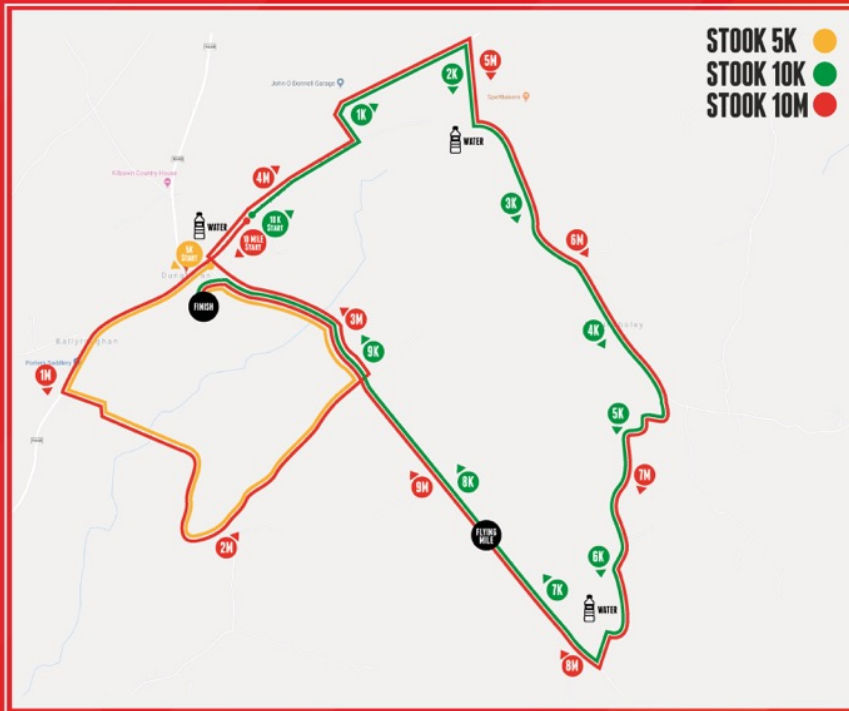




STOOK ROUTE MAP

REGISTRATION AND NUMBER PICK UP
10AM - 11:30AM



STOOK 5K
STOOK 10K
STOOK 10M



START TIMES

10 MILE - 12:00

10K - 12:10

5K - 12:20



Welcome

Dear participant,

We are delighted that you have entered the 8th running of the Stook Road Races, and we look forward to welcoming you to the village of Dungarvan in Gowran Parish on Sunday the 17th of November at 12pm.

This event is our fundraising event for the year, and is an important part of our club's growth over the last few years. Our membership now stands at just shy of 300, and is predominantly juvenile. We advocate a strong participation and fun ethos, and our passion is to bring the joy of athletics and fitness to as many kids and adults as we can.

In order to achieve this we offer affordable membership, invest in appropriate equipment, ensure that race entry fees are not a burden, and continue to develop a team of coaches who can provide the best of technical expertise in a supportive environment to our members.

We have never shied away from trying new things, for example the flying mile. This year we are delighted to introduce the new Stook 10K RACE, which sits perfectly between the Stook Dash and Stook 10 Mile. The 10 mile and the 10km races share a startline.

- Water will be provided in reusable cups at the water stations
- Coffee and Tea after the race will be provided in recyclable cups
- We will offer separate waste streams for recyclable, food and general waste for you to dispose of your waste
- We have eliminated as much print material as possible

So, thanks again for your support, we hope you have a fantastic day – and please provide us with any feedback you may have after the race.

