



Together We Thrive 11 | 10 | 25



GAELFORCE10K

HOWTH

Starting at Howth Castle and taking on
the summit of Howth Hill gives way
to picturesque views

COMPETITOR IMPORTANT INFO

Welcome to the Gaelforce 10K Howth

The information below covers everything you need to know about participating in this event.

For those whom we may lose with too much detail, the tables below will summarize the info. For those who delight in the detail keep reading!

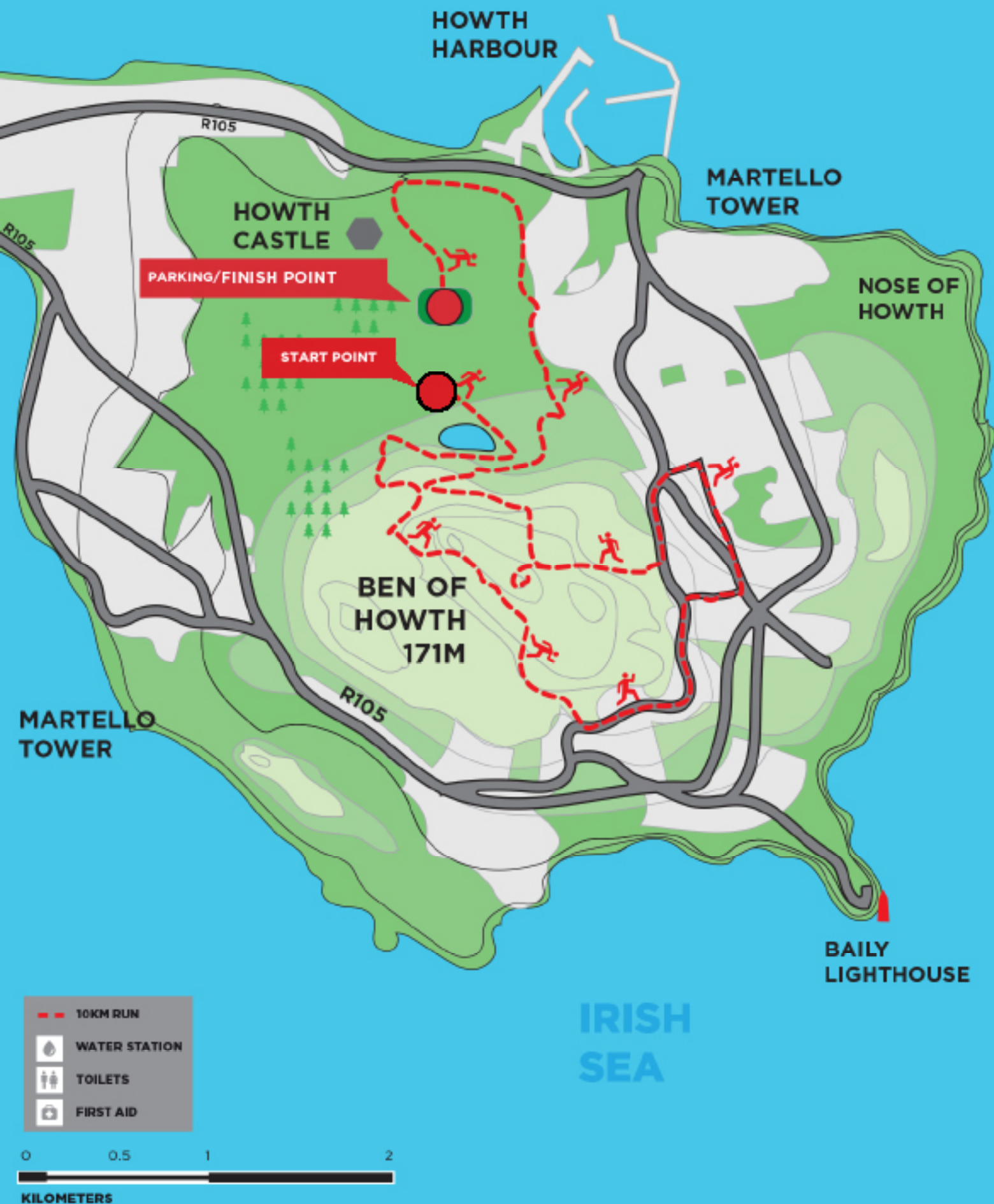
Waves	Arrive at Deer Park Golf Club	Briefing at Start Line	Start Time
1	10:00am	10:50am	11:00am
2	10:15am	11:05am	11:15am
3	10:30am	11:20am	11:30am
4	10:45am	11:35am	11:45am
5	11:00am	11:50am	12:00pm
6 (walkers wave)	11:00am	11:50am	12:00pm

