

CARLINGFORD HALF MARATHON & 10K
Final Information
Saturday, March 2nd, 2019

Please ensure you read this document and know all the details contained in it. The information contained in it is clear and concise, and will answer all, and any questions you may have regarding the event.

Venue: -

Due to increasing numbers and competitor safety, in 2017, we relocated the event to the Sailing Club in Carlingford where there is an area off the road for competitors to finish and spectate. The 2018 event will take place here also. The Sailing Club is located on Ghan Road in Carlingford, and you can find directions [HERE](#)

Parking: -

There is no parking at the Sailing Club as we are using the car park for the event centre. Car Pooling is advised as parking will be limited. There has been a distinct rise in entry for this event, and we urge everyone to travel early in order to find a place in the village to park their vehicle. Carlingford is not a large town, and as such has few parking areas, however there is ample roadside parking on the Greenore Road from both the Newry & Dundalk sides. Please park legally with respect to gateways, and other road users, and consider access for emergency vehicles. Do not move any cones to park your vehicle as they will have been placed there with competitor safety in mind.

Weather: -

Currently, the weather forecast gives scattered showers, strong gusts, and an air temp of 10degrees, although it may feel more like 6...

We will update this section on THURSDAY, 28th FEBRUARY.

Pack Collection: -

Pack Collection is Available from 8am at the Sailing Club - there will be signage to direct you.

You may collect packs for others, but please ensure you do not lose them/mix them up as once they are released by the race organisers, they are your responsibility and replacement bibs/chips will be charged for at a rate of €5 per item, and only if they are available.

- • Pack Collection for the Half Marathon closes at **9:45am SHARP.**
- • Pack Collection for the 10km closes at **10am SHARP.**

There will be no exceptions, as our team will be dispersing to man their marshal points, and the race start cannot be delayed for any reason, as we must have the course cleared by 2pm.

Late Entries -

There are a small number of late entries. €35 on a first come, first served basis. You may have to queue until the last minute, so please only join this queue if you are ready to run the event, as we may operate by offering new packs should runners not arrive and only offer packs at the last minute.

Change of event: -

You can change your event, or transfer to another runner, but these administrative tasks will be charged at €5 per instance and must be administered before 9:30am.

Should you decide to transfer from one event to the other, and not follow the protocol, your time will be excluded from results. These decisions are made to preserve the accuracy of the event, and must be adhered to.

Your timing chip is attached to your race number. You **MUST** wear this race number on the front of your body during the race, and you must not cut or bend the timing chip. Failure to adhere to instructions may result in your time not being accurately recorded.

Change of Runner Name: -

For your safety, should you have been given or sold a race pack, you **MUST** join the transfer queue after collecting the race pack, and you must complete a transfer form as per the instructions above, including pay the administration fee. It is imperative that we have accurate data regarding all the runners on the route. This is to ensure competitor safety in the event of an incident and we ask that all competitors respect this rule.

Headphones: -

We advise against the use of headphones on this event as the roads are OPEN. In the interests of your health and safety, we ask that if participants **MUST** use headphones, that they consider bone conducting headphones, or only applying one ear bud to their left ear.

Undelivered, dispatched packs: - If your pack was dispatched, but you did not receive it, please follow [THIS LINK](#) to get a new pack collated, which you can collect at the pack collection times above.

For those who received their packs, you should not join the pack collection queues, you should instead congregate in the Sailing Club Car Park with your race number pinned to the front of your person – aim to be present at 9:50am for Half Marathon, and 10:20am for 10km.

Prize giving: -

Prize giving will be held at the finish area as soon as the first three runners in each race (Male and Female) have crossed the line. We aim to give prizes to all finishers by 12:15pm. The podiums will be in the finish area, and presented by the principal of the School, Mrs Patricia Ward.

Start Times: -

- • Half Marathon Starts at 10am and is a perfect loop.
- • 10k starts at 10:30am - Start line will be marked with flags and finish line will be apparent.