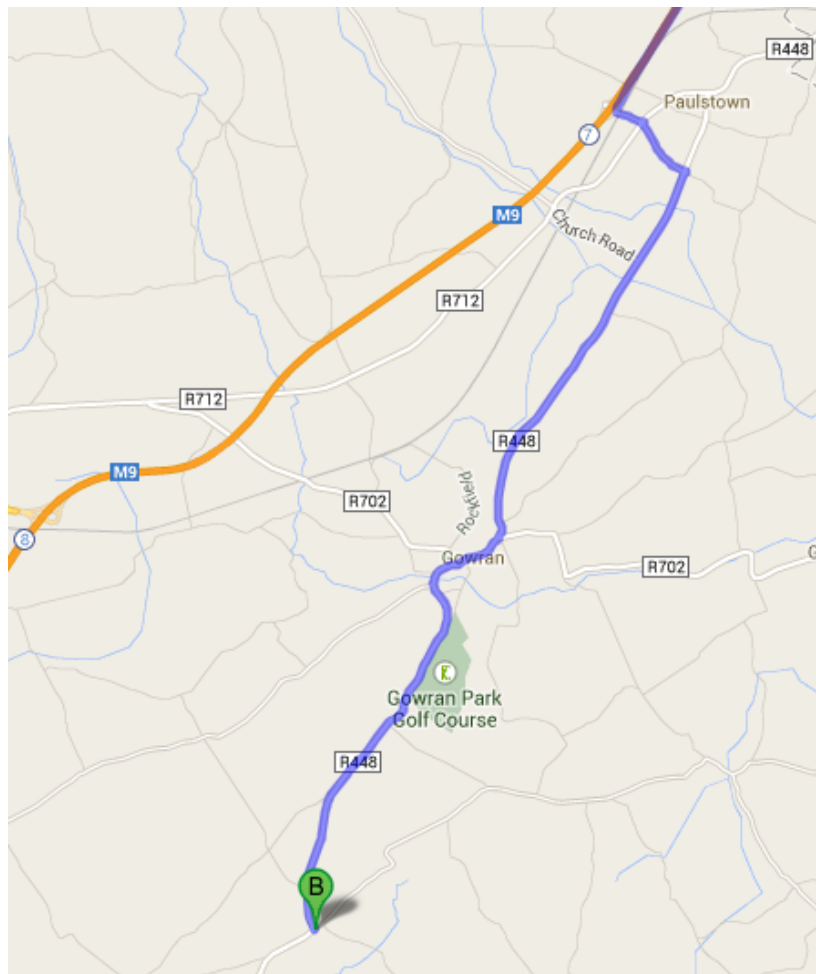
Stook 10 Mile Committee

Getting to Stook

Stook takes place in Dungarvan Village, Kilkenny, this is a few km from Gowran Village.

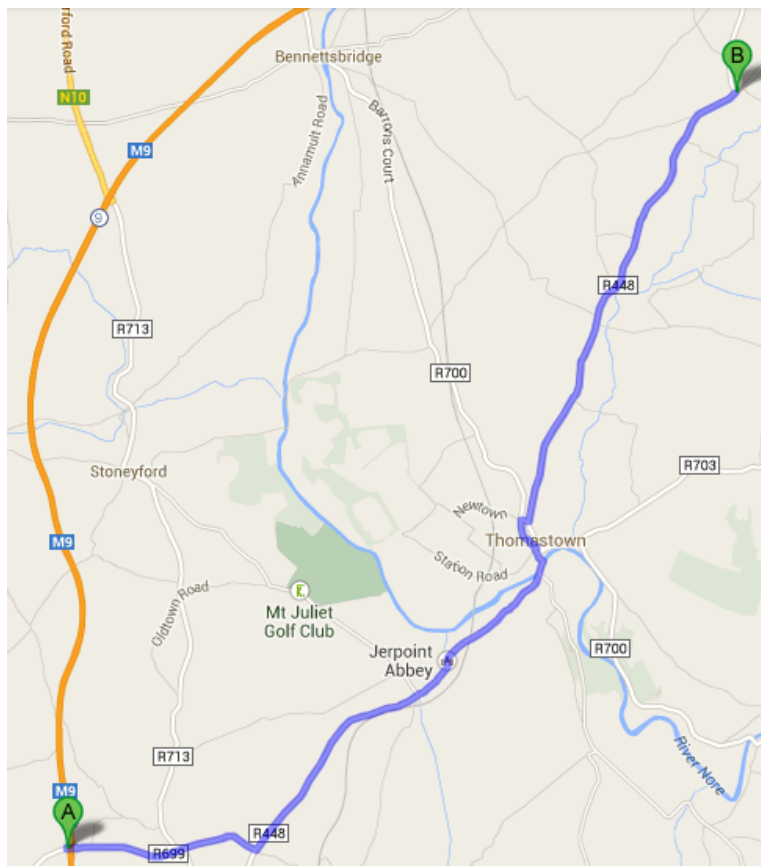
From the North

- Take the M9 South towards Waterford/Kilkenny and exit at Junction 7 – Paulstown/Gowran
- Take a left at the exit roundabout
- Proceed straight on at roundabout
- Take 3rd exit on next roundabout towards Gowran
- Follow road through Gowran village and continue on towards Dungarvan, you will pass Gowran Racecourse on your left.
- Continue on for approx. 3 miles until you arrive at Dungarvan where stewards will direct you to the parking area.



