

Information For Runners
Duhallow Ten Mile Road Race
Sunday 10th of March 2019 @ 13:30pm
Newmarket, Co. Cork.



Race HQ Location: The Hiland Lounge also known as (Safari's Nightclub)
Newmarket, Co. Cork.



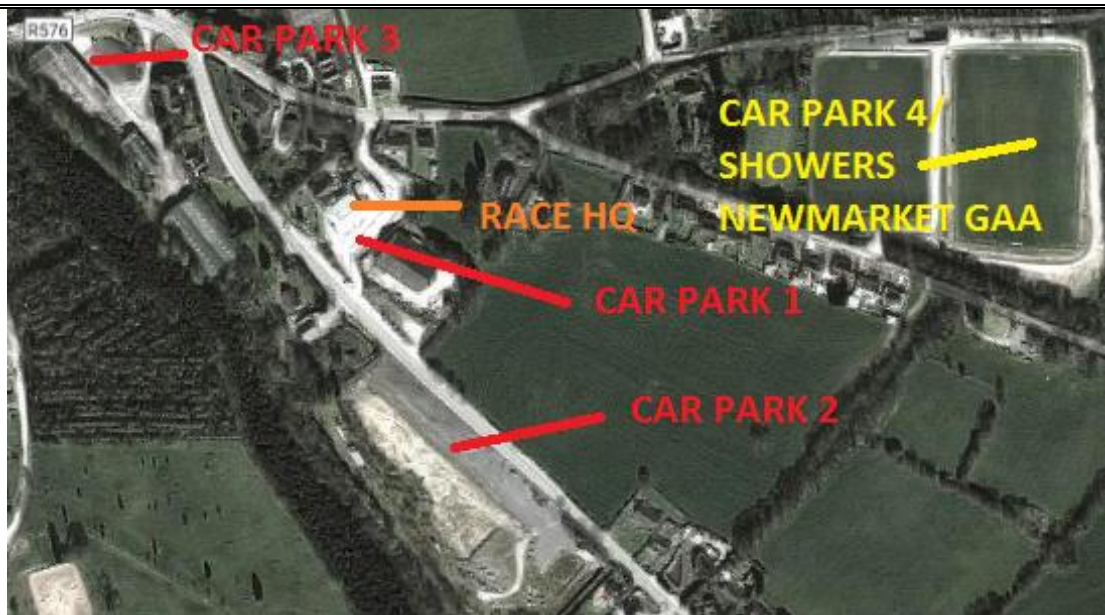
From Mallow / Cork: Before you reach Newmarket Town, Race H.Q. is on the right-hand side after entering the 50km speed limit.

From Kerry / Limerick: Drive straight through Newmarket Town and continue towards Kanturk. Race H.Q. is on your left-hand side just pass the grotto on a sweeping bend.

Parking:

Car Park 1	(Race H.Q./Safaris Niteclub).
Car Park 2	(Opposite Race H.Q.).
Car Park 3	(Railway Enterprise Park/O' Connor Group).
Car Park 4	(GAA Grounds 5-10 mins walk).

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- Showers:** Showers are available at Newmarket GAA Grounds 450m from Race H.Q. approx. 1.6 km from the finish line.
- Bag Drop:** There will be a bag drop available at Race H.Q. on the day.
- Race Start Time:** 13:30pm Sharp
- Water Stations:** There will be two Water Stations on this course. The first one at 5.2 km and another one at 10.4km.



Water Station 1 (at 5.2km)

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Water Station 2 (at 10.4km)

Prize Categories (Cash Prizes)

We are delighted to announce that the First Man and Woman across the line will get **€500**.

Cash Bonus for Breaking Course Record – Hiko Tonsa 49.10 and Grace Lynch 59.13 (2018).

- Prizes For:**
- 1st Ten Men and Women
 - 1st Three Wheelchair Athletes
 - 1st Three Veterans in Men and Women
 - Men Over 40, 45, 50, 55, 60, 65, 70, 75, 80
 - Women Over 35, 40, 45, 50, 55, 60, 65, 70, 75, 80

For the first time ever in a 10 Mile Road Race we have 3 Club Prizes and the Club with the most participants taking part in the Duhallow Ten Mile Race on Sunday 10th March in Newmarket.

1ST Prize -€250 2nd Prize €150 3rd Prize €10

N.B YOU MUST ALL HAVE YOUR CLUB INFO COMPLETED AS IT WILL NOT BE COUNTED IF BLANK

Race Numbers Collection Points:



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Numbers can be collected from AYRTON GROUP, Newmarket, Co. Cork on **Saturday 9th of March between 2-5pm. (SATURDAY ONLY)**

Ayrton Group Office is situated on the Charleville Road (Left Hand Side).



Numbers can also be collected at Race H.Q. (The Hiland Lounge/Safaris Niteclub) on the morning of the Race **Sunday 10th of March from 10 am – 12:30pm**. There will also be the opportunity to enter on the day of the race during between 10a.m. and 12.30p.m. at Race H.Q. Note: On-line entry is preferred as this will help to speed things up on the day. T- shirts and Sizes cannot be guaranteed as available, for on the day entries.

This event is fully Chip Timed.

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N.B PLEASE WEAR NUMBERS ON THE FRONT AT ALL TIMES

PLEASE REMEMBER THAT THIS RACE TAKES PLACE ON PUBLIC ROADS AND IN RESIDENTIAL AREAS SO PLEASE ADHERE TO ALL SAFETY & WASTE CODES.

N.B THIS RACE IS SUBJECT TO SUDDEN CHANGE IF AN ADVERSE WEATHER CONDITION OCCURS.

ENSURE YOU RUN ON THE RIGHT-HAND SIDE OF THE ROAD AT ALL TIMES UNLESS TOLD OTHERWISE.

Accommodation

Anyone travelling long distances for our race on Sunday the 10th of March and who wish to avail of accommodation on Saturday 9th of March, we have negotiated a discounted rate with following hotel which is situated 30 mins from race H.Q.

The Four-Star Charleville Park Hotel, Charleville, County Cork. 063- 33700

Single Room B&B- €120 Double/Twin B&B- €135



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Spectator Access

For all photographers and spectators attending our upcoming 10-mile race in Newmarket, there are footpaths throughout the town, but at the finish line there is a footpath of 1.2 km in length so get out, take photos, and cheer on the brave souls who will try to conquer the Duhallow 10. Please be aware that there are traffic diversions along the race route, so please arrive on time and obey all Gardai and Race Officials and Stewards instructions. Lets make this an enjoyable but above all a Safe Event for everyone.

Pacers:

This year we are delighted to have 6 Ayrton 10 mile pacers to guide you along the Fastest 10 miler in Ireland 2018

Pacer Times as follows:

1.0 hour (60 mins)

1.15 hour (75 mins)

1.20 hour (80 mins)

1.30 hour (90mins)

1.45 hour (105 mins)

2.00 hours (120 mins)

ENJOY THE RACE.

Thanking you kindly for you time and co operation.

Duhallow Athletic Club