

LAKERS Roundwood Reservoir 10km Run
Saturday 10th September

Run Details

PARKING

- PARKING is available at the back of the Roundwood Inn. This is accessed through a gate just a few meters up the Lough Dann Road on the right hand side. It is directly opposite the National School in Roundwood.
- There is **on street parking in Roundwood** and up at the **Upper Vartry Car Park**. We are hoping to secure more parking for the run and will keep you up to date
- There will be **NO PARKING available at the Parish Hall**

REGISTRATION

- Registration/ Check in opens at **8.30am and closes at 10.00 am**. **You must check in to receive your race number**
- All runners must adhere to Covid-19 safety guidelines, use our hand sanitizing stations and follow the signs to allow for adequate and safe distancing.
- **Registration will take place at Roundwood Parish Hall, located on Main Street Across From the Church. Please follow the one way route through the parish hall at registration. There is a path from here to the starting point. At registration :**
 1. You will be asked if you have signed your Pre-race Covid Health Form online/ if you haven't you will be given one to fill out before the race.
 2. We will check your details and confirm you are present for the Run
 3. You will be given your race number for timing and you can pick up your tshirt if you have purchased one
- **The Race starts at 10.30 am sharp. We will be staggering runners start times to ensure safe distancing - there will be 3 categories. You will be told your race time at check in.**
 1. Experienced Runners – Start time 10.30
 2. Average Runners Groups – Start Time 10.35 & 10.40
 3. Beginners - & Walkers – Start Time 10.45/10.50

ROUTE

- The route is around the reservoir and is mostly trail with some uneven terrain, there is only approx. 1km on the road (3km-4km). The course is flat apart from 1 set of steps and a slight incline after steps.
- No special shoes required – runners are fine for this route, wear ones you don't mind getting dirty as it's a little mucky in places at the moment thanks to the Irish weather!



TIMING

- The Run will be chip timed for runners

REFRESHMENTS

- Water Station at Finish Line

TOILETS

- Toilets available at the Parish Hall. Please follow all guidelines and signage to ensure distancing.

PERSONAL BELONGINGS

- There will be a very limited area marked to leave your belongings in the Parish Hall, however, this is at your own risk. Please leave your belongings in the boxes/areas provided to ensure health and safety guidelines for Covid -19. We ask wherever possible that you leave your belongings with a friend or family member or in your car.

PRIZE GIVING

- BBQ and refreshments at Parish Hall post-race, this BBQ will have little seating outside, so will be in the majority a take away Burger/Tea/Coffee - Where space is available we will ask people to remain in their pods to allow adequate spacing. Signs and markings will guide you to collect your food.
- Prizes for first and second place will be announced on the day in the Parish Hall Car park , but as we cannot wait for crowds to gather, winners and Race times will also be emailed to you as soon as they are available.

Direction of Route -Yellow arrows

X's = Marshalled Areas

Route - Red line

Route on Road - blue line Please follow marshals and arrows