

## Race Details

Date:	21 <sup>st</sup> of May 2022
Distance:	Half Marathon, 10k, 5k and kids walk and run
Location:	Ballinrobe racecourse
Race Director:	Padraig Marrey Raceface events
Registration:	Ballinrobe Racecourse pavilion, 8am to 9.30am
Start Time:	10am
Finish Time:	1:30pm
No. of Competitors:	up to 300
Garda:	Ballinrobe Gardai
First Aid:	Order of Malta
Volunteers:	15 Volunteers (Order of Malta and locals)
Registration:	On line and on the morning of the event.
Email:	<a href="mailto:info@raceface.ie">info@raceface.ie</a>
How to entry:	Online at <a href="http://www.raceface.ie">www.raceface.ie</a> or at registration on the day

## FAQ

### What is Run Mayo ?

It's a walk or run with 3 distances to choose from, all 3 events start on the sound of a hooter at the same time at different locations around the track.

The route is very flat on a super smooth surface with only a short drag past the finish line, the course is very suitable to setting a new PB. .

### What time is Registration

The registration location is at the Pavilion inside the racecourse grounds Ballinrobe. It will open for check in and registrations from 8am and close at 9.30am sharp, preferably entry on line at [www.raceface.ie](http://www.raceface.ie) or [www.eventmaster.ie](http://www.eventmaster.ie)

When you register, you will receive an event number (bid) please Pin it to the front of your T-shirt.

## **How long will it take to complete the distances ?**

**Elite** - If you are a competitive athlete like a hill runner, tri-athlete, a 5/10k runner or longer distance runner or are a participant from another endurance sport. This would mean you are extremely fit and active.

We would expect times

5k under 17minutes

10k under 35minutes

Half marathon under 80mins

**Intermediate** – If you are starting training with a good level of fitness, maybe go to team sports like Gaa, soccer or rugby training once or twice a week, but have never tried a run distance before

We would expect times

5k around 20mins

10k around 40mins

Half Marathon around 90mins

**Beginner** – If you are starting from a low level of fitness and you have never participated in a run event then this will be a whole new challenge for you. The main is regardless of time is to FINISH. But say you are competitive and prepared well.

5k under 30mins is a great GOAL

10K under an hour

Half marathon anything around 2hrs is excellent.

## **What other items do I need to compete**

You will need appropriate run gear/clothing to match the weather conditions.

Quality runners & socks, shorts, race vest or T-shirt. Have a light jacket on before the start if cold.

We recommend putting anti friction on areas where you might get friction burns (Use Vaseline)

## **Can I get a refund if I do not attend ?**

When paying for your entry to The Run Mayo events, it is stipulated that this is a non-refundable payment. As soon as a competitor enters we incur costs such as admin etc. It is also **not** possible to transfer entries to any other Events, next year's event, or a different competitor.

