

RACE INFORMATION

Hello Everyone!

Thank you very much again for entering and supporting the 2024 Carney 10k and Sligo Half Marathon in support of Sligo Cancer Care and the Oxfield Community Centre. We and our team of volunteers are really looking forward to welcoming you to our piece of North Sligo and to our community organised event this bank holiday Monday, April 1st... the route is ready, the weather is looking good, the kettles are plugged in and our sandwich makers are on their marks!

A few important pieces of information for you to help make the experience as enjoyable as possible for everyone:

Travelling to the Event:

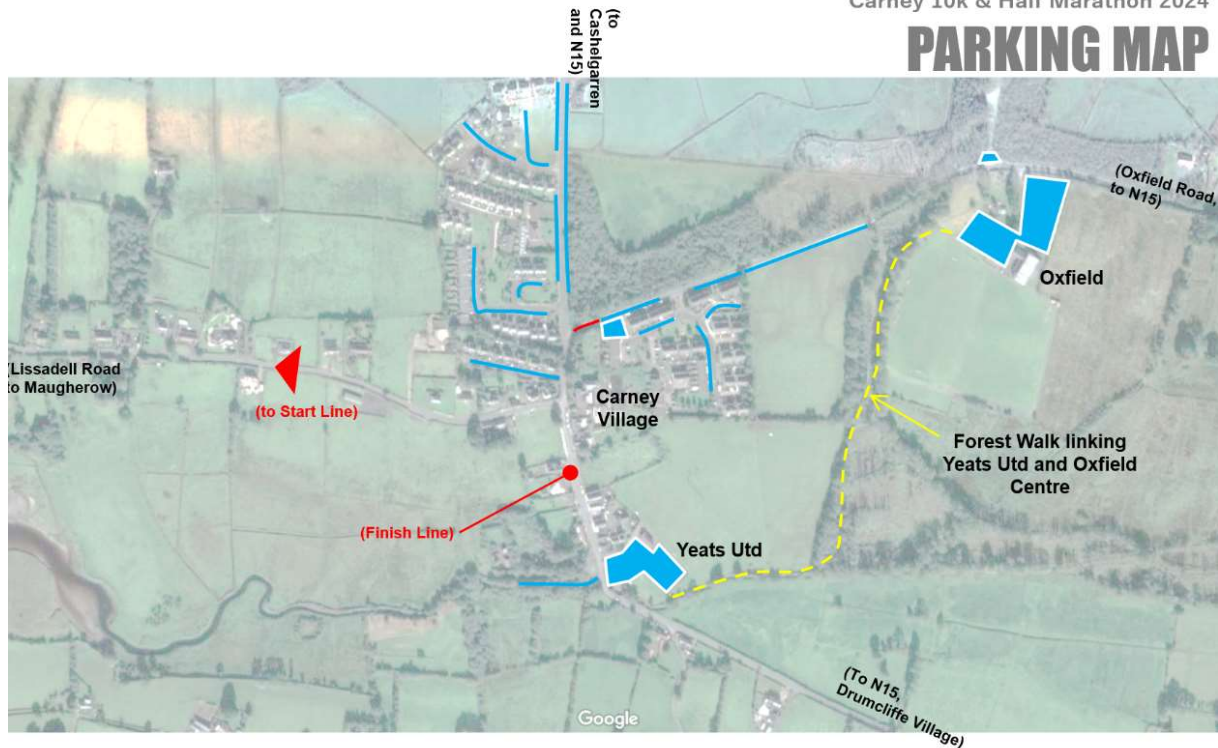
- Please give yourself plenty of time to get here. Plan your journey and add on some extra time.
- For those who will be travelling via the N15 (from Sligo) or the N16 (from Enniskillen/Manorhamilton) please note that there are significant road works underway which may cause some delay.
- There is Local Link bus service which links Sligo and Carney village – see [timetable here](#).

Chip Pick-Up / Registration:

- All participants need to pick up their Race Number and Chip at the Oxfield Community Centre ([Google PIN](#), EirCode F91 Y42V).
- Doors will open at 9:30am.

Parking:

- Everything is within a 9 or 10min walk, so once you get parked you will be close by.
- Main parking is available as follows:
 1. At Yeats United Football Grounds ([Google PIN](#), EirCode F91 H685) – 6mins walk to Oxfield via our forest walk, 6 mins walk to start line.
 2. At Oxfield Community Centre ([Google PIN](#), EirCode F91 Y42V) – 7mins walk to Carney Village, 9 mins walk to start line.
- Informal on-street or on-road parking around Carney Village and within estates is also possible (but not on the main street where the finish line is located).
- Please do not park where you see traffic cones lined out.
- Please follow any instructions given by our Marshalls.
- Obviously we ask that you don't park somewhere that may cause an obstruction or affect junction/access safety, and please be mindful of and courteous to our neighbours.
- Note that parking is at your own risk and the Organisers accept no responsibility to loss or damage to vehicles or contents.

