



EVENT FAQs:

Please note that there will be roadworks on the Newcastle West side of Adare this race weekend. Allow yourself extra time for parking and number collection as there will be traffic delays.

1.

Number collection on the Saturday will be from 2pm to 5pm , Sunday 10am to 12:30pm is at the Adare Village Hall.

You can collect your race t shirt when collecting your number.

2.

Race starts at 1pm Sharp. The start line is on Abbeyview road - just down from the Londis shop.

3.

The road is not closed but Gardai hold traffic in Adare village at the start of the race. Marshalls will be at road crossings.

Please listen to all marshalls and volunteers. Please respect the residents before and after the race.

4.

Results will be on the my Myrunresults.com

5.

Race day photography will be taken by SkyView Photography

6.

Prize giving, awards, teas, coffees, food will be in the Adare village hall after the Race.

7.

The route and parking are shown on this page (Needs to be updated)

<http://www.westlimerick-ac.com/adare-10k/>

8.

Visit <http://adarevillage.com/> for any eating or accomodation questions

9.

Any garments left at the start/finish line or in the hall are left at your own risk. While we will try to return garments to owners it is not always possible.

10.

Medals will be presented when you cross the finish line.

11.

An in depth preview can be found on Running in Munster

<http://munsterraceroutes.blogspot.ie/2013/02/limerick014.html>

Thank you to all who have entered, and we look forward to seeing you soon.

Adare10k organising committee

12.

The water stop is located just after the 5km road marking.