Distance: -

The Carlingford Half Marathon has been officially measured by an IAAI. Due to the change in venue, we have once again completed a course measuring exercise in 2018. The Course is officially an accurate half marathon. Please be advised, that due to the large number of turns on the course and winding roads, there is a well-known, much discussed and documented “straight-lining” issue with personal GPS devices along meandering backroads. There are many articles available online discussing this phenomenon should you wish to research. We would like to take this opportunity to assure you that we take the distance of this route seriously and have taken the appropriate measures to ensure its accuracy.

Route: -

The Route will be signposted with yellow pointer arrows where appropriate, and Large Pointer arrows at important junctions. It will be marked at JUNCTIONS ONLY, so when you arrive at a junction, you should look for the route marking and follow this. Marshal presence will be at Junctions where traffic is an issue, and will be in High Visibility jackets.

SAFETY NOTICE: -

The roads are OPEN for traffic. Marshals will be in place at each major road Junction. You MUST adhere to their safety advice. The use of headphones is not advised. Race Management vehicles will be apparent, and please ensure you let them pass through the pack as they may be on route to lift an injured runner or to replenish a water station.

Refreshments: - Complimentary Refreshments are available only to runners who are wearing their race bib. We cannot provide refreshments to friends and family. There will be Water and Bananas given at the end of the race to all runners. All Runners will receive a finishers medal.

There are no shower facilities available, due to the sheer volume of runners this service is not possible. There are toilets at the event centre which you should avail of before you start, and again at the finish line.

Water: -

This is a Leave No Trace Event. We serve water at Water Stations along the route from water butts in plastic cups. This is not a budgetary measure, it is a litter prevention measure. You should lift your water, and drop your cup in by the end of the drop zone where our marshals will dispose of it. At one water station, we will be using Green Goblets, which is a reusable drinking vessel that will be collected and used again in events that take place in Carlingford and is being supported by Carlingford Tidy Towns & Louth County Council – the aim is to reduce the amount of waste that goes to Landfill and will be promoted with the hashtag #refillnotlandfill. Bottled water will be provided at the finish line, and we urge all competitors to respect the area, and use the bins provided. If you need a water bottle, please carry one and you can refill it along the route.

Luggage: - Regretfully, we cannot be held responsible for baggage left at the event area or dropped at feed stations, however we will be operating a key box for those who wish to avail of it so that you can stow your keys safely. There will be envelopes and a marker available, and you must write your race number on the envelope before depositing in the key drop.

Friendly Advice for your safety: -

Should you have been ill with a virus or bacterial infection in the last month, please consider your health before you decide to run this event. If in doubt, consult a doctor, or indeed, don't run.

Race Volunteers: -

If you cannot run, but are planning to spectate, the Parents and Friends of St Brigid's School would like to invite you to volunteer with us for the day! As parents of children with special needs, it can be difficult for us to find volunteers from our group, and as such, for those who have entered 2018 but cannot run, in lieu of a refund, we would like to offer you your 2019 entry FOC in return for a few hours of your time. You can cheer on your buddies as they run, and be sure of a place on the 2018 race. 26 Extreme are managing all our volunteers for us, so if you wish to do

this, please email info@26extreme.com for more info.

This event is owned and operated by the Parents and Friends of St Brigid's Special School in Dundalk and is a major fundraising event for the school. Over the last 10 years, over 250,000 euro has been raised through this annual event.

26Extreme Ltd are contracted in to conduct race admin, route mark, and to manage the start/finish line only.

All proceeds after paying contractors for services related to the execution of the event go directly into the account of the Parents and Friends of St Brigid's Special School Dundalk. On behalf of the pupils, their parents and their teachers, we would like to thank you for continually supporting this event, enabling the school to procure more resources.

And finally: -

These rules and regulations may seem exhausting, but please be assured that they are put into place for your safety and the safety of our marshals, and indeed the safety of all public who spectate, or visit Carlingford on the same day. It is important to be respectful, and mindful that this is a busy tourist village and there may be children and tourists around who aren't aware of the event. We want to come back year on year to raise money for our school, so it's really important that we leave a positive impact on the residents and visitors to the town and respect all users of the highways and byways! Please also remember that our marshals are volunteers, and are there for your safety.

We aim to ensure that you have a great and safe race day, and we look forward to seeing you all on Saturday night and bright and early! :-)

Thank you,

The Parent's and Friend's of St Brigid's Special School, Dundalk