

Charlie Curran Memorial Run 2024

Sunday 28th January 2024 Race Information (Please Read all Info)

2024 Race Ambassadors

We are proud to have Amira and Daniel as our 2024 race Ambassadors. Amira and Daniel and their families wish to thank you all for your support in supporting our charity partners Little Blues Heros and Irish Heart Foundation. Their message to you is simply NEVER GIVE UP !!!!



Race HQ Carlow Town Hurling Club

Car Parking 2 locations

Carlow Town Hurling Club & Carlow Lawn Tennis Club both located 300 meters apart



9am Number Pick Up Carlow Town Hurling Club

EIRcode: **R93 H7WT**

10am Jamie's Mini Dash (kids event)

(entry fee is to buy some raffle tickets in main hall)

Run is over 400 meters on the hurling pitch

Each child receives a finishers Medal

Race Start Time

11am 5 miler starts at Oak Park Arch

(we will assemble in Carlow town hurling club and make our way to start line)

Pacers for 5 Miler

32min 35min 40min 45min 50min 55 min 60min groups

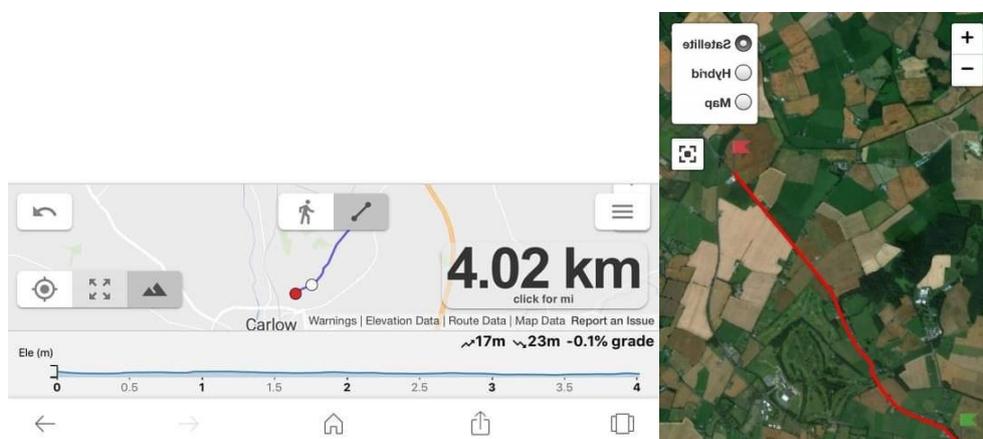
(Please listen and obey the pacers guys they are there to help)

Route

Its flat its fast. Its Out and Back.

Our Start line is at the Oak Park Arch and finish Line is at Carlow Rugby Club you will see this as you pass by on your way out. (the road is marked with MILE markers)

This is for your safety!!! Please be safe as Road will be open so be warned not all drivers are RUNNERS 😊



Water Stops

2 miles & 3 miles (approx.)



Bottles are 200ml sports cap

(if you don't need it don't take it you might need it on the way back 😊)

Bins will be provided so leave bottles close when possible DONT throw them over ditches.

Order of Malta Carlow, Civil Defence & Carlow Gardai Traffic Division will be on route for the event.

Finishers Medal 🏆

Each Runner/Walker will receive our unique finishers medal.

Water will be provided after you finish so please avail of it.

Please Obey instructions from all Volunteers & Marshall's on how to proceed after you finish.

Prizes

5 Miler

Male 1st 2nd 3rd

Female 1st 2nd 3rd

5 Miler

O/40 Male 1st

O/50 Male 1st

O/60 Male 1st

5 Miler

O/40 Female 1st

O/50 Female 1st

O/60 Female 1st

5 Miler

Junior Male 1st

Junior Female 1st



Presentation of Prizes

12:15 -12:30 approx

2024 Race T-Shirt

T-Shirts are €10 each

Limited sizes in XS,S,M,L XXI (get them early)



Monster Raffle 12:30 approx

A Raffle will be held on the day as always with some stunning prizes on offer
€2 a strip Or 3 strips for €5 (Cash Only with possible revolut option available)

We have an amazing list of prizes from Hotel Stays to Restaurant Vouchers and all in between you won't want to miss this raffle.



On the Day Vendor DISPLAY KINGS

Check out **Display Kings** and pick up one of their amazing Metal Medal Hangers on the day a perfect way to display your achievements.



SAUNA

SAUNAS4U

Yes you read right we will have an outdoor Sauna on the day which can cater for up to 8 people at a time. You can have 15 min slots and the guys at Saunas4U will manage this on the day so be sure to pop in there after you finish. **NO CHARGE THIS IS FREE** thanks to Barney and his team for their support.



Refreshments & RACE DJ KEVIN BYRNE

Please join us for post race refreshments in Carlow Town Hurling Club Race Head Quarters.

On a personal note, I want to thank you for your amazing support over the years and ensuring this event will live long in my families and my memories and I really hope yours also. I started this event as a way to remember my dad and to ensure his name was widely known, even if people never had the pleasure of meeting him and I think that's mission accomplished.

My only wish now is you enjoy your day and never forget that no matter how hard we struggle in life we have people in our lives that appreciate all we do. So lace up and get up and be proud of who you are because I can never tell you what you mean to me.

See you on the Oak Park Road this Sunday.

Enjoy the Day and be sure to smile for the cameras.

Kind Regards

Charlie Curran Race Director