

2018 RACE INFORMATION

3/4 IRISH MARATHON



RACE LOCATION

Our 2018 Irish ¾ Marathon is based in the quiet village of Longwood in south Co Meath. This venue offers great road network access and a super running course with no big climbs

From South & East access is via Enfield (Via M4 or R148) – Go west from Enfield for ~3km on R148 (Direction Kinnegad) & take right turn for Longwood (5km)
Turn left at roundabout entering village and follow signs to parking and race sign on

From West go towards Enfield on R148 from Kinnegad
Take left turn at big white house ~3km after Clonard and follow road to Longwood.
Follow signs to parking and race sign on

From North approach Longwood from Navan / Trim on R160
Go straight at roundabout entering village and follow signs to parking and race sign on

PARKING:-

There will be three race car parks in operation from 7.45am on Sunday morning
All parking will be in grassy fields so allow for wet grass on arrival

- Cars arriving into village with more than one runner will park in the GAA grounds as space permits
- Parking for all single runner cars and late arrivals is ~600m from the GAA Grounds – This is ~5->8 mins walk from the parking area to the race sign on area
- All Cars from Kinnegad / Clonard direction will be parking ~300m from race HQ

PLEASE CARPOOL WHERE POSSIBLE

It is YOUR responsibility to allow sufficient time to get from parking area to the race sign on before 9.30am



REGISTRATION (8:00AM TO 9:30AM, SUNDAY, 7TH OCTOBER)

Race packs with numbers, timing chips, etc will NOT be sent out in advance of the race.
Race registration sign-on and receipt of race tops, etc will take place at Longwood GAA club grounds.

It is important to register as early as possible on the day and you must register in person yourself and MUST HAVE YOUR PHOTOGRAPHIC ID – Everyone Must Sign On Themselves

i.e. No collection of numbers, tops, buffs or “Agree To Waiver” sign-on for friends, clubmates, etc.

We had a “No Problem & Free Of Charge Name Change” policy until 23rd September.
We are now enforcing a strict “No More Entries or Changes” policy as our personalised numbers have been printed, chipped & shipped.
In previous events we have had problems caused by unsanctioned number swapping so this year we will be very strict on it.

If you allow someone else to use your number in this manner then you and they will not be allowed to enter future Irish ¾ Marathon events and they will not get a race result

Whilst we would love to accommodate everyone looking to do the event we feel it is responsible to only allow the numbers we can handle efficiently and respect those that have entered on time
We appreciate your understanding and cooperation with this policy thanks

Race Top & Buffs:

You must collect race tops & buffs immediately after signing on and getting your race number.
No post race collections or collection / signing on for friends, etc

Please take the top size you selected at race entry stage (this is printed on your race number).

We will allow swapping where stocks permit after sign-on closes at 9.30 or after race

Registration Open at 8am & Will CLOSE at 9:30am SHARP

We have secured use of the club changing rooms but space is very limited so please register first and change there or at your vehicle after completing sign-on.

For our 2018 event [The Mobile Locker Room](#) will be in attendance

This is a new and novel business allowing runners the chance to rent a personal locker suitable for a small bag and your valuables which you & friends can access with your unique key as many times as you want.

There is a small charge of €3 which goes to the operator for this service.

Locker booking can be made in advance online at <https://themobilelockerroom.ie/> or on the day on a “First Come First Served “ basis as the number of lockers are limited

For those without vehicle access, we will have a bag drop facility where you will need to label your belongings with your race number but please be aware of likely peak-time delays in this area.

Thanks in anticipation for your cooperation on this

Finishers medals for 2018 event will be given out on finish line

[Last Lap Cafe](#) will be at Race HQ from 8.00am with coffee, tea, cold drinks, snacks and crepes.

[Elite Sports Mobile Recovery](#) will be located upstairs in the clubhouse and please do drop up and try their unique Recovery Boots pre or post race - ALL products are offered to our participants at a discounted price.

Billy Holden will also have a stand showcasing his [Red Ultra Running Glasses](#) beside the clubhouse

CHANGING FACILITIES

Basic changing and shower facilities are provided in the GAA grounds but unfortunately we cannot guarantee hot water for everyone post-race.

Portaloos will be provided for your use before, during and after the event at the GAA Grounds

IRISH $\frac{3}{4}$ MARATHON ROUTE

The Irish $\frac{3}{4}$ Marathon is an anti-clockwise circuit starting and finishing at the GAA grounds in 2018. Race marshals will be at major junctions to direct athletes along the course. Arrow signs will also be at every junction. If marshals have to leave their post you are responsible for following the route markings. There will be indicatory (not certified) distance signs at every mile and km point and a split timing mat is provided at each $\frac{1}{4}$ marathon point.

Race distance is certified as 19.664 or 31.646km.

The course is slightly undulating in parts but has no significant hills and a total climb of ~88m

Race Starts at 10.00am and the course will officially close at 2.30pm

This allows 1hour 30 mins for each $\frac{1}{4}$ marathon section of the course to be completed.

Race signage, marshals and timing equipment will be removed in accordance with this schedule.

The Route is Open To Traffic so Rules of Road Apply Throughout – You Must Take Care At All Times

Please be courteous to other road users & local residents as we need their support for event to continue

ROUTE MAP



FINAL RACE BRIEFING

Race Briefing will take place at 9:40am outside the GAA clubhouse.

After the briefing we will direct people to walk to the race start within the grounds of the GAA Field.