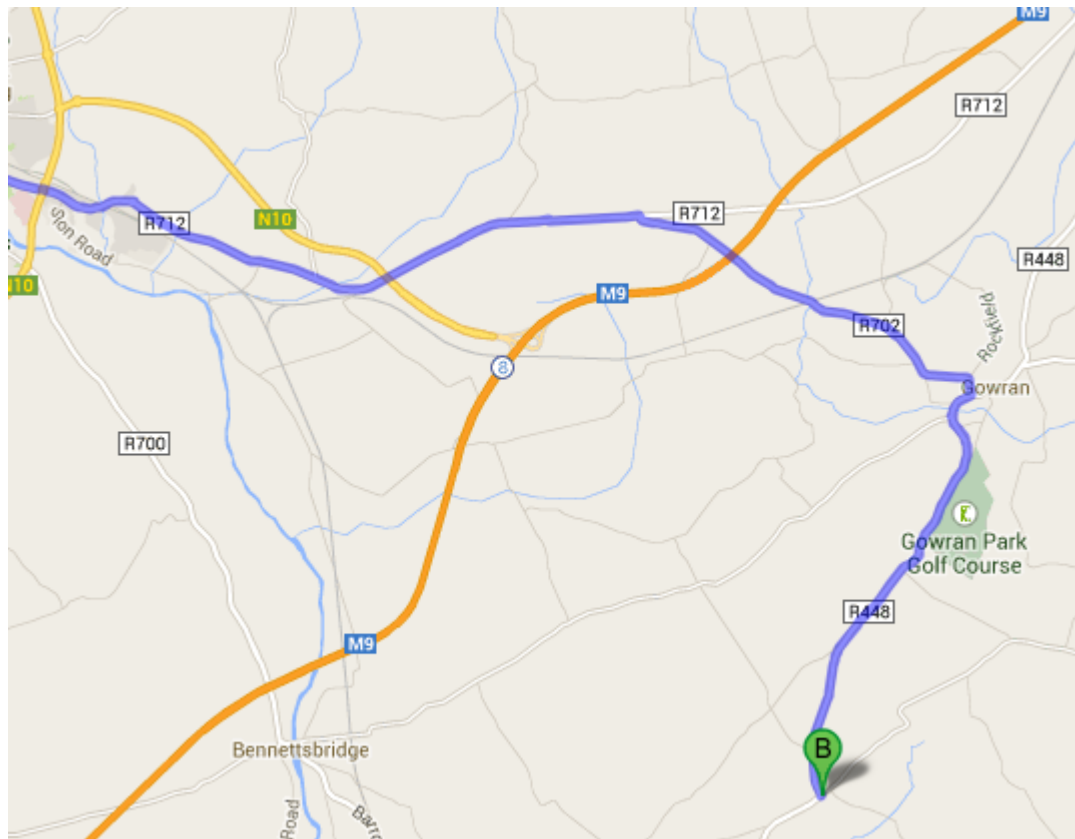
From the South

- Take the M9 North towards Dublin and exit at Junction 10 – Knocktopher
- Take a right at the exit roundabout
- Proceed straight on at next roundabout after motorway bridge.
- Take a left on R448 towards Thomastown, you will pass Jerpoint Abbey
- On arrival into Thomastown, Take a right at the “T” Junction on Market Street following signposts for Dublin N9.
- Take next left for Dublin N9
- Follow the road, taking a right at the mini roundabout directly after a petrol following directions for N9 –All Other Routes
- Take a left at the next roundabout following signposts for N9 – Dublin
- Continue on this road until you arrive into Dungarvan (approx. 6 miles) where stewards will direct you to the parking area.



From Kilkenny

- Take the Old Dublin Road from Junction 6 on the Kilkenny Ring Road towards Paulstown /Carlow
- Follow road for approx 5 miles before taking a right towards Gowran on R702
- Pass over Motorway and Railway line before arriving into Gowran village
- Take a right at the “T” junction
- Follow road out of Gowran passing Gowran Race Course on your left.
- Continue on for approx 3 miles until you arrive at Dungarvan where stewards will direct you to the parking area.



Parking

There is free parking for all participants on the Kilkenny side of Dungarvan village, about 200m from the Registration Hall. Please follow the directions of the stewards for parking when you arrive in Dungarvan. **Please do not park on the roadside anywhere.**

#STOOK GOES GREEN

Why not car pool to get to the race and reduce your carbon emissions and fuel costs?

Registration

Registration takes place in Dungarvan Hall, next to the church in the village. Once parked you will be directed to the hall by stewards. Please follow these instructions at all times.

Registration for on the day entries and Race Number Pick-up for those already registered will be open from 10:00AM to 11:30AM on Sunday morning. **We would encourage people to be in the hall by 10:50AM** at the latest to ensure registration on time as large crowds are expected. Registration and Pick-up will close at 11:30AM sharp! The races will not be delayed for latecomers. It is in your own interest to be early; leave plenty of time for parking.

Chip Timing

We are delighted to welcome MYRUNRESULTS as our race timing partners for 2019.

10 MILE – All participants will receive a timing chip on their race number. We'll provide safety pins for attaching to the **FRONT** of your t-shirt. Remember, this is not a triathlon ☺ - so no need to pin your number to your back or write your number on your leg!

NEW 10K – All participants will receive a timing chip on their race number. We'll provide safety pins for attaching to the **FRONT** of your t-shirt. Remember, this is not a triathlon ☺ - so no need to pin your number to your back or write your number on your leg!

5KM DASH – Adult participants (16+) will receive a timing chip on their race number. We'll provide safety pins for attaching to the **FRONT** of your t-shirt.

For juveniles (15 years old and younger) this is a fun run – therefore they cannot receive a timing chip – there will be a clock on the finish gantry for them to note their time. If a juvenile aged 15 – 17 would prefer to run without a chip, they can avail of the children's rate.

Bag Drop

There will be a Bag Drop area inside the hall and will be clearly marked. Bags can be left here at your own risk and the Stook Committee will take no responsibility on the personal items left here.

Toilets

There will be Portaloo toilets behind Dungarvan Hall for use by participants. Please do not use the toilets in the hall – as they will block - which isn't nice for anyone.

Race Briefing

Race briefing will take place at each start line 5 minutes before the off. Please ensure you are present for the race briefing. We will talk you through and information you need and any pre-race instructions. The 5km Dash participants will be asked to make their way to the Dash Starting area at the junction to the east of the Hall.

Race Start

The 10 MILE race starts at 12PM. This year to accommodate a restructured finish the start line is 400m from the hall and will be clearly marked.

The NEW 10 K race starts at 12:10 PM. This shares a startline with the 10 mile, please assemble beyond the 10 mile start line.

The 5KM FUN RUN/DASH starts shortly after at approx. 12:20PM – the 5km race start is in the middle of the village. Please allow faster runners to the front to avoid danger of collision.