Location start line	Deer Park Golf Club - in the field to the far left of the golf club buildings.
Parking	There is parking for this event, in the field on the left next to the <u>Howth Castle</u> . Parking is limited so please car pool where possible.
Transport	We recommend taking the DART. Start line is only 10 mins walk from Howth DART station.
Registration	<ul style="list-style-type: none"> Registration is by post. Race pack will arrive by 9th October. Race numbers are available on our website & sent by text to your phone on the day before the event. International competitors or race pack didn't arrive - go to information desk at start line 40 mins before your start time. Information desk open from 10am on event day for any queries at the finish line. On-the-day registration is available (€50.00 cash or card - QR Code, payment link).
Cut off	2hrs 30min after the last wave's start time.
Getting ready	No changing facilities are available.
Bag drop	Located at the Information Desk at the finish line.
Prizes	Prize giving at 12:30pm at the finish line. You must be in wave 1 of first start to win a prize.
Spectators	Welcome at the Deer Park Golf Club, but please note that there is limited parking available . Spectators can park in the event parking in the field next to the Howth Castle.
Water	At the 5km point & finish line. You must bring your own vessel.



#TOGETHERWETHRIVE

Safety	Rough uneven, slippery trail, trail runners must be worn
Rules	<ul style="list-style-type: none"> No headphones Anyone found littering will be disqualified By entering, competitors confirm acceptance of the event rules, waive all liability, and consent to the use of their images for social media and marketing. Race Directions decisions are final



HOW TO GET HERE, REGISTRATION AND OTHER INFO

HOW TO GET HERE

Deer Park Golf Club, Howth, Co. Dublin

Eircode: D13 T8K1

BY PUBLIC TRANSPORT

We strongly advise you to use public transport to get to this event. Howth is well serviced by regular public bus services and the DART.

- The start line at Deer Park is only a 10-minute walk from Howth DART Station.
- We advise that you purchase your DART tickets in advance to avoid delay.

Dublin Bus routes serving Howth: **H3, 6**.

BY CAR

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 get here to avoid stress!

PARKING

There is **parking in the field next to the Howth Castle** halfway up the Deer Park Golf Club driveway on your left. Parking is limited so please car pool where possible.

Please arrive 60 minutes before your start time.

START LINE

In the field to the far left of the Deer Park Golf Club buildings which are located at the top end of the driveway.

REGISTRATION

Online registration has closed and your Race Pack will be sent by post to the address you provided as part of your online entry. You must be registered to take part in this event. Please know your **race number, wave** and **start time** when you arrive.

There will be an **information desk** located near the finish line. It is open from **10am for any on-the-day queries and late entries**.

On the day entries will be €50.00 cash or card (via QR code, payment link).

RACE PACKS & NUMBERS

Race Packs are posted out **before the event** takes place. Your Race Pack includes your race number & safety pins. Please attach it securely and make sure it is visible at all times during the event. Your race number contains your automatic timing chip.

If you don't receive your Race Pack in the post, don't worry, you'll be able to pick one up at the information desk near the finish line. If your number doesn't appear online, please come along to our information desk to collect it on Event Day.

International competitors – please collect your Race Pack at our information desk on Event Day.

