



**Race Numbers:** We can't have our usual number pickup / on-the-day registration this year. Race numbers will be posted to participants this year. For your information, registration is staying open and anyone who registers the week before the event will be able to collect their number on the day.

**Race Pack:** A race pack including your race t-shirt, medal, water bottle & some goodies will be handed out in a race gym-sac after you finish the race.

**Race Time:** The start time this year is **9am**. It will be a mass start. This is permitted following the phased lifting of Covid Restrictions from September 20th. However, the formal requirement to ensure social distancing, excellent hygiene and mask wearing as required at events. **Covid19 is still with us.**

**Race HQ:** The race HQ this year will be at the entrance to the old "Dunnes" unit on Pearse St. Eircode: N91 Y248

**No Bag Drop Facilities:** Unfortunately, we can't provide a bag drop facility this year.

**Race Route:** We have the same flat route as previous years. Starting on Pearse St. (outside the Greville Arms Hotel), heading out of town towards Delvin, onto the quiet country roads of Curraghmore & The Downs and onto the Royal Canal Greenway for the last 7km back into town, finishing in Mullingar Town Park. Link to Garmin Map : <https://connect.garmin.com/modern/course/76794080>  
For past participants there is a slight **change** at the end. The race leaves the Greenway just after you pass under Saunders Bridge at the Millmount Rail Bridge, **not at Pipers Borreen as in previous years.**

**Pacers:** We have pacers for 1:25, 1:30, 1:40, 1:50, 2:00, 2:10

**Water Stations:** Water stations will be provided at the following locations along the route:

1. Between kilometers 5 & 6;
2. Between kilometers 11 & 12;
3. At kilometer 17

We cannot hand water to participants this year. It will be left on a table for you to take.

**Bins & Litter:** Bins will be provided on the course and at the start & finish areas. Please use them to dispose of your waste bottles, gels, etc. The local community, Westmeath County Council & Waterways Ireland have welcomed us in and are great supporters of the event. We want to repay their generosity with respect, Thank you.

**Toilets:** There will be toilets on the route and at the finish line.



**Car Parking:** The main car park for the event is at the Bleach Yard, Mullingar, google map:

<https://www.google.com/maps/place/53%C2%B031'22.1%22N+7%C2%B020'21.2%22W/@53.5228047,-7.3404194,456m/data=!3m2!1e3!4b1!4m6!3m5!1s0x0:0x0!7e2!8m2!3d53.5228025!4d-7.3392259>

This is a free car park. Please note that there is paid parking for street parking and other car parks in Mullingar from 9:30 am on the day of the event.

**Face Coverings:** In line with Public Health Guidelines face coverings are required in crowded areas. All participants are asked to wear face coverings in the start and finish areas.

**Hand Hygiene:** In line with Public Health Guidelines participants are asked to practice good hand hygiene, please use the hand sanitising facilities provided at the event.

**Social Distancing:** In line with Public Health Guidelines participants are asked to adhere to social distancing rules. Please avoid gathering in groups and minimise the time you spend in the start and finish areas. It is recommended that you get ready in your car, warm up remotely from the start area and do not approach the start area before 08:45, ready to start. After you finish you are asked to move away from the finish area as soon as possible, in order to avoid gatherings.

**Covid Symptoms:** If you are an identified close contact of a positive COVID-19 case or you had any of the following symptoms of COVID-19 in the 14 days prior to the 25th September, you are not permitted to attend the Mullingar Half Marathon event, you should stay at home and contact your GP by phone for further advice:

- High Temp (i.e. over 37.5C)
- A new continuous cough
- New unexplained shortness of breath
- Loss of sense of smell, of taste or distortion of taste
- Currently have a headache, runny nose, sore throat or sneeze

**Foreign Travel:** If you have travelled from a foreign Country in the 14 days prior to the 25th September, please take note of the Government guidelines at <https://www.gov.ie/en/campaigns/75d92-covid-19-travel-advice/> and abide by the required restrictions.