Water Stations

There will be 3 Water Stations; 1 at 3.5 miles, 1 at 5.5 miles and 1 at 8 miles (at the rave for the brave) for the 10 mile race.

#STOOK GOES GREEN

We're not using single use plastic bottles at our waterstations – instead water will provided in refillable cups. Thanks to Kilkenny County Council for their support. These cups must be returned!

There will be cups of water and juice available at the 5km Dash finish. If you are bringing your own bottle – please place it in the recycled bins.

If using Gels – please do not throw the empty wrappers or any rubbish away, our volunteers at the water stations will happily take it from you.

Road Safety

The roads will not be closed for the race, except for the start. There will be a steward at every junction so please follow their instructions. There will also be arrows on the road and signs at the major junctions.

All runners must keep to the left of the roads – especially on the main road out of Dungarvan village at the start. This is critical to the safe running of the event.

For you own safety please be aware of your surroundings and nearby traffic. Therefore it is not recommended to wear headphones.

Other Safety

Our race takes place in November and runs the risk of bad weather. The race will go ahead hail, rain or shine. HOWEVER, if there is ice on the route that could potentially be hazardous, the race committee reserves the right to take out the flying mile, amend the route or in worst case scenario cancel the race. Any decision will be communicated to you directly, and of course, will only happen where there is a risk of incident or injury.

Route Maps

The three races are color coded on the map below.

5km | **10 Km** | **10 Mile**

It looks more complicated than it is! The overall route is made up of a small loop and a large loop. The 5k is one small loop starting in the village centre. The 10 KM is one large loop starting 300m from the village centre / registration hall, and finally the 10 Mile is one small loop plus one large loop from the same start line as the 10km.



Stook Hill for 10 mile and 10k runners

Stook Hill is approximately 2 miles in length, it is never too steep but it is relentless other than two welcome short flat sections around 7 mile mark. For the 10 milers the route is undulating for the first 6 miles before the climb of Stook hill from 6-8 miles. For those doing the 10Km the route is pretty flat / downhill until the start of the hill at 3kms, topping out at 7kms. The remaining two miles are downhill and fast leading to a great finish. It is advised to start conservatively and save something for Stook hill, for the last two miles you can use all the energy you have left as the hill almost carries you down to the finish!

One finish for all

The three races all share a finish line on the grassy area behind the hall. When you arrive back to Dungarvan village the finish is just beyond the gate to the parish hall.

When you cross the finish line you will receive your cowbell (10 mile or 10k) or Medal (5k)!. Please keep moving to keep the finish area clear and enjoy the refreshments kindly provided by the Gowran AC community.

Prizes 10 mile

Prizes will be presented shortly after the prize winner(s) cross the finish line.

Winners Prizes (Male & Female)

1st €150, 2nd €100, 3rd €50

Category Prizes

M40, M45, M50, M55, M60, M65

F40, F45, F50, F55, F60, F65 will receive €25 each

Kealy Perpetual Shield

Team prize for athletic club teams only, aggregate position 2 men + 2 women €100 plus perpetual shield

Fastest Flying Mile Man and women with fastest flying mile time who do not win a main (non-category) prize will receive €100

Raffle There will be a raffle for a wide range of spot prizes

Prizes 10k

Prizes will be presented shortly after the prize winner(s) cross the finish line.

Winners Prizes (Male & Female)

1st €150, 2nd €100, 3rd €50

Prizes 5k

The 5k is a fun run, there are no cash prizes. All participants will receive a finishers medal, the top 3 men and women will receive a special Gowran AC medal.

Refreshments

Thanks to the kind locals, members of Gowran AC there will be tea and an assortment of sandwiches and cakes provided immediately after the race. We kindly thank the above volunteers for giving their time and effort to make this possible.

#STOOK GOES GREEN

Please place use the appropriate bin for any waste that you

have, we'll have separate bins for Food Waste; Dry Recyclables and General Waste

Best of Luck!

We look forward to giving you a warm welcome in Dungarvan this Sunday and hope you have a great and enjoyable race!

The Stook 10 Organising Committee