

GAELFORCE HOWTH SUMMIT 10KM 14/10/2017



GAELFORCE HOWTH SUMMIT 10KM

COMPETITOR ESSENTIAL INFO

Welcome to our inaugural Gaelforce Howth Summit 10km event 2017.

****Please note that this is a trail run along very varying terrain, including steep hill, rock and muddy ground.**

The route is difficult and dangerous and care is advised**

Please read all of the information in this document.

REGISTRATION

You cannot do the race without registering. Race numbers will be available on the Killary Gaelforce website from 6pm on Friday 13th October. Please know your race number before coming to registration.

DATE AND TIMES:

Race packs can be collected at registration on the morning of the event - **Saturday 14th October 2017**

Time **09:15am - 10:30am**

Location - Panorama Bar in the Deerpark Golf Club

See location [map here](#)

TRAVEL

We strongly advise you to use public transport to this event.

Howth is well serviced by regular public bus services and the DART.

If you must travel by car please be advised that Sutton Cross is a very busy junction and delays should be expected. Leave plenty of time to reach your destination.

There will be no late registration.

Car parking: Follow marshals instructions at Deerpark Golf Club

Baggage Drop: Available free of charge at Deerpark Golf Club

THE RACE

START LINE

The start line is at Howth Castle (5 min walk from registration)

RACE START TIMES:

Please note that you must be in Wave 1 to win the race overall or a category.

Start time:

WAVE 1 - 11:00am

WAVE 2 - 11:10am

You must be at the start line 15 min before you start for the safety brief from our Race Director.

THE ROUTE

Please note that the route is difficult and dangerous: Exercise care at all times.

Check out the [course route here](#)

There will be a water stop approx half way along the route.

We will have marshals and signage in place to assist you.

CUT OFF TIME: 2.15 hours after start

FINISH LINE

- The finish line is located at the Deerpark Golf Course Howth.
- Competitor food at the finish line will be supplied by John West
- There will also be water and fruit available

You will pick up your finishers t-shirt and goodbag at the finish line.

****Lunch deals available at the Panorama Bar in the Deerpark Golf Club.**

PRIZE GIVING

Time: 13:30pm

Location: Panorama Bar in the Deerpark Golf Club

MEDICAL INFORMATION

If you have a medical condition that we need to be aware of please drop us an email, info@gaelforceevents.com, in advance of the event.

****Read appendix below for event rules.**





GAELFORCE
HOWTH SUMMIT
10KM

GAELFORCE HOWTH SUMMIT 10KM APPENDIX 1

EVENT RULES

For reasons of fairness, safety and responsibility people are expected to abide by the following simple rules. Rules and/or the course may need to be modified in order to deal with unforeseen circumstances at the discretion of the race organisers.

RACE RULES

On entering, competitors agree to a declaration to waive liability, confirm acceptance of the rules & agree to the release of personal images to the media and for event promotion purposes.

International competitors must have the appropriate travel documents, visas & comprehensive medical insurance in place for this event.

We do advise that competitors organise their own personal insurance.

Do not trespass or cut corners – follow the event instructions.

Do not litter. We are very lucky to have access to this stunning route. It is essential that no littering happens anywhere on the

course including at transition areas. Anyone seen to be littering will be disqualified immediately, with no exceptions.

You must be in Wave 1 to be considered for a prize.

Respect the environment & local inhabitants.

Assist any persons who are in difficulty (e.g. injury) as appropriate.

The use of head phones is forbidden as you must be able to hear instructions from Marshals, oncoming traffic, etc.

The Race Director's decision is final

HAVE A GREAT RACE!

**KILLARY GAELFORCE,
LEENANE, CO. GALWAY.**

**E: INFO@GAELFORCEEVENTS.COM
WWW.GAELFORCEEVENTS.COM**



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