



EIRGRID Dunboyne 10k

Sunday 31st March 2019

Juvenile Races -11.00am Start

10K -12.00 pm Start

Dunboyne, Co Meath

Dunboyne 10k TIMETABLE

10:00	Registration & Tee Shirt Collection Open in Dunboyne Community Centre
10:45	Assemble in allocated Assembly Zones for Juvenile Races
11:00	Juvenile Races Start
11:40	Runners Assemble for 10K at Start (See map)
11:50	Mass warm up by Heather, Emelia and Eva
11:58	Introduce Starters Josephine & Liam Murtagh
12:00pm	10k Race Starts
1:00	Tea and Sandwiches in Dunboyne Community Centre. Trad Music by Margaret Rowan and Dunboyne musicians
2:00	Results and Awards

PARKING

There is a limited free car parking available in both St Peters College and Dunboyne Senior Primary school beside the Dunboyne Community Centre. If these are full please park at Dunboyne train station which is €2 for the day. Please follow signs and direction of stewards.

BUSES/TRAINS TO DUNBOYNE

For those wishing to access Dunboyne by Public Transport on March 31st there are several BUS options. These include Dublin Bus 70 and 270 and Bus Eireann 105. Please ensure you check Sunday time tables and don't forget to change your watch forward as March 31st is the first day of summer time! Irish Rail trains leave Connolly at 9.50am and 10.50am and take 35 minutes to reach Dunboyne.

RUN BIB NUMBER COLLECTION OPENS at 10.00am /CLOSES 11.30am

In order to take part in the event you will need to collect your race entry number. If you have paid to have it posted you should receive it by Wed March 27th. Please contact MyRunResults PHONE:+353 1 9695299 EMAIL:SUPPORT@MYRUNRESULTS.COM if any issues on this. Numbers can be collected on the day from 10:00am at Dunboyne Community Centre (see map). Safety pins can also be collected here. Please note the Centre is approx 1 mile from Start so allow 15 minutes to get there. The warm up is at 11:50 so number collection will finish at 11:30.

TEE SHIRT COLLECTION

All participants who did not pay to have their tee shirt posted can collect it in the Dunboyne Community Centre beside number collection. Please ensure you have your RUN BIB NUMBER with you to be marked off as proof of entry. T-Shirts are available in sizes X Small, Small, Medium Large and X-Large.

TOILETS

There are limited toilets and showers within Dunboyne Community Centre. There will also be three Portaloos outside the centre and three at the start line .

BAGGAGE

If travelling by public transport you can leave your baggage in the Dunboyne Community Centre. If travelling by car, after collecting your RACE BIB NUMBER, please return to your car and leave any excess baggage there. Under no circumstances should you leave valuables in your bag. While the organisers will make every effort to ensure a safe event, no responsibility can be accepted for loss or damage to personal items.

ASSEMBLY /START

The assembly area is at Old Fairgreen adjacent to the start line which will be clearly marked by the start gantry. Please allow 15 minutes to get here from the village. The assembly area will be divided into sections as follows:

- 1. RUNNERS**
- 2. JOGGERS**
- 3. JOGGERS/WALKERS**
- 4. WALKERS/BUGGIES**

PLEASE ENSURE THAT YOU ENTER THE START AREA IN THE ASSEMBLY ZONE WHICH CORRESPONDS BEST TO YOUR FITNESS LEVEL.

BEFORE YOUR RUN:

WARM-UP

It is recommended that you commence your individual warm up approx. 30 mins before the start time. This is to allow time for access to the toilets and to get to your assembly zone in a timely manner. Your warm up should include some light jogging and stretching. It is vitally important to warm up the working muscles especially if the weather is cool. A mass warm up will be organised at 11.50am by our experienced trainers Heather, Emelia and Eva.

RUN NUMBERS/BIBS

Please print the following information clearly on the reverse of your run number/bib:

- Name and contact number In Case of Emergency
- Medical Conditions

MEDICAL

Meath Civil Defence be providing medical cover for this run. If you have an on-going medical condition please make yourself known to a member of the team on the morning before the run commences. The medical centre will be located adjacent to the finish line in the village.

WATER

Cups of water will not be provided half way along the route near the 5k point (see map). If you require water before or during the run please bring it with you. Bottles of water will be provided to each participant after you finish the run.

AFTER YOUR RUN

AT THE FINISH

The finish line is beside Dunboyne Sports /Bradys pub. After you cross the finish line please keep moving and follow the instructions of the marshals who will direct you to where you will receive your finishers goodies.

MUSIC, REFRESHMENTS, AWARDS

As soon as you have exited the finish system please go back to Dunboyne Community Centre where traditional Irish music will be played by Margaret Rowan and local musicians from 1.00pm. Our “world famous refreshments” including tea, cakes and sandwiches will also be available at this time.

We expect to present awards to winning individuals and teams from approx. 2.00pm onwards.

