

The 44th Michael Manning Memorial Dunshaughlin 10km Road Race

Saturday June 21st 2025 at 7.30pm

Competitor Race Briefing

Hello and thank you for choosing to enter our club race. Dunshaughlin AC look forward to welcoming you to our village and to being part of this years road race. Everyone at our club is eagerly looking forward to a cracking and exciting race.

This will be race five of the Peugeot Race Series (Pop Up Races) 2025. 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 to the first male and first female to break the impressive course records of Efrem Gidey (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.

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

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

Yours in sport,

Ursula Summerville,

Dunshaughlin Athletic Club Chairperson

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 route 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:

T-Shirt & Number Collection –

On race day 17:15 – 19:00 at race HQ, Dunshaughlin Community Centre.

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.

Last Call to Start Area from Race HQ is 19:15.

Race Start is on the link road to water tower (500m from race HQ)

****Race Start 19:30 SHARP****

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 21:00 Race HQ, (Dunshaughlin Community Centre)

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.

Race Location: **Race HQ Eircode is A85 VP92**

Travelling by car: Dunshaughlin is situated just off the M3 (take Exit 6 Dunshaughlin) on the R147, 31km from Dublin City and 24km from Navan.

Travelling by bus: Travelling by bus from Dublin city centre, there is a regular bus service between Dublin city centre and Dunshaughlin. Saturday's timetable can be found <http://www.buseireann.ie>

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 to inform medical personnel of your condition in the case of an emergency. Also, **we 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 race route.

Dunshaughlin Community College / Community Centre / Dunshaughlin GAA are NOT liable or responsible for your car or contents left in your car. 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 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.

Weather:

No rain is forecast, the outlook is for a very warm evening with temperatures of about 20C.

Expect a light south westerly gentle breeze.

DON'T FORGET TO ENJOY THE RACE!

Prizes:

Individual first six men and women.

1st 3 Mens Teams (4 to score) 1st 3 Women Teams (3 to score)

Overall do not qualify for age group categories.

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.

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. Official results will be available to competitors shortly after the Race Director has given their approval. A link to results will be posted on www.popupraces.ie and on our social media pages.

See you on Saturday, have a safe and enjoyable race!