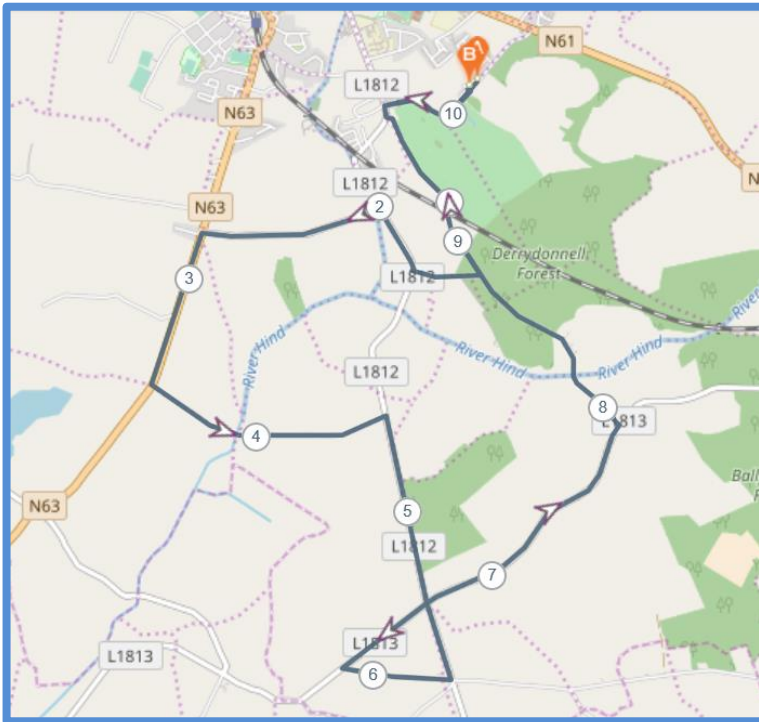




Race Start : 11:30AM

- Race Headquarters, Registration, T-Shirt pick up:
 - Hannon's Hotel, Athlone Road, Roscommon
- Car Parking:
 - Limited Car Parking at Hotel, parking on approach roads
- On-line Registrations:
 - Please note online Registrations closes at 12:00on Friday 1st July
 - No Registration on the day
- Number Collection:
 - Numbers for Postal entries will be sent out week of race, T-Shirt + non-postal numbers collection 9-7pm Friday evening and 9am to 11am on Sat 2nd July
- Toilets:
 - Adequate toilet facilities in Hotel and Portaloos+ Urinals in Carpark
- Safety:
 - Roads are open – follow marshal instructions at all times
 - Race safety announcement at start line @ 11:25am
- Water stations
 - 3 Water stations on the route – 2.5 miles, 5 miles and 7.5 miles
- Prizes:
 - Male and Female: 1st €250 + Trophy, 2nd €150 + Trophy, 3rd €100 + Trophy
 - Age Categories: 1st O40, O50, O60 male and female
 - Team Prize – 1st Overall Team
 - Course Record: €500 Male + Female
- Post race:
 - Refreshment and Prize giving in Hannon's Hotel

Course Map:



Course Elevation:

