



MURRAY & SON COACHES

DROGHEDA EASTER 5KM TIMETABLE

9.00 am

Number collection opens at Moneymore Childcare

10.45 am

Runners assemble for 5km at start (see map)

10.55 am

Introduce starters

11.00 am

5km race starts

11.30 am

Race refreshments (tea, coffee, sandwiches, cake)

12 pm

Individual Prize winners, Moneymore Childcare

KEY NOTES

- Get to the start line on time
- Parking is limited at Drogheda Institute of further Education and this carpark only opens at 9.30am, overflow car park at the Crosslanes is open from early morning and is free also.

PARKING

There is a free car parking available at

- Drogheda Institute of Further Education from 9.30am
- Crosslanes Car Park from 8am

RUN BIB NUMBER COLLECTION

Number & T shirt collection will be available on Saturday 4th April from 11.00am-2.00pm at Moneymore Childcare. If you cannot make that day we will also have a number & T shirt collection from 9.00-10.30am on the morning of the race at Moneymore Childcare.

All numbers have been sent and you should receive them before race day if you opted for the postal option.

In the event you don't receive your posted race number, you can collect a replacement on race morning and your original number will be deleted.

Please do not give your number to another person as results will be affected (male wearing female number, age cats and teams also affected).

TOILETS

Toilets will be located near the start line and at the finish at Moneymore Childcare and additional Portaloo's on site this year also.

BAGGAGE

There will be **NO** baggage storage option available on the morning so please leave all personal belongings in your car.

ASSEMBLY /START

The race start and assembly area is beside Moneymore Childcare, on Roaches Lane, A92 D267. The route will be well sign posted. The assembly area will be divided into sections as follows:

1. RUNNERS
2. JOGGERS
3. JOGGERS/WALKERS
4. WALKERS/BUGGIES

PLEASE ENSURE THAT YOU ENTER THE START AREA IN THE ASSEMBLY ZONE WHICH CORRESPONDS BEST TO YOUR FITNESS LEVEL.

BEFORE YOUR RUN

WARM-UP

It is recommended that you commence your individual warm up approx. 30 minutes before the start time. This is to allow time for access to the toilets and to get to the race assembly zone in a timely manner. Your warmup should include some light jogging and stretching. It is vitally important to warm up the working muscles especially if the weather is cool.

Short fun warm-up will be provided from 10:15am-10:30am on the day by Ashling from @ashkickinfitness.

MEDICAL

St Johns Ambulance will be providing medical cover for this run. If you have an on-going medical condition, please make yourself known to a member of the team on the morning before the run commences. The medical centre will be located at the start/finish line at Moneymore Childcare.

WATER

We will have a water station at the finish line of the 5km race. Please ensure the bottle is returned to one of the recycling collection bins afterwards.

AT THE FINISH

The finish line is at Moneymore Childcare. After you cross the finish line please keep moving and follow the instructions of the marshals who will direct you to where you will receive your finisher's refreshments.

REFRESHMENTS, AWARDS

Please help yourself to water, protein milk and fruit after you cross the line at Moneymore Childcare. Our catering team will be on hand to provide post-race refreshments, with tea, coffee, sandwiches & cake on offer.

Individual Prize winners of Men's and Women races will be presented at 12 o'clock.

LITTER

We encourage all participants and spectators to exercise the highest respect for our area and to dispose of any litter by using the facilities provided on the day or by bringing your litter home with you.

Please adopt a "leave no trace" policy when exiting Moneymore Childcare.

THANK YOU

Many thanks to our title sponsor: **Murray & Son Coaches.**

Thanks to our many local sponsors, local councillors & supporters without whose help this would not be possible.

Thank you to St. Johns Ambulance for medical services, Louth County Council for permission to use roads, Garda Siochana for traffic management and Moneymore Childcare for use of their facilities.

Thank you to local Loving Life Choir, DJ Darren Boyle, Ashling O'Rielly from @Ashkickinfitness, for their support on the event.

To MyRunResults for their support in promoting the event.

Thanks to Drogheda Institute for Further Education & Crosslanes Car Park for use of Car Parking facilities.

Special Thank You to Catherine Tiernan Bell for her positivity, guidance & support throughout our fundraising campaign to get to race day.

Many thanks to over 100 volunteers who helped with course set up, registration, road marshals and clean up.

THE ROUTE

MURRAY & SON COACHES DROGHEDA EASTER 5KM



