

**THE SEARLAI TYWANG
MEMORIAL ROAD RUN**

#JOGON



EVENT GUIDE

**SUNDAY 12th MAY
10MILE 10K & 5K**

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WHEN YOU FINISH

08:30 Number Collection Open

10.00 Number Collection

10.30 Start of 10 Mile & 10K

10.40 Start of 5K

10.45-

11.00 Start of Kids Dash



Acknowledgements

The organisers of The Searlait Tywang Memorial Road Run would like to thank all of the individuals, organisations and companies who have helped to organise this event. Special thanks go to:

An Garda Siochana, Erin's Own GAA
and The Order of Malta.



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RUN INFORMATION

1. Timing chip

The timing chip is included on the back of your run number and is **NOT** a separate item. **DO NOT** remove it or exchange it with any other participant, it is exclusive to you and you alone and provides the following two functions:

- A) Your personal time – from the point you cross the start line until you cross the finish.
- B) Your result – which can be viewed following the event by visiting www.popupraces.ie/results.

2. Registration

On the morning of the event Number Collection will open at 08:30am in Erin's Own GAA
The following restrictions will apply.

All runners for all distances must have Numbers collected by 10.00 to allow the race to start on time

Please note that if all the runners turn up at 09.45 we physically won't be able to process number collection before the race is due to start and it will lead to the race being delayed.

There will be separate lines for each distance for number collection

If you wish to change distances make the registration crew aware of it and they will process this for you. It is free to drop down from any distance, but a fee of €10 will apply to change up a distance. Please queue up in the appropriate line for the race you registered for.

3. Bag Drop

There will be a bag drop facility available, it will be protected from the elements but unmanned so please do not leave any valuables eg Mobile Phone, money etc

4. Parking

There will be **NO PARKING** available at Race Start/Finish Line. Free parking available on the Square (Stewards will Direct) this is located 500m from Start Line. **We would also ask you do not park along the road at the entrance to The Prince Grounds Or The Cross Hill as runners will be crossing at these points.**

5 Toilets

Portaloos will be available on site.

6. Keep Up To Date

For up to date event information, news updates and more, follow [#searlaitrun2024](https://twitter.com/searlaitrun2024) on social media. Find us on X (@searlaitrun10) and Facebook (facebook.com/The Searlait Tywang Memorial Road Run)

7. Event Start Time

10 Mile & 10K will start at 10.30am, followed by 5K at 10.40am, Kids Dash between 10.45am-11.00am.

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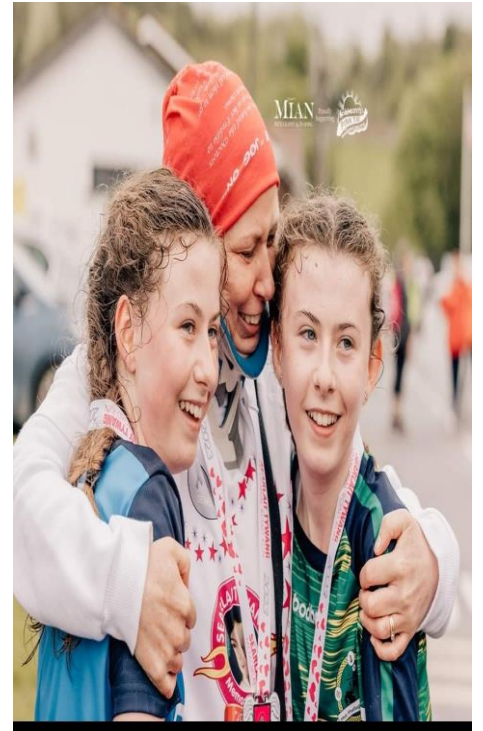
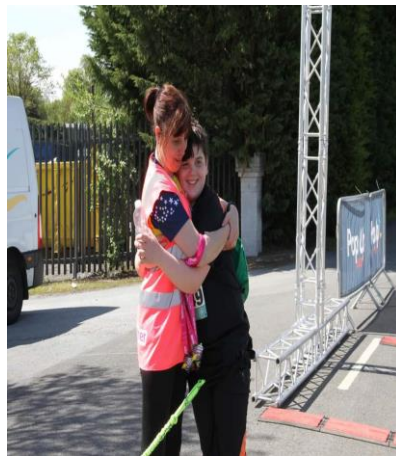
DIRECTIONS

Directions

Coming from Dublin at Junction 9 take the N7 exit for Limerick/Cork/Waterford. Follow signs for Waterford/Kilkenny/Kilcullen, at Junction 3 take the exit for N78 Athy, at the roundabout take the 3rd exit onto N78, Take 1st Exit at Roundabout & stay on N78, at the roundabout take the 1st exit onto the Dublin Road/N78, Turn Right onto Chatsworth Street, Turn right and registration will be on the left.

