

Number and Tshirt Pick up will be available **from 7.00am to 9.00am** at the CBD Complex beside Charlestown GAA Pitch F12 R832

We are also accommodating pickups **Friday 5pm to 8pm** and **Saturday 4pm to 7pm**.  
All virtual entries will have their packs posted out.

ALL CHILDREN MUST BE ACCOMPANIED BY AN ADULT AT ALL TIMES BEFORE, DURING AND AFTER THE RACE

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

## ARRIVAL

Please be sure to arrive in plenty of time. There will be temporary road closures at the start of the Half Marathon and 5k races. This will impact anyone arriving for the 10k race which starts at 9.30. **We would advise all entrants for the 10k race to have arrived and parked up by 8.45am to avoid any delays.** Carparking is available at the GAA pitch **Where possible, please approach the GAA pitch from the town side**  
Please arrive allowing plenty of time for number pick up and to make your way to your race assembly.

## Start Times:

**Half Marathon 9.00am start** – assembly and start at Charlestown NS F12 T440 – **assemble by 8.50am**  
**5K race 9:00am start** – directly after Half Marathon race starts – **assemble on Church St by 8.50am**  
**10K race 9.30am start** - assemble at the National School F12 T440. – **assemble from 9.15am**

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

Mini bottled water will be available at water stations 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.  
For the Half Marathon, toilets will be available at Curry GAA pitch (around the 15km mark) should you need them.

## FINISH LINE

Bottled water and fruit will be available at the finish line.  
Medals and Goodie bags will be presented to all finishers.  
Please join us after the race in the CBD Recreational Centre for some light refreshments, kindly sponsored by many local businesses.  
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

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.  
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 **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.

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

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.