

Summer Park Series
Summer 'Malahide Castle' 10km
Sunday 21 July 2024 @ 10.00

Race Briefing

Supported by



<http://www.jumpjuicebar.com>

IMPORTANT NOTES FOR ALL ATHLETES

REGISTRATION AND COLLECTION OF RACE PACK

Early Registration – Saturday 20 July 17.00-18.00 in Malahide Castle. Beside the Helipad, diagonally opposite Malahide Castle and next to the Avoca Car Park.

Registration will open at 08.30 and close at 09.55 sharp on Sunday morning. The 10km run will commence at 10.00. As always, we will be located beside Malahide Castle next to the Heli Pad. See Map below for directions. There will be several tables set up for registration. All participants (including online registrations) must register and sign in, unless you availed of 'Early Registration' as above.

You will be given your race number, timing chip, T-Shirt and Jump Juice Race Pack.



Parking:

All cars must be parked in designated carparks. You have access to all carparks within the grounds of the castle. Please see map below for highlighted carparks. We recommend that you use the one next to Malahide Castle / Avoca which is accessed from the Back Road.

Race Briefing:

09.55 around the Start / Finish Line area, by the Race Director.

Race Start:

10.00. There will be no delay at the Start Line. We like to get the show on the road at the correct time.

Safety:

First Aid will be stationed at the race HQ. If you are not feeling well or require any assistance, please make yourself known to a Marshall on the course or return immediately to race HQ.

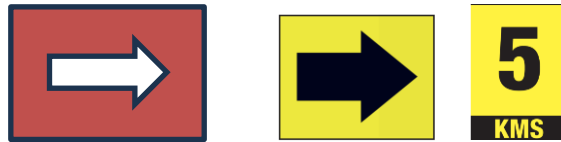
Course:

Please be aware that the park is open to all members of the public. The paths and route that we will be using are not closed.

Please be mindful of the other park users and give way to them. There will be a lead bike who will be notifying park users that the event is passing through.

Please be courteous at all times. Be aware of kids, buggy's, the elderly and pets. They have a right to use the park as much as we do.

Please see maps below for details of the courses. Please follow the directional arrows on course.



The route will be on path, trail and grass. Please note that the course doubles back on itself from 6.5km onwards. We advise all participants to stay on the right hand side of the paths to avoid any possible collision. We anticipate that the field will be well spread out at this stage.

Finish Line:

The finish line will be under the gantry where the race started. There will be water, fruit and plenty of treats in this area.

Prize Giving:

Presentation of prizes will be handed out to the winners immediately after they cross the line.

Prizes for 1st, 2nd and 3rd Male and Female

Facilities/ Toilets:

There will be toilets available at the changing rooms near where registration is located. There are no portaloos.

Results

Race results will be available on the www.summerparkseries.com website shortly after the race. The results link will also be posted on our social media channels post-race and emailed to all registered online participants.

Queries

If you have any queries in relation to the information contained in this booklet, please contact malahidecastlers@gmail.com or check out the FAQ's below.

NOTE ON RACE MARSHALS

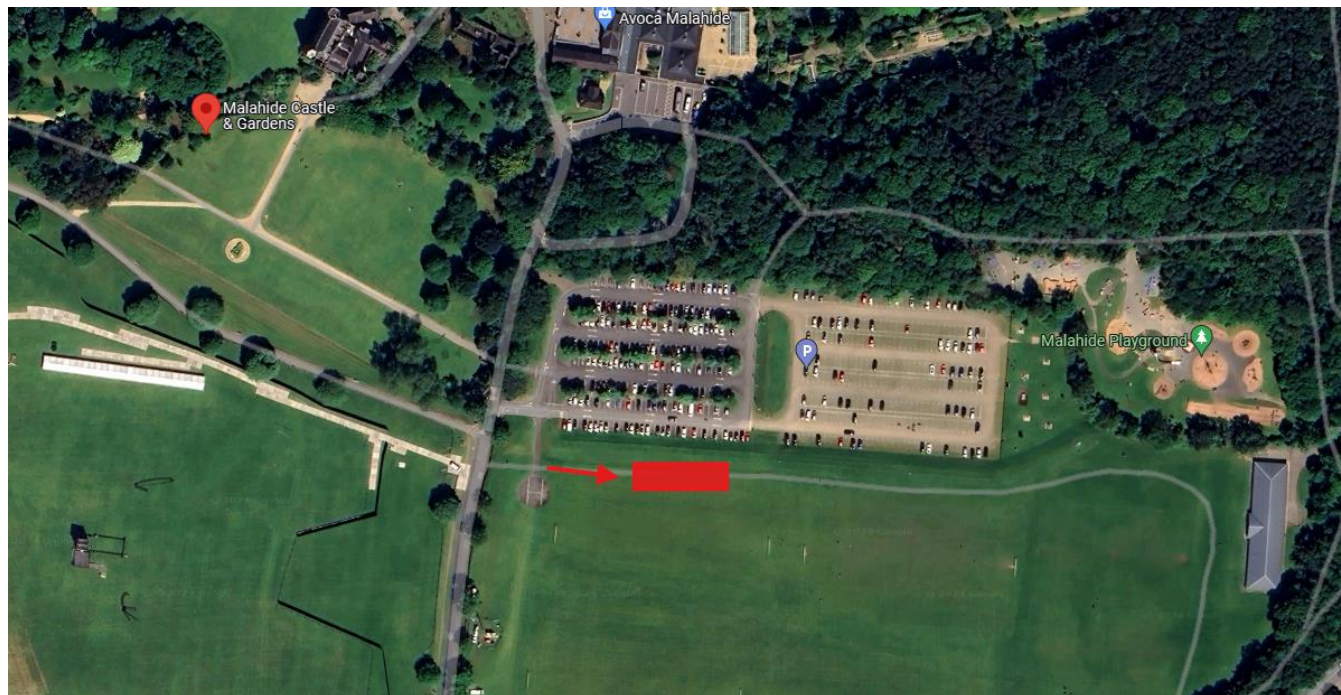
Ignoring the instructions of marshals will result in disqualification. Marshals are there to make sure you have a safe race – so listen to them and be courteous at all times. They have your best interests at heart.