RECOMMENDED KIT

- Comfortable trail running shoes.
- Water bottle for refilling at water stations. No water bottles are available along the route.
- Light rain/windproof jacket if weather dictates.

BAG & KEY DROP

There is a bag & key drop area at the information desk near the finish line. **Please bring an envelope to put your car keys in and write your name, your race number and your car registration on the envelope.** Do not leave anything else at the key drop area.

All items are left at your own risk. We are not responsible for lost items.

Bag drop closes at **15:00pm** sharp.

WATER STOPS

There will be a water stop approximately halfway along the route. **You will need to bring your own water bottle/container.** To protect the local environment, **we do not give out water bottles or cups** during this event.

THESE ARE NO
ORDINARY 10KM
THESE ARE WAY BETTER

#TOGETHERWETHRIVE



GAELFORCE
POWERED BY KILLARY



GAELFORCE 10K
TRAIL RUN TRILOGY
BRAY | HOWTH | WICKLOW

**LAST CHANCE
TO GET A FREE HOODIE**



GAELFORCE
POWERED BY KILLARY
WWW.GAELFORCEEVENTS.COM

Sign Up

For Gaelforce 10K Wicklow to complete the Trilogy

FINISH LINE AND OTHER INFO

FINISH LINE

The finish line is located in the field next to Howth Castle, half way up the Deer Park Golf Club driveway on the left. You can pick up your finishing goodies with refreshments, medal and shirt at the information desk after passing the finish line. There will be water, fruit, tea, coffee & flapjacks, as well as music and a MC.

We will also have donation buckets in aid of our charity partner Jigsaw. 100% of your donation goes to this great charity.

PRIZES

Prize giving takes place at **12:30pm** at the finish line. If you are a prize winner and can't make it to prize giving, please arrange for someone to pick your prize up for you.

You must compete in **Wave 1 of first start** to be eligible to win a prize.

JIGSAW

We are proud to work with Jigsaw, our exclusive Charity Partner. Jigsaw provides free, confidential mental health supports for young people aged 12 to 25 in communities around Ireland. Support them at your next Gaelforce event.

www.jigsaw.ie

TOILETS

There are toilet facilities at the finish line only.

SPECTATORS

Spectators are welcome at the Deer Park Golf Club but please note that **parking is limited**.

You will need to park in the field next to the Howth Castle that is located halfway up the Deer Park Golf Club driveway on the left.

RESULTS & EVENT PHOTOS

Event results will be available on our website the day after the event.

Photos of the event will be posted on our Facebook page the Tuesday after the event.



Rewild Yourself

Scenic east coast trail runs within easy reach of Dublin city.

www.gaelforceevents.com

SAFETY, RESULTS AND THE RULES

SAFETY

This trail run route **can be difficult and dangerous in places. Exercise care at all times.** There are marshals and signage in place along the route for your safety.

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

You are responsible for your own safety. We advise that competitors organize their own personal insurance.

To report an accident or incident on race day CALL **+353 87 3144 647. Please enter this number into your phone before you arrive at the start line.**

Please do not attend this event if you have Covid-like symptoms.

GAELFORCE EVENTS
Leenane, Co. Galway, Ireland, H91 PY61.
info@gaelforceevents.com

www.gaelforceevents.com

THE RULES

For reasons of fairness, safety and responsibility, all competitors are expected to abide by our Event Rules. We ask all competitors to:

Follow all event rules, instructions & signage.

Do not wear headphones. You will need to be able to hear what is happening around you.

Respect the environment & local inhabitants.

We are very lucky to have access to these stunning routes.

Do not litter anywhere on the route. You will be disqualified immediately with no exceptions.

Respect & help your fellow competitors. You are all in this together.

Listen to our marshals. They are there for your safety.

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.

The Race Director's decisions are final.

Rules may be modified to deal with unforeseen circumstances, at the discretion of the race organiser.

HAVE A GREAT RACE!

