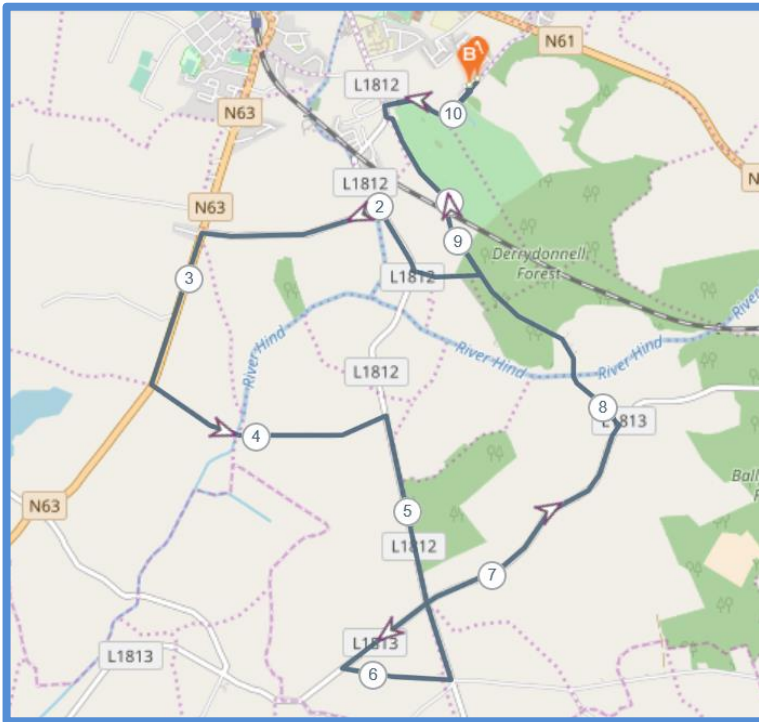




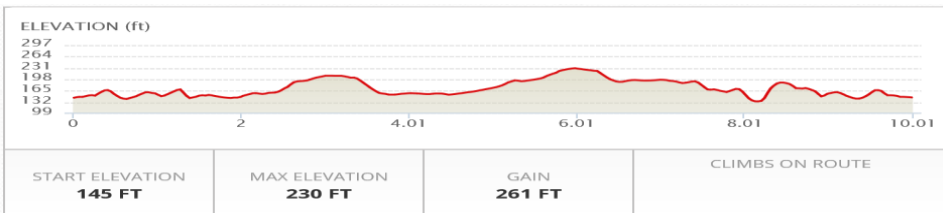
Race Start : 11:30AM

- **Race Headquarters, Late Registrations + running vest pick up:**
 - **Hannon's Hotel, Athlone Road, Roscommon**
- **Car Parking:**
 - **Limited Car Parking at Hotel, parking on approach roads**
- **On-line Registrations:**
 - **Please note online Registrations closes at 6am Sat Morning**
 - **Limited Registration on the day**
- **Number Collection:**
 - **Numbers + Running vests for Postal entries were sent out last week, all should have received them this week, if not, talk to registration team on the day.**
 - **Numbers + running vest for late entries can be collected at Registration on Sat morning from 10am to 11:00am - 1st July**
- **Toilets:**
 - **Adequate toilet facilities in Hotel including Portaloos+ Urinals in Carpark**
- **Safety:**
 - **Roads are open – follow marshal instructions at all times**
 - **Race safety announcement at start line @ 11:25am**
- **Water stations**
 - **3 Water stations on the route – 2.5 miles, 5 miles and 7.5 miles**
- **Prizes:**
 - **Male and Female: 1st €250 + Trophy, 2nd €150 + Trophy, 3rd €100 + Trophy**
 - **Age Categories: 1st O40, O50, O60 male and female**
 - **Team Prize – 1st Overall Team**
 - **Course Record: €500 Male + Female**
- **Post race:**
 - **Post Race Refreshment and Prize giving in Hannon's Hotel**
 - **After Party in Hollywood Bar from 9:00pm**

Course Map:



Course Elevation:



Post Race Recovery:



Roscommon Recovery Rooms

13h · 🌐

This Saturday we have a special offer running in conjunction with [The Roscommon Harriers 10 Mile Road Race](#). €15 for 3 piece session or €20 for full session. Feel free to share or tag who think might be interested. Thanks a mill 😊

Our friends in Roscommon Recovery Rooms have a special deal for anyone interested. Call 086 887 9520

📱 Follow us on instagram @roscommon.rr