

Not long to go now!.....On behalf of West Waterford A.C. organisers of the John Treacy Dungarvan 10 Mile Road Race we would just like to bring a few last minute items to your attention.

Finish Line Area/Goody Bag Collection

- The t-shirt for this race as everyone knows is a Nike t-shirt and is a FINISHERS t-shirt i.e. You must finish the race to get a T-Shirt so if you come to the "Goody Bag" area with a second number you will not get a second t-shirt/goody bag. One Runner, One Goody Bag
- Likewise if you don't/can't run please DO NOT bring a race number near the finish line area. Your number will chip and you will distort the results.

Headphones

- We have a very strict NO HEADPHONES policy and we will have stewards recording the numbers of the runners who disregard this notice and you will appear in the results as a "HEADPHONE WEARER".
- This is as always a Health and Safety issue but it's also common sense, if you can't hear a steward, you can't hear a car.

Prizes

- Provisional results will be available as soon as possible after the race and Prizes will be presented to the Top 10 Men, Top 6 Women, Wheelchair Category and the John Treacy winning Mens and Ladies Team. All other prizes will be posted as soon as possible and once results are verified.

Health & Safety

- Finally runners safety is of paramount importance to us and we want to get every runner to the finish line safely and hopefully happy with their run. There is ongoing roadworks on the Youghal road but we are working with Waterford County Council to ensure as little disruption as possible and we thank them for their co-operation.
- As always please park with due consideration for locals, if you're not sure don't park there.
- Due to some runners behaviour last year in the Childers Estate area and complaints to the Gardai there will be no parking there this year. There is extra Portaloos again this year but please don't leave it until the last minute to go or you will be queuing. Portaloos will be at the Sports Centre and at the Start Line.

Weather

- It looks like it will be cold Sunday so wrap up warm until just before the race. The Mobile Locker Room www.themobilelockerroom.ie will be available on Sunday and are taking bookings now on this link

<https://themobilelockerroom.ie/book/john-treacy-dungarvan-10-waterford-sunday-3-february-2019/>

They will be parked at the Nissan Garage on the Youghal Road close to start and finish line and can also be booked on the day.

The Alzheimer Association

Our chosen charity this year is the Alzheimer Association and a presentation will be made on behalf of all runners to David Power who will be representing the society on the day. There will be buckets in the hall on Sunday if you haven't had a chance yet to donate.

Finally on behalf of all our members may we wish all runners safe travels and we hope to meet as many runners as possible in Dungarvan on Sunday.