

42nd Michael Manning Memorial Dunshaughlin 10km Road Race
Saturday June 17th 2023 at 7.30pm

Competitor Race Briefing

Hello fellow runner,

Dunshaughlin AC are looking forward to welcoming you to our village tomorrow evening and to being part of our road race. Everyone at our club and indeed the wider community are eagerly looking forward to seeing another bumper sell out entry (1,200 entries sold out) race the Dunshaughlin roads. The race is race 5 of the Peugeot Race Series (Pop Up Races) 2023.

As we've said before, when you lace up your shoes on Saturday evening and you've got your race number pinned, take a few moments for yourself to think about why you're here. Whether it is a new PB, to break 60 minutes, win an age group category or even break the course record, you will all have a target to aim for. As a club and as runners ourselves, we respect the reasons that you are here with us, running a 10km. We hope that all participants have respect for their fellow competitors and enjoy the evening. The information you need about the race is included in the next few pages. It is important, so please take a few minutes to read it through completely. This is necessary in order for you to have a safe and positive racing experience on the night. Firstly, if this is your first visit to Dunshaughlin then we would like to welcome you. If you are one of the many hundreds of runners returning to race with us again, welcome back. Thank you all for supporting a race organised by runners for runners. We respectfully ask you to arrive on time to the registration and start areas.

The race will start at 7.30pm sharp.

A generous cash prize fund is on offer for the leading athletes in all categories, including Course Record Bonuses of €500 to the first male and first female to break the impressive course records of Efreem Gidey Noel (Clonliffe Harriers, 2022) 28 mins 15 secs and Fionnuala McCormack (Kilcoole AC 2022) 32 mins 08 secs. At the finish line, there will be plenty of water available to help you recover. We look forward to meeting with you afterwards at our renowned after race supper back at the community centre where prize giving will take place.

Have a safe race and remember to finish with a smile!

Yours in sport,

Michael Summerville,
Dunshaughlin Athletic Club Chairman

Thank you to all of our race sponsors. Please support them as they are supporting us.

Our main race sponsor is Kealy Construction and we thank Aiden and Richie for their continued generous support.

****Thank you in advance for not littering the race course or our community****

This event is sanctioned by the governing body for athletics in Ireland, AAI. The race complies with well established rules including safety regulations, race organisation guidelines and provision of third-party insurance cover. www.athleticsireland.ie

Event timetable ****Thank you in advance for not littering the race course or our community****

T-Shirt & Number Collection

Race Day 17:15 – 19:10 Race HQ, Dunshaughlin Community Centre

Last Call to Start Area from Registration 19:20 Link road to water tower. 500m from race HQ

Race Start 19:30 SHARP On the link road to the water tower.

First Male Expected: 19:59 Race Finish near Aldi corner

First Female Expected: 20:03 Race Finish near Aldi corner

Final Finishers Expected: 20:45 Race Finish near Aldi corner

After Race Supper: From 20:30 Race HQ, Dunshaughlin Community Centre

Prize Giving Ceremony: From 21:15 Race HQ, Dunshaughlin Community Centre

Race Video, Chat and Party: From 22:00 The Arch Bar Dunshaughlin

We look forward to a wonderful day and to the support of all the local communities, athletes, friends and families. Support from our club marshals, volunteer marshals, Civil Defence and An Garda Siochana are core elements in running a safe and enjoyable race.

Location 53.5118° N, 6.5395° W, 86 meters above the sea level.

Dunshaughlin is situated just off the M3 on the R147, 31km from Dublin City and 24km from Navan.

Take the Exit 6 Dunshaughlin. At the top of the off ramp, you will come to a small roundabout
- Follow the signs for Dunshaughlin 10km.

