



DLR BAY 10K ROAD RACE

BANK HOLIDAY MONDAY, 4th AUGUST 2014
DÚN LAOGHAIRE, CO. DUBLIN START: 10.30am

INFORMATION SHEET

Date / Time:	Bank Holiday Monday, 4th August 2014 @ 10.30am
Distance:	10 Km
Start Area:	Newtownsmith Green, Dún Laoghaire
Finish Area:	Dún Laoghaire Town Hall
Closing Date for Entries:	3rd August 2014
Age Limit:	Entrants must be at least 16 years on 4th August 2014
Entry Fee:	Special €20 (until 31st May) - includes online entry fee €25 thereafter
To Enter:	www.dlrbay10k.ie
Acceptance letter:	An acceptance letter will be sent to you when the completed application and payment is received. Please keep this letter and bring it with you to the number collection at the Royal Marine Hotel on Sunday, 3rd August from 11am - 6pm, or for late entries on Monday, 4th August where you will receive your FREE technical t-shirt and draw-string bag.
Race Number:	Should be worn on the front of your vest. REMEMBER, NO RACE NUMBER - NO ENTRANCE TO RACE AND NO MEDALLION AT THE FINISH.
Arrival:	Arrive early to enjoy the build up to the start
Baggage Area:	Secure baggage area at Dún Laoghaire Pier Plaza
Music:	Start Area 5km Marker Finish Area
Water:	Water will be available in 3 locations: Start Area 5km Marker Finish Area
Toilets:	Toilets will be available in 3 locations: Start Area 5km Marker Finish Area
At The Finish:	When you cross the finish line please proceed to the medallion area, get some water, a bar, yoghurt and collect your baggage from the Baggage Area
First Aid:	First Aid personnel will be located at the start throughout the course and at the finish
Website:	www.dlrbay10k.ie



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