

Bundoran 10

Race Brief for competitors

Welcome to the inaugural Bundoran 10! We are delighted to have you with us for the event! Here is what you need to know ahead of the event and also for race day!

Route Map:



Race Numbers:

All race numbers and ordered t-shirts have been posted to the address provided at time of registration. Every effort has been made to ensure timely arrival of your pack. However, in the unlikely event that your number has not arrived, do not worry as you can collect a replacement at our collection point and your original number will be deleted. Please do not give your number to another person as results will be effected (male wearing female number, age cats and teams also effected and not insured).

Raceday Entry:

There will be raceday entry available for €42.50 at the collection point at the allocated times below. This entry will include a limited edition race t-shirt. Cash only on the day – there are no credit card or electronic payment facilities. Additional shirts may be purchased (subject to availability) for €12.50.

Queries:

All queries should be directed to the collection point at the times below, no changes can be made via social media messaging to ensure the quality of the entrant database for the results

Collection Point:

The collection point will be Bundoran Tourist Office – [directions here](#). It will be open on Friday 4th March from 7:00pm-8:30pm and on Saturday 5th March from 09:15am-10:15am ONLY.

Check that you're registered details are correct:

https://www.njuko.net/bundoran_10/check-registration

Race Times:

10 mile walk - Those taking part in the 10 mile walk should assemble in the car park in front of the Allingham Arms known as the West End Car Park no later than 09:45am on the day to set off at 10am sharp.

10 mile run - Those taking part in the 10 mile run should assemble in the car park in front of the Allingham Arms known as the West End Car Park no later than 10:30am on the day to set off at 11am sharp. We would ask entrants to access the start of the run from this car park and via the pathway at the side of American House to ensure social distancing at the start of the race. We would ask entrants to use their own judgment in terms of positioning at the start line with faster runners to the front. Please note you must pass under the start line gantry to activate your chip time.

Please follow the instructions of the stewards and Gardai at all times.

Toilets:

Toilets will be available beside the Tourist Office at the Bridge (200m from start line). These will be signposted on the day. Toilets will also be available at the finish line in the Salty Shell Café facility. Toilet facilities will be available at Tullaghan Community Centre at the 4 mile point. We would ask entrants not to use the toilet facilities in hotels as these are for residents only.

Car Parking:

Ample car parking is available at the West End Car Park (below the Allingham Arms Hotel – start line) and also at Main Beach Car Park – finish line. Please note that there are no parking charges in operation at this time in Bundoran.

Water Stations

There are 3 water stations:

- 1 – 4 mile point - Tullaghan Community Centre
- 2 – 7 mile point - under bypass bridge on N15
- 3 – Finish pen

We are using Tetra Top sustainable water brands to give hydration and an eco-friendly alternative to bottled water. We would encourage entrants to use bins provided if possible which can be found 100m past the water stations.

Medical emergencies:

Order of Malta and a number of medical personnel will be along the route throughout the event and in radio communication for rapid dispatch to any incidents.

Medals:

Each participant will receive a medal and this will be handed to them after they cross the finish line. After you have completed the race please follow the steward's instructions, slowly and carefully moving through the finish area.

Go the extra mile for Grace:

In memory of the late Grace Gilliland who took part in our previous events, we are encouraging participants to go the extra mile e.g. running or walking in fancy dress or whatever creative notion you would like to take. We will present a certificate to those who go the extra mile on the day. There is no pressure to do this of course – it's only if you want!

Prize Presentations:

Prize presentations will take place directly after each category is finalised and will take place close to the finish line. There will be prizes for the first 5 men and women, plus the top 3 in the following categories W40+, W50+, W60+, M40+, M50+ and M60+

Covid Protocols:

Any covid protocols in place from the Irish government at the time of the event will be observed.

Updates:

This will be the final communication from the organisers through the registration company. Any subsequent notifications of importance and updates will be relayed via our social media channels:

Facebook – www.facebook.com/bundoran10

Instagram – www.instagram.com/bundoran10

Results:

Provisional live results will be available at

https://www.myrunresults.com/events/the_bundoran_10_race/4249/results

We wish you a successful event and the best of luck!

The Bundoran 10 Team.