

Tullamore Harriers Quinlan Cup Half Marathon

Thank you for registering for the Tullamore Harriers Quinlan Cup Half Marathon. Below is some information to help you make the most of the event.

What time does the race start?

The race will start at 11am sharp with runners escorted to the start line (just outside the stadium grounds) at 10.45am.

Where does the race start and finish?

The race starts on Charleville Road, just outside the Tullamore Harriers club grounds and finishes in the Tullamore Harriers stadium with a lap of the track. For relay teams, those running the first leg will start as above while those running the second leg will be bused to the half-way point for the change over.

Bus will leave at 10:45am. Relay runners having completed the first leg will be bused back to the stadium. Please note that relay runners must run one leg of the half marathon only.

Route Map

Where do I collect my race number and t-shirt?

Unless you have already paid to have it posted, Race numbers can be collected at registration in the Harriers clubhouse on the morning of the race from 9am. T-shirts can be collected here too. You can also sign-in the previous evening from 6.30pm-8pm. Eircode:

R35 CK22

Will I get a medal?

Yes – everyone who crosses the finish line will receive a special Quinlan Cup Half Marathon finishers medal. Each of the Relay Team Members will get a medal – runner 1 will receive it at the handover point in the relay and the 2nd runner will receive their medal in the stadium.

Is there a cut off time?

Yes. There is a cut off time of 3 hours. This is for health & safety reasons and to be fair to the marshals! The race begins at 11am and the course will close at 2pm. This means that the roads will re-open and there will be no marshals or water stations on the course after this time.

How old do I must be to take part?

All entrants must be 18 years of age or older for both the Half Marathon and Relay.

Can I walk the half marathon?

Anyone wishing to walk rather than run can do so but you should make yourself known to the race official. Walkers are to begin at the earlier time of 9.45am so that they will be able to complete the route while the course is still open. The start time and race numbers of the walkers will be noted and your time will be recorded on the official results. Walkers should note that the water stations and marshals will not be in place at that time. There will be road signs at each junction on the course but walkers should familiarise themselves with the course before they begin. Route Map

Where can I park?

There will be ample free parking available in the grounds of the Tullamore Harriers Stadium.

Will the roads be closed?

There will be road closures along the greater part of the route from 10.30am to 2pm which provides huge safety and comfort for our athletes. The areas of open roads are: 1.5mile mark to 3 mile mark, and 11 mile mark to 11.5 mile mark. Apart from these areas the road is traffic free but please follow the instructions of the Gardai and race marshalls and be mindful that safety is paramount for all involved.

Will the course be marked?

The race route will be clearly marked and marshalled along the way and there will be markers at each mile.

Are there toilets & showers available?

Yes there are toilets, changing rooms, showers available on-site at Harriers Stadium. Along the race route there will be Portaloos at the half-way point and near Killuran GAA pitch (approx. 8.5mile mark).

Will there be somewhere safe to leave my belongings?

There will be a bag-drop facility at the stadium which will be attended throughout the event. Runners will need to show their race number when using this facility.

How does the relay option work?

Those running the first leg of the relay will start with the main group. Those doing the second-leg will be bused to the half-way point where they will wait for their team mate. Each relay runner will have a race number so there's no need to exchange numbers at the change-over. **IMPORTANT:** First-leg runners should remove their race numbers before returning to the Stadium so that the timing chip is not activated if they are near the finish line. The first runners will be given their medal at the half way point and taken back to the stadium by bus. *Please note relay runners must only run one leg of the half marathon*.

How many water stations will there be?

There will be 5 water stations along the race route at approximately 3 miles, halfway/relay change-over, 8 miles, 10 miles & 12 miles plus a refreshment stand at the finish with water, coke and fruit. There will also be a number of people patrolling the route on bikes with additional water and words of encouragement! In the event of it being a particularly warm day, runners may wish to consider carrying water with them from the start. The first water station is at the 3-mile mark and Tullamore Harriers will not be able to provide water to runners before the race begins. We will have a water bottle bin located after each water station and we ask all competitors to use the bins provided when at all possible. Please help us to keep the route litter-free by dropping your empty bottles in the bins provided or at the next water station.

Where will the first-aid stations be located?

Two first-aid ambulances will be available for the duration of the event with one at the start/finish area and one "sweeping" the route. The bikers patrolling the route will also have basic first-aid kits (deep heat/plasters etc).

Will there be pacemakers?

Yes, there will be pacemakers for the following times: 1hr30; 1hr40; 1hr45 1hr50; 2hr & 2hr 10.

Can I use my MP3 player/iPod?

For safety reasons we request that personal music devices not be used as the race is being run on open roads in some parts so it is important that you be aware of traffic and instructions from marshals.

Will there be refreshments after the race?

Yes! There will be a feast of sandwiches, cakes, treats, teas and coffees available after the race all free of charge. The post race refreshments will be served in the Food Hall near the back entrance to the club and will be well sign posted.. *Prize giving will be here at 1.30pm

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Will there be tea/coffee available before the race?

Yes there will be tea/coffee on sale prior to the race.

What prizes will be awarded?

Prizes will be awarded as follows:

1st €350; 2nd €250; 3rd €150, 4th €100, 5th €75, 6th €50 1st o40 €75; 2nd o40 €50, 1st o50 €75; 2nd o50 €50; 1st o60 €50 – male and female.

1st relay team €80

Course records (male & female) €100

1st team of four Men: €200 and the Quinlan Cup

1st team of four Ladies: €200 and the Phyllis Delaney Cup

When and where will the presentations take place?

The prize giving will take place at 1.30pm in the Food Hall (near the back entrance to the club) where winners will be invited to the podium to collect their prize.

When will the results be available?

As the race is chip-timed, your result will be available straight away and full results will be available online soon after the race ends on myrunresults.com

The Offaly & Leinster Half Marathon Championships results will be announced as soon as possible. Offaly Half Marathon medals will be presented and the Offaly Awards Ceremony and the Leinster Half Marathon Medals will be posted to the winners.

Is there a party after the Race?

This year's party will take place in Maunsells Bar in Tullamore (R35 F9C9), kicking off at 8pm. This is a free event and all welcome!

Anything else I need to know?

The Quinlan Cup Half Marathon will be a great day out – there'll be a fantastic buzz around the stadium so bring your friends and family to share in the craic and cheer you home as you complete the finishing lap of the track. Regular updates will be posted on the Tullamore Harriers Quinlan Cup Half Marathon page.

Best of luck to everyone!