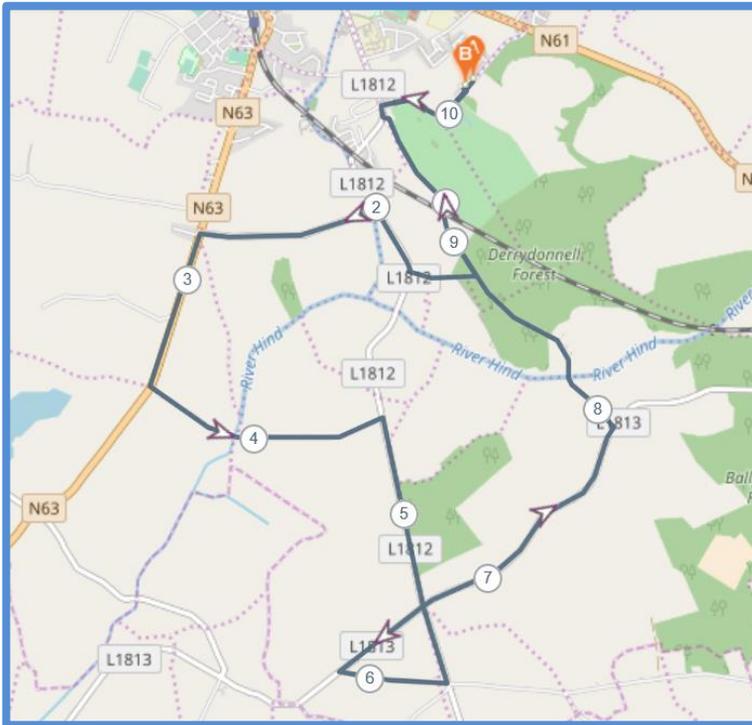




## Race Start : 11:00AM

- Race Headquarters, number + T-Shirt pick up:
  - Hannon's Hotel, Athlone Road, Roscommon
- Car Parking:
  - Limited Car Parking at Hotel, parking on approach roads, Hyde football pitch carpark
- On-line Registrations:
  - Please note online Registrations closed, completely sold out
- Number Collection:
  - Numbers + T-Shirts for Postal entries were sent out last week, all should have received them this week, if not, talk to registration team on the day.
  - Numbers + T-Shirts for collection can be collected at Registration on Sat morning from 9:00am to 10:30am - 28<sup>th</sup> June
- Toilets:
  - Adequate toilet facilities in Hotel including Portaloos+ Urinals in Carpark
- Safety:
  - Roads are open – follow marshal instructions at all times
  - Race safety announcement at start line @ 10:55am
- Water stations
  - 3 Water stations on the route – 2.5 miles, 5 miles and 7.5 miles
- Prizes:
  - Male and Female: 1<sup>st</sup> €250 (+€500 Popup races prize) + Trophy, 2<sup>nd</sup> €150 + Trophy, 3<sup>rd</sup> €100 + Trophy
  - Age Categories: 1<sup>st</sup> / 2<sup>nd</sup> O40, O50, O60 male and female
  - Team Prize – 1<sup>st</sup> Team Male and Female trophies
- Post race:
  - Post Race Refreshment and Prize giving in Hannon's Hotel
  - After Party in Coachmans Inn from 9:00pm

## Course Map:



## Course Elevation:



## Post Race Recovery:

**Our friends in TOA Mobile Recovery will be setting up in the Carpark at Hannons Hotel for post-race recovery – complimentary on the day, first come first served basis**

**Instagram @toa.lifestyle**