



The Fat Turkey 10km Run

Suttonians RFC

28th December 2019 @ 11.00

Race Briefing

Main Sponsor



M K N

PROPERTY GROUP

Supported by



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TIMETABLE OF EVENTS

- Registration:** 09.00 –10.30 (registration will close at 10.30 sharp)
Located in Suttonians RFC main hall next to Sutton DART Station. There will be several tables set up for registration. **All participants must register and sign in.** Please register first where you will be given your race number, race timing chip and then proceed to the Fat Turkey Tee Shirt collection point.
- Parking:** There are ample parking facilities in Suttonians RFC but we would encourage participants to car pool, take the DART or walk/cycle to the club. NB: Please do not drive up to the start line as parking will be limited around the church.
- Race Briefing:** 10.40 in Suttonians RFC main hall by Race Director / An Garda Siochana. (max 5 mins) – then immediately proceed to the start line which is approx 750m-1000m from the club.
- Race Start:** 11.00 – Sharp at Santa Sabina school entrance. There will be no delay at the start line so please move swiftly to the start area. **Please remain off the road until the Head Marshall calls you onto the road.** Walkers should go to the back of the start group. Please congregate in either the church grounds car park or on the grass area beside the beach.
- Finish Line:** The finish line will be on the grass verge opposite the start line. Entrance onto the grass verge is at the Strand Road junction. A marshal / Garda will be in place there and will direct you. There will be water and bananas at the finish line.

Prize Giving:

Presentation of prizes will be held in Suttonians RFC shortly after the race has been completed.

There are prizes for 1st, 2nd and 3rd Male and Female Overall.
Age Group Prizes 1st only (excluding Overall Winners above):
U 29 Male & Female
30 - 39 Male & Female
40 - 49 Male & Female
50+ Male & Female (subject to numbers)

There will be Tea / Coffee and biscuits served to all competitors (free of charge) back in the Rugby Club. All are welcome to stay in the club and avail of the full bar and craic.

Course:

Please see map for details of course.
The route will be on the left path/road going up the hill until the cross over after the Summit Stores. (yellow dotted line below)
(Do not cross over the road until you have past the Summit Stores Shop. Turn right in front of the Summit Inn Pub).

Go up Baily Green Road on the left, to the Summit Car Park. The water station is along this road on the way up. Water will be distrusted in plastic cups.

The turnaround is under the metal entrance gantry.

Keep to the left as you descend Baily Green Road. A quick left and right back onto Carrickbrack Road. Again, keep on the left path inside of the road coming back down.

**PLEASE STAY ON THE LEFT-HAND SIDE OF THE ROAD.
DO NOT RUN IN THE CENTRE OR ON THE RIGHT-HAND
SIDE OF THE ROAD.**

Please wear your race number on the front of your tee-shirt. The chip will be attached to the number. You do not need to return the chip to us this year as it's disposable.

N.B. Roads are open so please take care of all traffic. Rules of the road apply. Do not cross the road or run on the road unless it is safe to do so.

There will be race marshals located at various junctions throughout the course. **Please follow their directions.**



Facilities/ Toilets: The facilities are open within the club with male / female toilets & changing rooms. There are also communal showers. Please do not leave any valuables unattended as the Club will not be held responsible for any theft or loss of same. **There are no toilets at the start/finish line so please use the Club facilities / portaloos before you leave otherwise your only option is the beach! Please do not use the beach.** At the half way mark is the Summit Inn Bar with toilet facilities if things are really bad!

NOTE ON 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. Don't forget this when the adrenaline is pumping.

FAQ

Q: What is the date of the race?

A: Saturday 28th December 2019 at 11.00

Q: Where is the race HQ and registration?

A: Suttonians RFC, Sutton, Dublin 13. DART Station – SUTTON. Registration will open at 09.00. Those who have registered online can go straight to the number pick up table. Those who are registering on the day should go to the registration area and fill out the relevant documents and report to the cash desk.

Q: Will late entries be accepted on the day?

A: If we do not sell out prior to the event, the cost is €30 and includes a Fat Turkey Run Teeshirt. Please go to the ‘register on the day’ table, if available.

Q: Where is the start?

A: In front of Santa Sabina / St Fintans Church.

Q: Where is the finish?

A: On the grass verge opposite the start line.

Q: Is there parking at the race HQ?

A: There is ample parking at Suttonians RFC. Please avoid driving to the start line.

Q: Will there be chip timing?

A: Yes the race will be chipped.

Q: Where will the results be published?

A: The results will be posted on www.fatturkeyrun.com and emailed to all online entrants.

Q: Are there changing facilities available.

A: Yes, The facilities are open within the club with male / female toilets & communal changing rooms. There are communal showers available for those who wish to use them. Please do not leave any valuables unattended as the Club will not be held responsible for any theft or loss of same.

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 owners risk.

Q: Will there be refreshments available?

A: Yes, there will be water and fruit available at the finish and there will be tea / coffee and biscuits at Suttonians RFC. There will also be full bar facilities in the club after the event. Come and join the Race organisers and participants for a festive drink! Live music, rugby games and other entertainment will be going on throughout the day.

Any queries or question please email fatturkeyrun@gmail.com

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2019 Fat Turkey 10km Challenge - Waiver

I know that participating in the Fat Turkey Run 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 Suttonians RFC 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.

Please see maps on next page

Location / Route Map



Elevation Map