Coming from Cork at Junction 4 take the R693 exit for Kilkenny/Johnstown/Urlingford, at the roundabout take the 2nd exit onto R693, Take 1st Exit at Roundabout & stay on R693, at the roundabout take the 2nd exit and stay on R693, at Roundabout take 1st exit onto R639, continue onto N77, Turn Right onto Durrow Road, Turn right onto Chapel St & Slight Left onto Castlecomer road & through crossroads and registration will be on the left.

Coming from Limerick at Junction 21 take the R435 exit for Borris-in-Ossary, Take L1612, R434, Durrow Rd and Castlecomer Rd Turn Right onto Durrow Road, Turn right onto Chapel St & Slight Left onto Castlecomer road & through crossroads and registration will be on the left.



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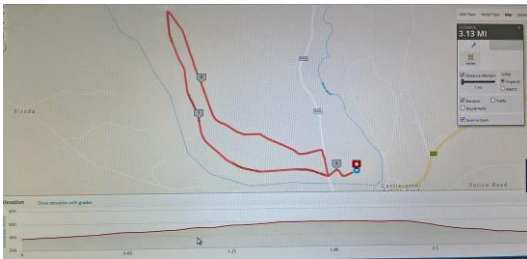
COURSES

Courses:

Below you will find a map of each of the event courses.

5K

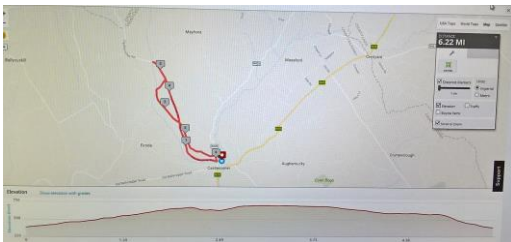
5K Route takes in the Infamous “Wellie Race” only don’t panic we don’t expect you to run this one in Wellies.



<http://www.mapmyrun.com/routes/fullscreen/1524209617/>

10K

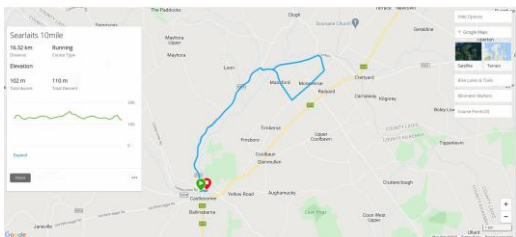
The 10K Route will also take in the “Wellie Race” Route along with the lovely surrounds of Kiltown & Skehana



<http://www.mapmyrun.com/routes/fullscreen/1524205684/>

10 Mile

The 10 Mile Route will take in some lovely views along the way including Moneenroe, Cloneen, Massford, The beautiful Thatched Lacy’s Pub before turning for the home leg where you will take in the picturesque townland that is The Deerpark before you pass the Deerpark Mines & Grotto heading for your down hill finish



<https://connect.garmin.com/modern/course/88774762>

There will be marshals at each turn on the course & Water Stations at every 5K point.

All Routes are on main road at points so we would ask that you listen to the Marshalls at all times as they are there for your protection. **Roads are not closed so Please adhere to the Rules of the Road**

The roads will be marked in colours for each route, **10K Blue, 10 Mile Pink**



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ON THE COURSE

On Course Facilities:

There will be water stations every 5k on all distances. Please only take one bottle as there will probably be a lot of runners behind you who are just as thirsty. When you have finished, please throw your bottle to the side of the road when it is safe to do so, or in the bins provided.

We would ask runners to please dispose of bottles/Cups at one of our many signs on the course. Remember it is illegal to litter and by leaving bottles at our signs it makes the clean-up that much easier.

First Aid & Safety:

First Aid on the day will be supplied by The Order of Malta. There will be an Order of Malta vehicle along the route. If at any time you have a problem and require first aid or you know that someone else does please make one of the on course marshals aware of this and we will get our first aiders to them.

