

2019 RACE



INFORMATION **3 / 4 IRISH MARATHON**

RACE LOCATION

Our 2019 Irish $\frac{3}{4}$ Marathon on Sunday 6th October is based in the 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 ~2km 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 4 car parks in operation from 7.45am on Sunday morning

All parking will be in grassy/ stubble fields so allow for wet grass on arrival

- Cars arriving into village with more than one runner will park in the GAA grounds – once GAA grounds is full other cars will park opposite GAA Club in field kindly provided by Keegan Quarries
- Parking for all single runner cars and late arrivals is on Village Green (Kindly provided by Longwood Parish) - This is ~700m from the GAA Grounds / race sign on area
- All Cars from Clonard will park ~300m from race HQ in field kindly provided by the Maguire family

PLEASE CARPOOL WHERE POSSIBLE

Fields are very wet with recent storms and heavy rain so please car pool and use front wheel drive or 4 Wheel Drive vehicles if possible

4 WD vehicles will get access to out new car park directly opposite the Race HQ entrance

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

REGISTRATION (8:00AM TO 9:30AM, SUNDAY, 6TH 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 or “Agree To Waiver” sign-on for friends, clubmates, etc.

We had a “No Problem & Free Of Charge Name Change” policy until 22nd 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 someone not on our entry list is involved in an accident with a 3rd party then our event insurance will not cover the damage they caused to any injured 3rd party/ their property etc

If you allow someone else to use your number in this manner then you and they will not be allowed to enter future Irish 3/4 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



17mm

Race Tees:

You must collect race tee 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

Race “Buttons”:

For 2019 we will be providing reusable Race “Buttons” for securing your race number to your top as shown above- you will be give 4 after collection of your tee – please do not lose these!

These are a new innovation that we are supporting this year and providing in lieu of buffs to reduce the need for pins that are often discarded and can cause damage to feet, tyres, tees, tops, etc

We really hope you like this initiative and will get lots of use out of them in the coming months and years

General:

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 those without vehicle access, we will have a small 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.

We strongly recommend that you keep your belongings in your vehicle and your key on your person

Thanks in anticipation for your cooperation on this

Finishers medals for 2019 event will be given out on finish line to those who complete the full course

[Last Lap Cafe](#) will be at Race HQ from 8.00am with coffee, tea, cold drinks, snacks, etc for you pre race and throughout the day for any supporters you may have with you.

CHANGING FACILITIES

Basic & limited changing and shower facilities are provided in the GAA grounds but unfortunately, we cannot guarantee access nor hot water for everyone post-race due to size restrictions.

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

Men with a “#1” need are asked to use the urinals provided and not the portaloos thanks

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 2019.

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 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

