

Jerry Kiernan 5km Road Race

Important Participant Information

Thank you for registering for the Inaugural Jerry Kiernan 5km run. Jerry Kiernan had a very proud affiliation with Listowel. This event has been organised by local athletics club, Lios Tuathail AC. Profit from the event will go towards the future development of the club and the long-term plan to develop a training facility and running track.

Race number collection

Race fee includes: a custom medal, technical t-shirt, chip timing, accurately measured courses, post-race refreshments.

Registration and collection will be available at **The Listowel Arms Hotel** evening, 23rd August between 6.30 pm - 7.30 pm sharp and Sunday morning between 11:00 am - 12:30pm sharp at **St Michaels College, Cahirdown Rd (V31 DX31)**

Please ensure that you have entered the correct details when entering online for results purposes.

All personal data collected is in compliance with the General Data Protection Regulation (GDPR) 2016 and Data Protection Acts 1988 - 2003.

In the case of possible amendments afterwards, please contact:
Popupraces.ie | **E:** +info@popupraces.ie

Race Start Times

Race HQ: St Michaels College

Race Start: 100 meters from St Michaels College

Race briefing: 12.50 pm

Start time: 13.00 pm

Prizes (presentation afterwards at the finish line)

Custom Glass Trophy for overall male & female winner

1st, 2nd & 3rd overall male and female cash prize

1	€400
2	€200
3	€100

1st & 2nd o35/o45/o55 male & female cash prize

1	€50
2	€25

1st u20 male & female

1	€50
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1st Wheelchair

1	€50
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Toilet facilities and bag drop

Toilets are available to participants at The Community Centre, St Michaels College and The Greenway Carpark. Event organisers will not be responsible for anyone's belongings.

Parking

THERE IS NO PARKING ALLOWED IN GURTINARD ESTATE OR ALONG THE ROUTE IN FRONT OF ST MICHAELS AND LISTOWEL EMMETS FIELD

There will be parking available in St Michael College Car Park, Listowel Emmetts GAA pitch car park, Listowel town park and The Greenway carpark, Bridge Road, Brdige road carpark behind the Church, Carrolls yard carpark, carpark at rear of Nolans Shop.

Please allow plenty of time for travel and parking that morning.

Listowel is accessible from the following main routes:

- M7 South then taking the N21 at Limerick if travelling from Dublin
- N69 from limerick
- N22 then joining the N69 from Killarney/Cork

Race Setup

Safety of all participants is important to us to ensure everybody has an enjoyable day. Therefore, we are asking walker's to start at the back of the pack and the more competitive runners at the front. Your chip will record your time from the moment you cross the starting mat.

Race number must be worn in front on your t shirt to ensure it can be read, do not bend or try to fold the bib as this could damage the chip and you will not receive a time.

We strongly advise against wearing headphones out on the course for safety purposes.

Race

There will be directional signs and kilometre markers along the route. There are no road closures, however, the routes will be well stewarded at all bends and junctions. Please pay attention to our Marshalls and follow their instructions.

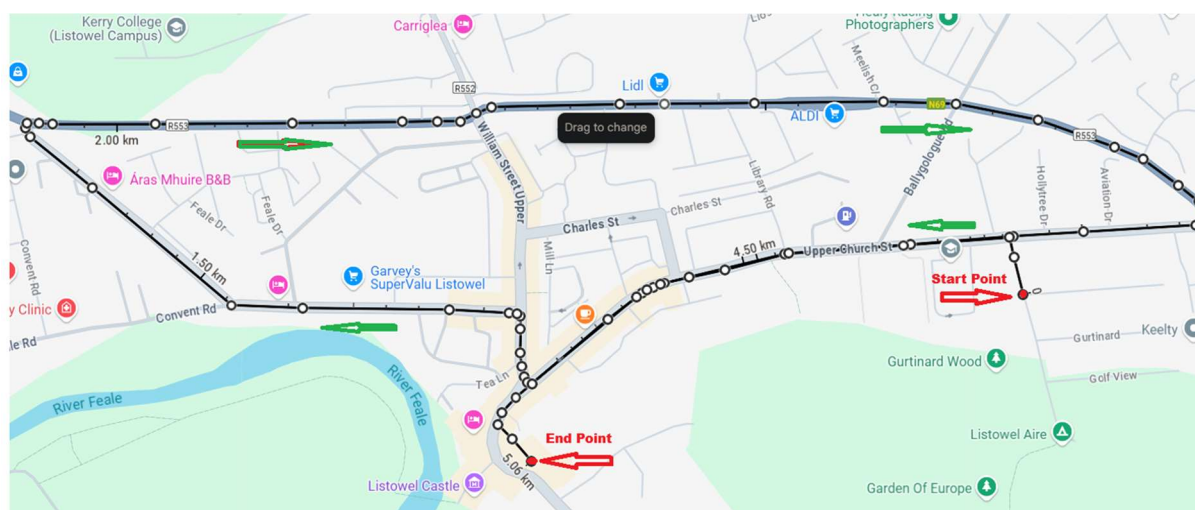
Medical Staff will be on site at start/finish from 13.00 pm until all competitors are in.

Refreshments will be provided at the finish line area.

Warm Up:

Do not warm up in the Gurtinard estate. There is a warmup areas on the Greenway and Listowel Town Park next to the Start location.

Route:



Contact Information

Email: dbleahy@gmail.com (race director)

Tel: 087-6507786