Please do not leave clubhouse area to warm up on the public road unless using the footpaths as we need to keep the public road clear as long as possible.

Race Start will be at 10.00 or whenever permission is give by Gardaí for it to safely occur.

The Race Start will be deliberately narrowed to avoid any bunching before leaving the GAA grounds.

You are requested to show consideration to fellow athletes by starting in accordance with the pace guidance provided by our pacers as detailed below to avoid any need to force your way past others.

The route widens out significantly after leaving the GAA Grounds (After 270m) so please start slowly and be assured there will be lots of opportunity to overtake during the rest of the race.

The event is held on open roads and traffic should be given priority at all time

FIRST AID

Medical Cover will be provided by local Civil Defence for the duration of the race to deal with any emergencies that may occur

Please complete the Medical Information Section on the back of your race number before the event

This is important information that may be needed in an emergency for your benefit so Please Complete!

If you do not complete race, please alert the timing marshal at the finish line so that we can ensure all runners are accounted.

PLEASE Do Not Take Part if you are unwell in the lead up to the race as this may cause serious health issues

RACE REFRESHMENTS

The following water/ refreshment stations are planned:

- Station # 1 after ~ 7km
- Station # 2 after ~14.8km
- Station # 3 after ~ 21.3km
- Station # 4 after ~26.5 km

PLEASE DO NOT THROW CUPS, WATER BOTTLES OR RUBBISH INTO DITCHES.

Please empty and squash all water bottles before putting in bins provided

PLEASE DISPOSE OF ALL RUBBISH IN BINS CLOSE TO REFRESHMENT STATION OR GIVE TO A MARSHAL.

THE CONTINUITY OF THIS EVENT DEPENDS ON YOU NOT LITTERING OUR COUNTRYSIDE

Anyone found to have littered the countryside out with the waste disposal locations will be disqualified

There will be two portable toilets close to each water station.

The following refreshments are planned for the water stations:

- Bottled water (250ml & 500ml) & Water (~150ml) in plastic cups (All Water Stations)
- Fruit segments (WS2, WS3 & WS4)
- Fruit Cake (WS3)
- Sweets (WS3 & WS4)

Please only take one bottle at each water station and use cups if you have a small need for water

At the finish, the following refreshments are planned:

- Water
- Fruit
- Fruit cake
- Biscuits
- Tayto Sambos 😊
- Tea / coffee

Please access the finish line & food in marquee area once only as we must consider needs of others. These catering facilities are for runners only and not for any supporters that may be there with you.

Catering facilities are provided by [Last Lap Cafe](#) in the GAA ground from 7.45 or at Gala & Spar shops Longwood village for all supporters

PACE MAKERS

The Irish $\frac{3}{4}$ Marathon will have pace makers available for those using the race as a marathon prep event. The pacers will run at slower than planned marathon pace to avoid over exertion.

Pacers will be available for those planning on sub-3, sub-3.30 and sub-4 marathons.

The pacers will be clearly identifiable before the race with balloons:

- 3:00 Marathon Prep Pace = 2:22 for $\frac{3}{4}$ Marathon = Approx. 7:15/mile or 4:30/km = **RED** balloons
- 3:30 Marathon Prep Pace = 2:45 for $\frac{3}{4}$ Marathon = Approx. 8:25/mile or 5:15/km = **GREEN** balloons
- 4:00 Marathon Prep Pace = 3:10 for $\frac{3}{4}$ Marathon = Approx. 9:40/mile or 6:00/km = **BLUE** balloons
- 4:30 Marathon Prep race = 3:40 for $\frac{3}{4}$ Marathon = Approx. 10:40/mile or 6:40/km = **Yellow** balloons

Pacers will also have a sticker on their back identifying which pacing category they are targeting.

Note: The stickers and balloons are temporary in nature and are unlikely to last for the full race. We expect runners to get to know their pacing groups within the first few miles.

PRIZES

€2,000 prize fund will be as detailed below:

- 1st Senior Male and Female: €300 + €100 race record bonus + commissioned [Cranmor Pottery](#)
- 2nd Senior Male and Female: €200 + commissioned pottery
- 3rd Senior Male and Female: €100 + commissioned pottery
- Non-Cash Prizes will be awarded in the following categories based on race day age:
 - 1st and 2nd placed male and female in the 40-49 age category
 - 1st and 2nd placed male and female in the 50-59 age category
 - 1st and 2nd placed male and female in the 60+ age category

Prizes in all categories will be based on Gun Time as per athletic event standard practice

RACE RESULTS

Irish $\frac{3}{4}$ Marathon race results will be posted on the official race website: <http://irish3quartermarathon.ie/>

Links to results will also be posted on our Facebook page:

<https://www.facebook.com/irish3quartermarathon/>

RACE PHOTOGRAPHS

Race photographs will be posted on the [Irish ¾ Marathon Facebook Page](#) [Racehub](#) are working with us to make location of your personal photos easier by identification of your race number and matching with your name & e-mail – Another reason not to have unauthorised name swaps!

[Racehub](#) will send a mail before the event requesting that you permit them to tag you in your photos and hopefully you will give this permission and save you searching through our expected 5000+ event photos

All the information you require should be contained in this document and on [FAQ section of Website](#). Please adhere to our No Number Swapping, Refund, Deferral or Entry Request Policy at this stage thanks

We look forward to welcoming you to Longwood on Sunday 7th October for our Irish ¾ Marathon event