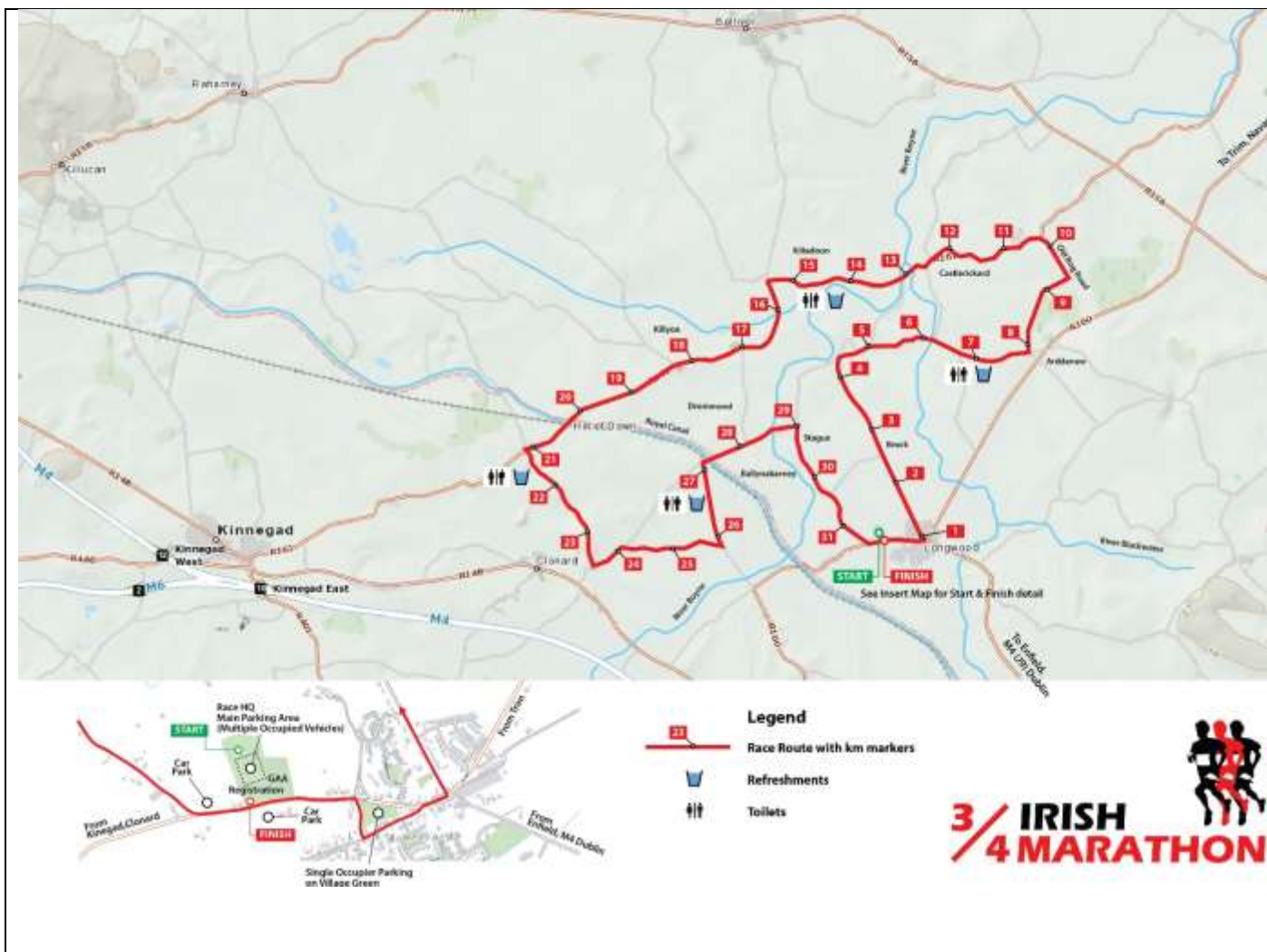
This allows 1hour 30 mins for each $\frac{1}{4}$ marathon section of the course to be completed.

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 9:45am 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 given 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:

- WS1 - Station # 1 after ~ 7km
- WS2 - Station # 2 after ~14.8km
- WS3 - Station # 3 after ~ 21.3km
- WS4 - Station # 4 after ~26.5 km

For 2019 we will not be providing any single use plastic bottle

As agreed by the overwhelming majority of our 2019 entrants in a recent survey, the waste generated by the use of thousands of such bottles for a small water need is no longer acceptable so we are pleased to have your continued support in this initiative

We will instead have cups of water filled and drums of water for self-filling of your own water bottle. This event is designed primarily as a training event for DCM and the loss of a few seconds whilst you refill your bottle at each water station is not going to make or break your day & training plan be assured 😊

PLEASE DO NOT THROW CUPS OR RUBBISH INTO DITCHES.

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 outside the waste disposal locations will be disqualified

Please play your part in this by calling out anyone you see littering the route in any way particularly with gel and bar wrappers!

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

The following refreshments are planned for the water stations:

- Water (~150ml) in cups (All Water Stations) & Refill Drums for own bottles
- Fruit segments (WS2, WS3 & WS4)
- Fruit Cake (WS3)
- Sweets (WS3 & WS4)

Please only take one cup at each water station

Please refill your own bottle from the drums not the filled cups or refill your cup if you have a greater 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 fruit & 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 and there are several pubs also for all runners & supporters' "rehydration" needs 😊

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 5% slower than planned marathon pace to avoid over exertion before DCM

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 Pace = 2:22 for $\frac{3}{4}$ M@105% MP =Approx. 7' 13"/mile or 4' 28"/km = **RED** balloons
- 3:30 Marathon Pace = 2:45 for $\frac{3}{4}$ M@105% MP =Approx. 8' 24"/mile or 5' 13"/km = **GREEN** balloons
- 4:00 Marathon Pace = 3:10 for $\frac{3}{4}$ Marathon = Approx 9' 40"/mile or 6' 00"/km = **BLUE** balloons
- 4:30 Marathon Pace = 3:40 for $\frac{3}{4}$ Marathon = Approx 10'50"/mile or 6' 44"/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

Our prize fund will be as detailed below:

- 1st Senior Male and Female: €300 + €100 course 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/>

Results posted will be considered provisional until any race timing queries have been investigated

Please address any timing queries to info@redtagtiming.com

RACE PHOTOGRAPHS

Race photographs will be posted on the [Irish ¾ Marathon Facebook Page](#) soon after the event
These are provided free of charge so please do tag and share these photos with family and friends

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 6th October for our 2019 Irish ¾ Marathon