Verbally abusing a marshal will result in immediate disqualification.

FAQ

Q: Where is the race HQ and registration?

A: Malahide Castle, Malahide, Co Dublin. Registration will open at 08.30. Please enter via the Back Road main entrance and drive to the car park next to Avoca.



Q: Where is the start?

A: To the side of the Castle, follow the road up from the Back Road (garden centre entrance). The start line is on the right hand side and the Castle is on your left. Look for the helipad.

Q: Where is the finish?

A: The run route is around the park and will finish in the same area where the race started. NB - No part of the route is on a road.

Q: Is there parking at the race HQ?

A: There are several car parks around the grounds of Malahide Castle. We recommend the Avoca car park.

Q: Will there be chip timing?

A: Yes, your timing chip is the under the small piece of foam on the back of your race number. Please don't pull the foam part off as this will damage your chip.

Q: Where will the results be published?

A: The results will be posted on our website www.summerparkseries.com and emailed to all online participants. www.elitetiming.co.uk will also have a copy on their site.

Q: Are their changing facilities available.

A: There are no changing facilities available.

Q: Is there a baggage area available:

A: Participants are advised not to bring valuables to the race. There is no baggage facility available.
NOTE: All items are left at owner's risk at any area within the grounds.

Q: Will there be refreshments available?

A: Yes, there will be water, bananas and some treats available at the finish and there will be a water station at the 5km point.

Q: Is there a map of the course available

A: All maps are below and on our website www.summerparkseries.com

Q: Can walkers participate in the race?

A: Yes, entries from walkers are more than welcomed. Walkers will commence at the same time and are asked to go to the back of the start line. Buggys and pets are not permitted.

Finally, we recommend that participants refrain from using headphones during the race. The reasons for this are many, but your safety and the safety of other park users is at the fore, plus the experience is far greater when you are not zoned out!! This is just a recommendation.....Trust us.

Any queries or question please email malahidecastlers@gmail.com

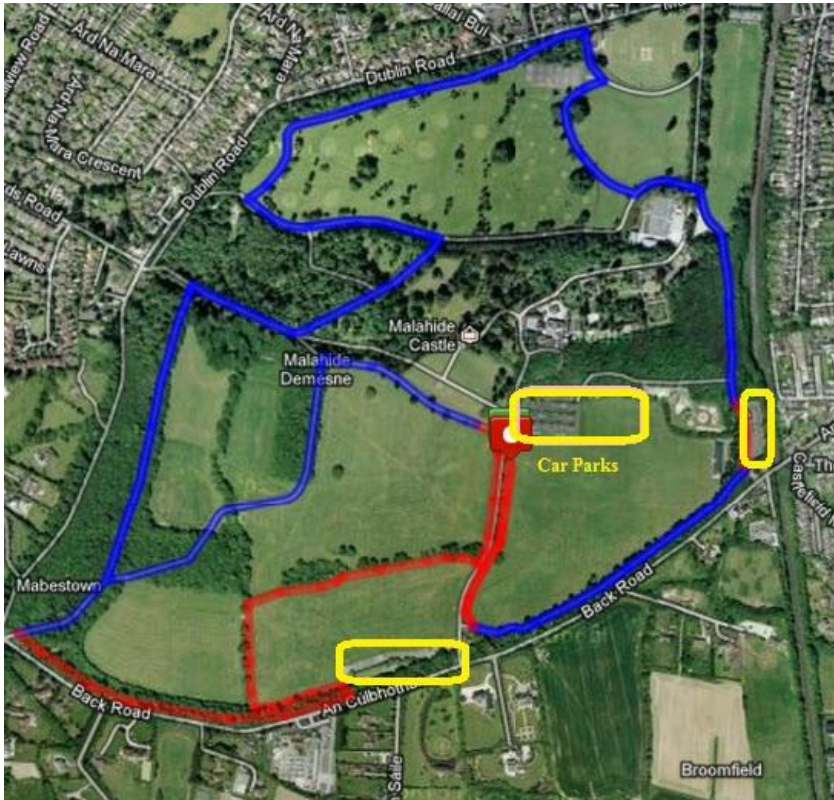
See Maps below on next page.

Location / Route Map 10km



Please note that the course doubles back on itself from 6.5km onwards. We advise all participants to stay on the right hand side of the paths to avoid any possible collision. We anticipate that the field will be well spread out at this stage.

Car Parks



Registration Map



Summer Castle 10km Run
Malahide Castle
Sunday 21 July 2024

Waiver

I know that participating in Summer Park Race Series is a potentially hazardous activity. I agree not to enter and participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the Events. I am Voluntarily entering and assuming all risks associated with participating in the Events including, but not limited to, falls, contact with vehicles, other participants, spectators or others, the effect of weather, including high heat, extreme cold, and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my application, I, for myself and anyone entitled to act on my behalf, waive and release the organisers and its agencies and officials, all Sponsors of the Event and each of the respective representatives and successors, officers, directors, members, agents and employees of the foregoing, from all present and future claims or liabilities of any kind, known or unknown, arising out of my participation in the Event even though that liability may arise out of ordinary negligence or fault on the part of the persons named in this Waiver.

Permission to Use Record of Participation

I grant my permission to all of the foregoing persons and entities to use or authorise others to use photographs, motion pictures, recordings, or any other record of my participation in the Events for any legitimate purpose without remuneration.