Even with warning signs, marshals, first aid and other safety precautions we need our runners to be safety conscious at all times. What we want more than anything is for the same number of people to start and finish our event. A few points to help us are as follows

Listen to and adhere to marshals instructions

Be aware the roads are open when crossing

Stay hydrated

If you see someone else in trouble tell a marshal

Please see below and don't litter

Please run on the side of the road that the signs say.



Mile / Kilometre Markers

Look out for the km markers (5K & 10K) and Mile Markers (10 Mile) positioned at the side of the road.

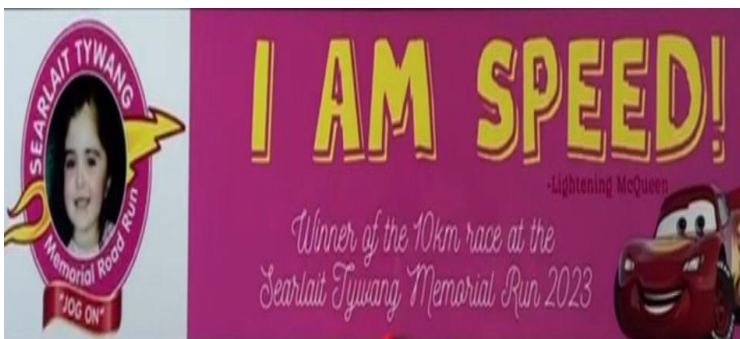
Littering:

The Searlait Tywang Memorial Road Run is being put together by locals and we want our local area kept clean and tidy. If you are to drop water bottles, wrappers or empty energy gels **please do so at one of our signs** so the clean up afterwards can be done quickly and that we don't miss any litter along the route.

Finish Line:

The finish line for all distances will be in Erin's Own GAA. When you cross the line you will be presented with our uniquely designed medal, moving along you will receive your goody bag which will contain some water and a banana (mmmmmm potassium). Goody Bag will only be given on presentation of Race number. After race refreshments will also be available so you can grab some tea/coffee, biscuits and of course Cake

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At the finish

When you cross the finish line, don't just stop. Keep moving and follow the instructions of the marshals who will direct you to the Finishers' Packs, which will include bottle of Water & Medal and much more.

Meet friends and family

Friends & Family can meet you once you cross the finish Line and collect your finishers medal As there is a large number of runners crossing the line we Would ask that you meet at the end of the pitch of Erin's Own GAA to avoid congestion.

Results

Full results will be available following the event at www.popupraces.ie.



Spectators

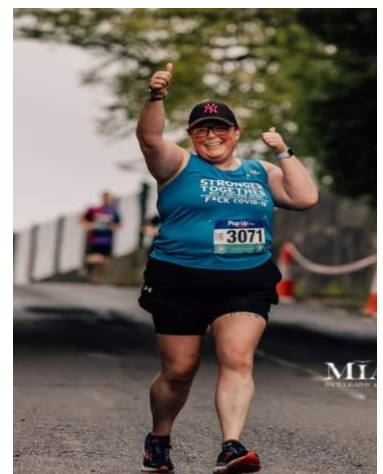
As you move around the course, please be aware that all roads used for the event are open to traffic, so stay on the footpath at all times and only cross the roads at designated crossing points.

Refreshments

Hot and cold drinks and freshly prepared sandwiches and cakes are available. Please dispose of your rubbish in the bins provided

Photos

Your event day photographs will be available online following the event at www.popupraces.ie



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Finally:

The Searlait Tywang Memorial Road Run was established in 2016 after Searlait lost her battle with Brain Cancer. The Run was established by me (Mairead Searlait's mam) & an amazing group of family & friends which has grown since 2016 & with the help of a fantastic set of volunteers without whom the event would be able to take place.

The Run is held to raise money for Aoibheann's Pink Tie The National Paediatric Cancer Charity without whom Searlait would not have gotten to fulfil her wishlist, this is an all profits to charity event. This means that nobody organising or volunteering makes a cent from the event. All the money after expenses (water, food, medals etc.) goes to charity. By taking part you are helping to raise funds for our chosen charity. To date we have raised €117,073.01 for charity and with your help we are able to keep this figure growing.

The Pictures below are the last runners to cross the line the last 6 years and they were presented with the "I Didn't Give Up" Cup. This was Searlait's Motto and so every year we will celebrate the person who took her advice and "Didn't Give Up"

We would like to take this opportunity to thank you one and all for getting involved and helping us to raise awareness and remembering Searlait. We would like to wish you all the very best and we will see you all on the roads in the future.

*Mairead Tywang
Race Director
The Searlait Tywang Memorial Road Run*



