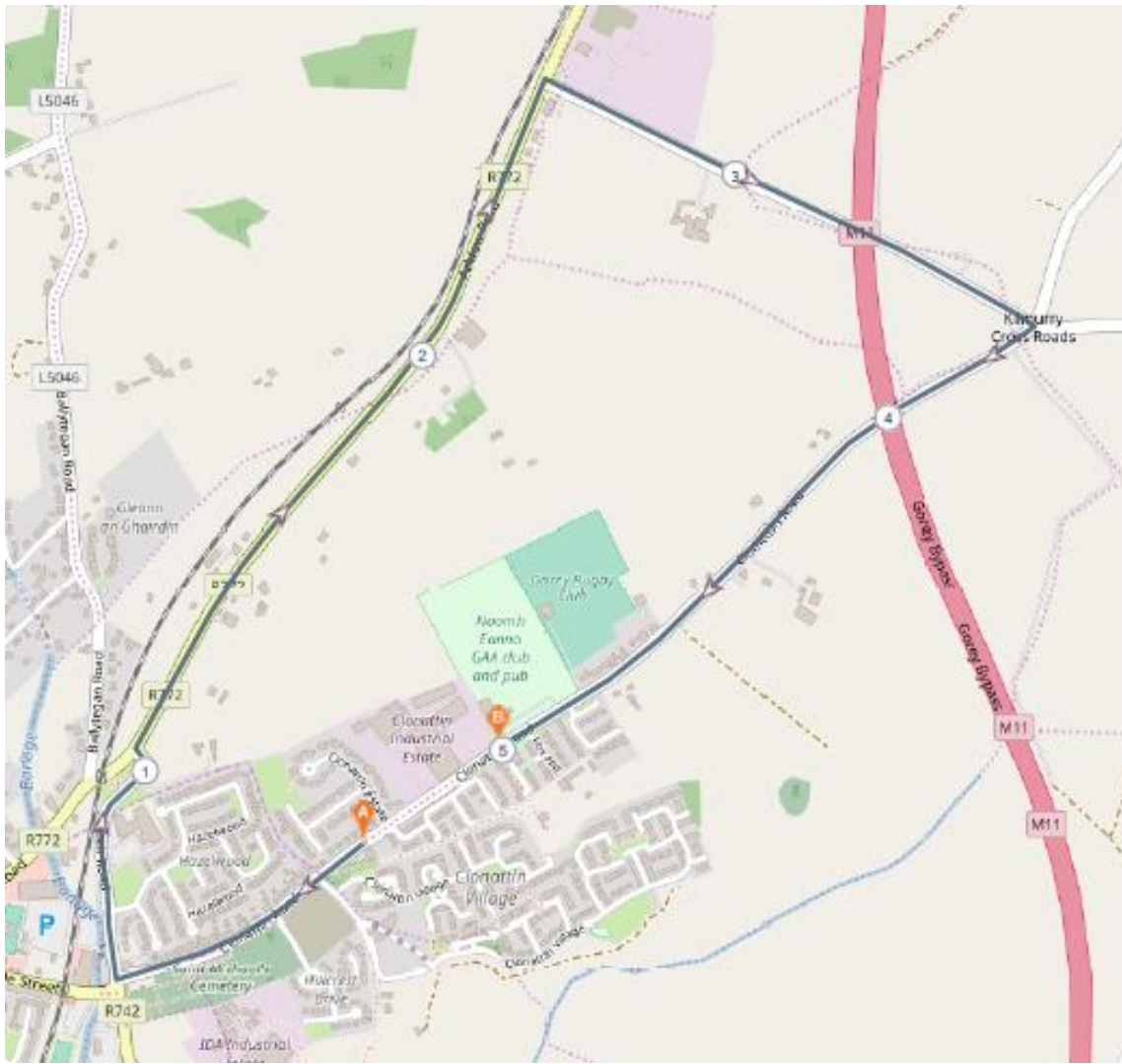


3-4 Mile (@ Community School)

10 Mile Route –

- Start below Naomh Eanna GAA Grounds on Clonattin Road
- Head towards Kilmurray Cross
- Turn left at Kilmurray cross, heading towards the N11
- At the N11 (R772) turn left and continue along the hard shoulder towards Gorey Town
- Head up the Arklow Road running past Lidl
- Run through the roundabout at The Coach House heading up Main Street Gorey
- At the Main Traffic Lights, turn left onto the Avenue
- At the Dunnes/Ballycanew roundabout take the first exit turning left heading onto railway Road and continue to St. Michael's Road
- Turn right down the Mary Ward lane and enter the Community school ground.
- Turn left and head out toward Esmonde Street and turn right and head towards the roundabout.
- Turn right at the roundabout and head out the Courtown road for approx. 2km, running along the footpath towards the roundabout
- Continue straight through the roundabout and turn left approx. 600m at Tomsilla Upper/Mount Alexander (2nd exist after the roundabout)
- Continue through the crossroads along Mount Alexander road for approx. 1.4km and turn left at Ballycomclone cross and head towards the N11 by-pass bridge
- At the N11 by-pass bridge turn right heading past Molloy Salvage yard
- Continue along the road passing the entrance to Kia Ora Mini Farm
- Continue on this road up to the T Junction
- At the T junction turn left onto the Ballymoney Road heading back towards Gorey
- At the next crossroads (Kilmurray cross) turn left onto the Clonattin Road
- Finish at Naomh Eanna GAA

5km Route –



- Start just down from Naomh Eanna GAA Grounds near the entrance to Weatherglaze/Stafford's Factory
- Run down Clonattin Hill
- Take a turn to the right onto Coach Road, past The Ashdown Hotel
- Take a turn to the right onto the Arklow Road (R772) running on the hard shoulder
- At Murphy's liquidation take a turn to the right
- At the next cross roads take a turn to the right onto the Clonattin Road
- Finish at Naomh Eanna

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