## **Where are the water stops?**

The water stops will be at every 1.6k but except on the first lap,

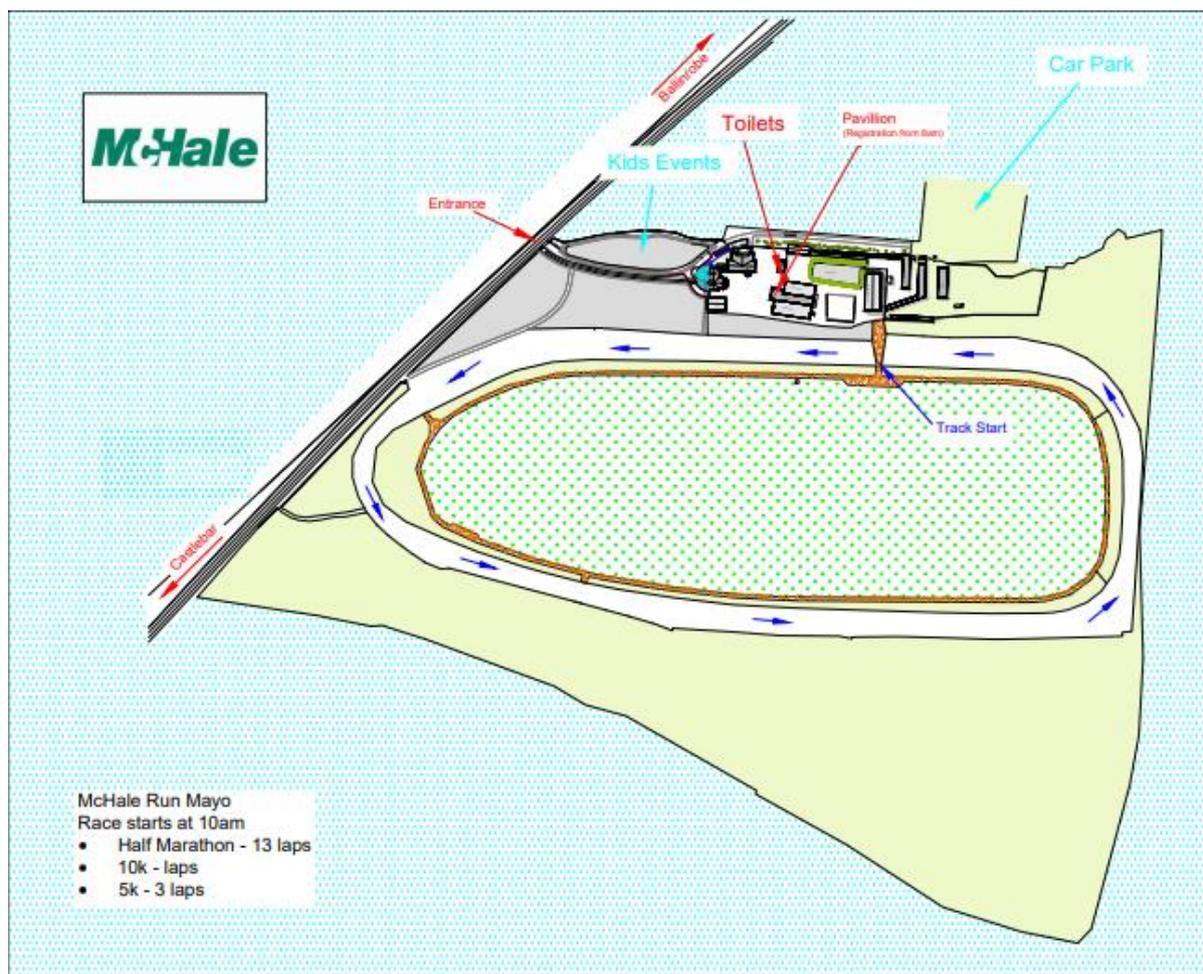
We will have energy drink, coke , water, fruit and jellies available track side.

Some light snacks will also available at the Finish line.

**REMEMBER KEEP THE RACECOURSE CLEAN!!!**

## Can I practice on the course beforehand?

Yes you can and we encourage you. Just be mindful that the venue is used for horse racing so abide by management policies.



## Do I have to navigate on the Course?

All Runs go in an anticlockwise direction (see above), no need to navigate but do take into account how many laps you have completed.

## Will the race go ahead if there is bad weather?

If the situation arrives that we are unlucky enough to get weather that may be dangerous to participants, the organizer may have to make a decision to shorten or take out certain sections of the course, and this will only be decided on the morning of the event.

## Race Marshaling

Please obey the race organization at all times, these include Order of Malta, Gardai, Volunteers and all race personal.

## What time is the Start Proper ?

Event briefing at 9.50am at the Tote area beside the Grandstand, PLEASE Allow time to get to your start point. Each distance marker is clearly Marked.

### **What are the prizes ?**

For all distances

Males 1st 2nd 3rd overall

Female 1st 2nd 3rd overall

A prize for the overall fastest lap Male and Female (all events).

This is our inaugural year the emphasis will be on participation and celebrating Mayo day.

### **Kids events**

Depending on the age groups that sign up we will have prizes accordingly

### **All finishers**

Get a Mc Hale Run Mayo finishers Mug in the Half Marathon, 10k and 5k



### **Will there will be a prize presentation**

Yes this will take place at the Pavilion at 1pm

### **What time can I see the results?**

Once every competitor has finished we will have a draft set of results of category winners, the full results will be available on our Facebook page and website [www.raceface.ie](http://www.raceface.ie)

### **Finally enjoy your event**