



DLR BAY 10K ROAD RACE AND FAMILY FUN RUN

BANK HOLIDAY MONDAY, 7th AUGUST 2017
DÚN LAOGHAIRE, CO. DUBLIN START: 10.30am

INFORMATION SHEET

Date / Time:	Bank Holiday Monday, 7th August 2017 @ 10.30am
Distance:	10 Km
Start Area:	Newtownsmith Green, Dún Laoghaire
Finish Area:	Dún Laoghaire Town Hall
Closing Date for Entries:	Online entries will be accepted until 5th August, Late entries will be accepted on Sunday 6th & Monday 7th August during registration in the Royal Marine Hotel
Age Limit/ Entry Fee:	10K Entrants must be at least 16 years on 7th August 2017. €25 €30 (Late Entry Fee) 1.5K Family Fun Run open to all ages. €20 Entry Fee for Family of 4.
To Enter:	www.dlrbay10k.ie
Registration Details:	On Saturday 5th August all entrants will receive a text to the mobile number they provided during online entry. Please bring this text message with you to the number collection at the Royal Marine Hotel on Sunday, 6th August from 11am - 5pm, or for late entries on Monday, 1st 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