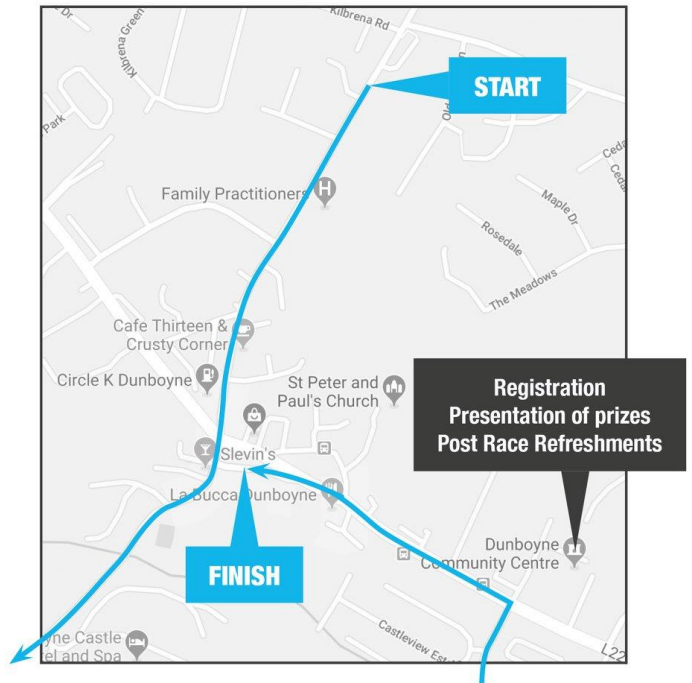
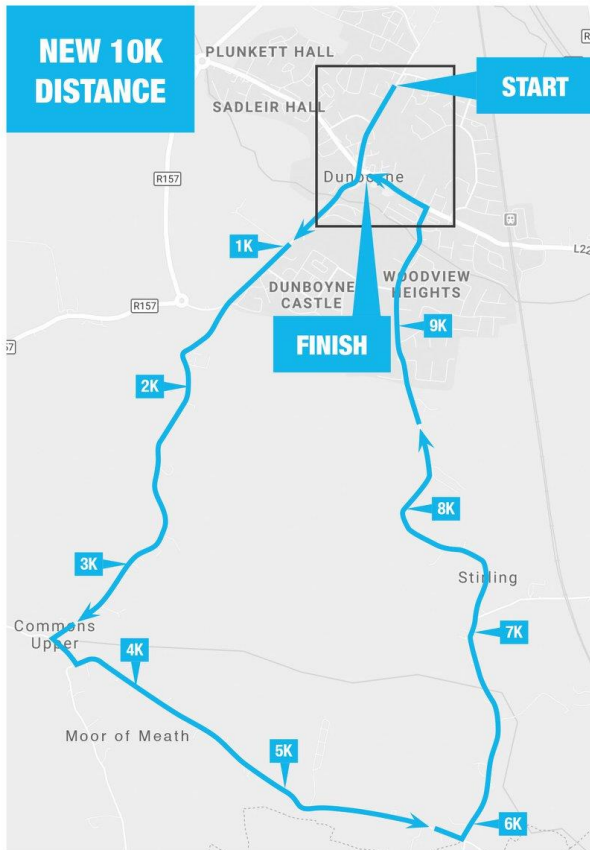
LITTER

Dunboyne Village and surrounding roads are being made available to Dunboyne AC under permission of Meath Co Council. We encourage all participants and spectators to exercise the highest respect for our village and to dispose of any litter by using the facilities provided on the day or by bringing your litter home with you.

Please adopt a “leave no trace” policy when exiting our village.

COURSE MAP

Each KM will be marked. Please note the first KM is slightly uphill. There are also small hills at 5k and 7k. Thankfully its downhill from 9k to the finish line!! Water will be provided near the 5k mark.



THANK YOU

Many thanks to our title sponsor Eirgrid who will have over twenty employees participating. Thanks to our many local sponsors and supporters without whose help this would not be possible.

Thank you to Meath Civil Defence for medical services, Meath Co Council for permission to use roads, Garda Síochána for traffic management, local schools and community centre for use of their facilities.

Thank you to today's race starters Dunboyne AC stalwarts Josephine Murtagh who won this race and her husband Liam who finished second "back in the day".

Thank you to Liam Moggan for MC, MyRunResults, Bear Events and Athletics Ireland for their support in promoting the event.

Many thanks to over 100 Dunboyne AC members who helped with catering, course set up, registration, warm up, road marshalls and clean up. Ní neart go cur le chéile.

2019 Dunboyne 10k Organising Committee

Course Set up- Paul Gorey and Stephen Devlin; Sponsorship- Theresa Smyth; Publicity -John O Malley; Design- Aoiffe Kerrigan; Catering- Michelle Wall and Siobhan Lavin; Race Director- John Holian