Travelling by bus from Dublin city centre A regular bus service runs between Dublin city centre and Dunshaughlin. Saturday's timetable can be found

<http://www.buseireann.ie/timetables/1425902151-109.pdf>

Race Start T-Shirt and Race Number Collection (Race HQ) is in the Community Centre, behind Dunshaughlin Community College. If coming from the village of Dunshaughlin, take the R125 (sign posted Trim), the college is on the left-hand side c.600m from the Arch bar. If coming from the Trim direction, it is located just past the GAA pitch on the right hand side.

IMPORTANT - Should you have a medical condition that the race organisers need to be aware of, please advise the registration team at Race HQ. Your race number will be noted and marked so as to inform medical personnel of your condition in the case of an emergency. Also, we will ask that an emergency contact and number be provided to the registration team and written on the back of your race number. All entrants will receive a race number that contains your timing chip (to be worn the front of your running vest). Pins will be available for all at registration. Please do not fold the race number.

Maps of the run route will be on display at registration. In addition to the male and female toilets /changing areas in the community centre, there will be porta-loos beside the community centre.

**** CAR PARKING ** VERY IMPORTANT** We respectfully request that ALL entrants cooperate with the organisers when parking. We ask you to consider other competitors and especially the local community who are giving us great support. The wild and wilful abandonment of cars, motorcycles and vans while very tempting if you are behind schedule is actively discouraged.

Car park locations:

There will be car parking at the registration area, Dunshaughlin Community College / Centre and Dunshaughlin GAA grounds. We encourage people to carpool where possible as we are expecting our biggest attendance ever. So please, if you are part of a club, pick up the phone, make a friend and carpool. There will be NO PARKING on the roadside along the run route. Dunshaughlin Community College / Community Centre / Dunshaughlin GAA are NOT liable or responsible for your car or contents left in your car. There are no parking charges in Dunshaughlin. Please cooperate with marshals when parking. We respectfully ask you to be considerate of other competitors, and especially the local community who are giving us great support.

****Thank you in advance for not littering the race course or our community****

The Run Route Please cooperate with the instructions of the start officials. The starting area is possibly the widest in Ireland giving plenty of room for everyone. If you are targeting a 40, 50 or 60-minute finish times, please position yourself accordingly at the start. For safety reasons, we ask runners NOT to wear headphones while racing as they may not hear emergency vehicles or marshal instructions while running.

There will be a timing mat at the start line.

Route Start on the R125 close to the Water Tower.

At the first roundabout take the third exit towards Dunshaughlin and continue onto the main street.

At The Village Grill turn left and stay left around the next bend.

At the next junction turn right onto the R125 towards Ratoath until you come to crossroads at 5.7km

Take the right at this crossroads and after 400 metres you will pass over a small bridge where you will turn right again (sign posted for Dunshaughlin).

Continue straight along this road until you come to the finish.

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Weather

No rain is forecast and the outlook is for a warm evening with temperatures of about 17-18C.

Expect a gentle breeze about 9 kph from the South East.

DON'T FORGET TO ENJOY THE RACE!

Prizes 1st 3 Men Teams (4 to score) 1st 3 Women Teams (3 to score)

Overall do not qualify for age group categories.

Age on the day of the race applies to category prizes.

Second place shall be awarded when there are at least eight competitors in a category.

Third place shall be awarded when there are at least thirteen competitors in a category.

Spot prizes are at the discretion of the race organisers.

The prize values in each category are equal for men and women.

The permit for the Michael Manning Memorial Dunshaughlin 10km Road Race is granted by Athletics Ireland, who are affiliated to the IAAF (International Association of Athletics Federations). This race then operates according to the IAAF rules on race timing meaning that prizes are awarded on the First Past the Finishing Line (Gun Time) and NOT on the net (chip) time. The official time shall be the time elapsed between the firing of the starting gun and the athlete reaching the finish line. There will be numerous water stations along the route with the biggest located just before the 6km marker. Official results will be available to competitors shortly after the Race Director has given their approval. They will be on display at Race HQ after the race. A link to results will be posted on www.popupraces.ie and on our social media pages.

See you on Saturday!