PARKING MAP**Times:**

- 9:30am - Chip Pick-Up / Registration opens at Oxfield
- 12:00pm – Start of Half Marathon and 10k Walk, just outside Carney Village
- 12:30pm – Start of 10k Run, same start point
- 2:00pm – Prizegiving presentations, at Oxfield

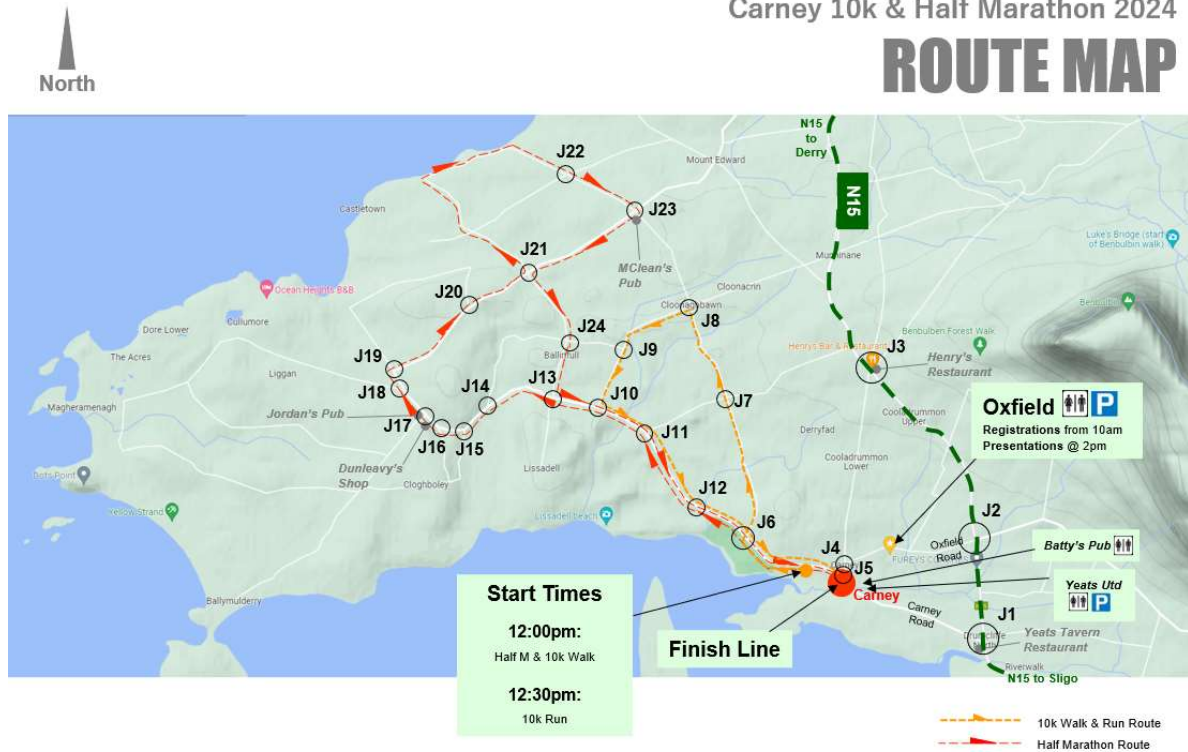
Race Day Facilities:

- Toilets and changing rooms will be available at the Oxfield Community Centre.
- Toilets are also available at Yeats Utd FC and at Batty's Pub in Carney Village.
- There will be a port-a-loo close to the start line.
- Due to the event's growing popularity, and the record number of participants taking part this year, please note that we simply won't have the facilities (or the water) to make showers available. We do have changing rooms at Oxfield but please do not expect hot showers.

Course Route Notes:

- A map of the route is shown below, is available online (oxfield.ie) and will be displayed in Oxfield on the day.
- You will be running and walking on live public roads so please keep an eye on the road in front of you, and watch for traffic, pot holes, loose stones, etc.
- Please follow any instructions given by our volunteer race Marshalls at the start line or along the route.
- Please note any warning signs along the route.
- The wearing of headphones is not permitted.
- Walkers, please walk no more than two abreast to avoid runners having to move into the middle of the road to pass you out.
- There will be water stations on the course: 1No. on the 10k route, and 5No on the Half Marathon route. The stations will be providing small bottles of water. Bins will be provided approx. 200-300m beyond these stations for empty bottles - please use them.
- Non-emergency first aid cover will be provided by the Civil Defence stationed in Carney Village.

ROUTE MAP



Results:

- Results will be provided by CORETIMING and published on their [website](#).

Race Photography:

- There is no formal race photographer, however we will have some people taking informal photos during the day including at the finish line. We will share any photographs from the day to our social media pages.

Post Event:

- At the finish line there will be water available.
- Please make sure that after your race, you join us back at the Oxfield Community Centre for home-made refreshments, all laid on by our community volunteers. We will have a small gluten free selection available too!
- Wearing our green hat, we will be trying to segregate rubbish generated on the day by using separate bins – please help us by disposing of recyclable and compostable waste in the appropriate bins.

Right, that's it for now. Once again thank you so much for supporting our community event for great causes. We really hope you enjoy your run or walk, and we look forward to welcoming you.

See you Monday!

Many Thanks.

Sean McCaffery

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