



The Great Railway Run 2019

Welcome to the 8th Great Railway Run which set to be our biggest yet (circa 800 runners) and thank you for your entry. This is entirely a charitable event and the main beneficiary of this run is the Carrigaline Lions Youth Centre (the finish location) which was built a few years ago by the Carrigaline Lions Club.

Notices to runners:

The start area for the 25k is at Centre park Rd. The start time is 9.30 a.m.

The 10K start is in the car park in Monkstown at 11 a.m.

We have never started a race more than 2 minutes late and usually exactly on time so for those of you who are training for the marathon and wish to add on some mileage at the beginning this is achievable

Open roads

The route is partially run on roads that remain open to traffic. This is important to be aware of between Monkstown and Shanbally and in Passage. Please ensure for your safety and the safety of others that you do not cross the centre line of the road between Monkstown (15K) and Shanbally (20K) at any stage. In general you should remain on the left side of the road except for the last 2 km where marshals may direct you to the right hand side.

For 25K and 10K runners please note that as you approach Shanbally from Raffeen you will need to remain on the left as you will be proceeding straight through the roundabout, continuing towards Pfizer for <500m and then crossing the main Rd (just after the entrance to Raffeen Creek Pitch and Putt club) around the vehicle in the centre of the road returning to the roundabout where you then go left.

At the grotto in Shanbally you will continue right and come out at Coolmore Cross on the Ringaskiddy to Carrigaline Road. **Please take caution on this road as you approach Coolmore cross downhill as it has been closed for Irish Water works for the past few months so the surface is hard**

compact rather than tarmac and there may be a little loose gravel. The routes will be well signposted and marshalled so don't worry if you are not familiar with the area. There is also a route map on the website www.thegreatrailwayrun.com. Courses have been professionally measured using a Jones counter.

Pre-Registration and number collection:

If you have already registered **you can collect your number the evening before between 4pm and 8pm at Phelan's Midnight pharmacy, Kinsale Road Roundabout** (please do not arrive before 4pm). You can also collect your number at least 30 minutes before the race at the start/registration area.

Late registrations will be accepted between **6pm and 8pm** on the evening before the race at **Phelan's Midnight pharmacy at the Kinsale Road Roundabout** subject to availability of spaces. Please check our website for further information before travelling for late registration as all places may be gone by Saturday. We are strictly limited to 500 runners for each distance.

There will NOT be an option to enter the 25K or 10K distances on the race day.

Please bring along your confirmation of registration or identification.

Pre-registration makes it easier for us all and ensures we can start on time so we appreciate your cooperation.

Buses

Although we intend running an efficient bus service, we encourage runners to organise their own transport where possible. If travelling with others consider leaving one car in Carrigaline and then bringing one to the start. The bus service is free but should be pre-booked when registering online. Times and location of buses to the start are published on the website www.thegreatrailwayrun.com. There will be parking facilities in the circus field (just beside Lidl in Carrigaline). Please read FAQs.

T-Shirts

If you bought a t-shirt this will be supplied at registration. If you do not want it until later simply send it with baggage van to the finish line.

A small number of t-shirts may be available for sale at pre-registration on the Saturday.

Bags: A baggage van will be available at both start lines and your bag should have your race number attached. They will be available for collection at the finish area. Do not leave any valuables in your bag as we do not take responsibility for loss or damage. They will be left in approximate race number order for collection at the finish area.

Water stations:

There will be a five water stations with one water station every 4-5 km for the 25K runners- the first one at Blackrock castle car park and the last one in Shanbally (20K). The Shanbally water station will also service the 10k runners. Approximately 100-200m after each water station there will be a large green skip bag. Please retain and throw your bottles which will be small plastic 250ml bottles into or close to these bags.

No sports drinks are provided so if you feel you need electrolytes you should bring some gels.

Toilets

Ten toilets will be provided at both starts, one at Hop Island for emergencies and there will be 4 x portaloos at the finish area as well as those in the centre.

Race numbers and shoulder stickers

You will be given your race number to put on your front as normal. In addition, you will be given a smaller sign that **you pin on the back of your right shoulder**. This signifies whether you are running 10K or 25K and should be worn as a courtesy to your fellow runners. You will also be given a number for your bag.

No shortcuts!

For 25k runners, note at Blackrock castle the correct route is to proceed along the roadway and not down the steps. Marshalls will be on hand to advise.

Personal audio devices

The use of personal audio devices is prohibited on the public roads for safety reasons.

The start

The 25km run will be a chip-timed start, the 10k will be gun-time. All results are based on gun-time. Each km of the route will be marked with number of km left to go.

The finish

The finish line is now on the main road and therefore clearly visible as you approach the youth centre. You will not be taking a sharp right turn about 20m before the actual finish line as in previous years. Please continue past the finish line for a further 10m to avoid congestion and there will be bananas and water, as well as medals and goodie bags. Please ensure you are given the correct medal for your distance. From there proceed around the back of the youth centre adjacent. There will be massage/therapy outside the youth centre as well as sandwiches, tea/coffee and snacks from our volunteer caterers. Bags will also be collected there also. There will be music and entertainment. A tremendous food selection will be available within the youth centre. Traffic through the centre is one way and for runners only and we encourage everyone to continue outdoors to relieve congestion.

Supporters

If you have family meeting you please let them know the food is there to feed the runners. There will be some balloon making and face painting and kids treats in the vicinity and there is a children's playground across the road. There is no parking in the vicinity, but cars can be parked in the field beside Lidl, the Owenabue car park or on the Cork Road.

Prize-giving

Prizes will be given as soon as results are to hand and to avoid undue delays we will not be waiting for all runners to finish before prizes are announced.

NO Showers

Please note there are NO SHOWER facilities at the youth centre.

Survey

We conduct a survey each year and try to respond to feedback where we can. We are unfortunately unable to remove traffic from the roads or some dog walkers with long leads.

Volunteer marshalls and a medical team will be on hand to assist and do not hesitate to advise them if you need assistance of any kind. Please follow their directions.

And most of all enjoy the views, enjoy the run and have a great day!

Thanks again,

The Great Railway Run Organising Committee