



Runamuck Event Information – Sat 4th March 2023

We hope you are all set for our Runamuck Challenge with [Fisherman's Friend](#) this Saturday 4th March

Event is Sold Out & Entries Closed some time ago - No More Entries are being taken

No further name changes are now possible as Name Change Deadline passed on 18th Feb 2023

Entry list are finalised, printed, chips assigned, personalised race numbers printed, etc so please do not contact us with requests for changes or for new entries for friends who have missed out – We will be unable to answer such requests – Entry List Is Finalised

[Final Entry Lists for all Entrants in First & Surname Order is HERE](#)

[List of Teams in Team Name Order is available HERE](#) – Please Note your Team No for collection by Team Captain

[Final Entry List for SOLO Entrants in First & Surname Order is HERE](#)

These are also now available on [Event Website](#)

Here you should be able to find your name, race number and wave time plus your Team's No if you are on a team

Searching by your first / surname or Team name is best

Solo Entrants and Team Captains Should have photo ID or copy of Their Entry Confirmation Mail for Registration / Number Pickup

This list will be available on site on the day but you need to know your own race number if a Solo Entry

OR your Team Name and Team Number that we have assigned before coming to Registration area on Saturday

Travel and Directions – [Link To OUR VENUE LOCATION](#)

Race venue is: Coolcarrigan Estate, Coill dubh (Near Timahoe), Co Kildare

Driving Directions to the RACE are [HERE](#) & [Access & Course Outline Map is HERE](#)

Sat Nav Map Coordinates are: N 53.3186418, W-6.8683249

Eircode is W19 H9X6

Car parking will be open from 9.15am

Race sign on will open at 9.30am – Best to aim to get there 1 hour before your allocated start time.

If you are travelling by bus you will need to park as directed by marshals – Please try to arrive by Bus before 11.00 to avoid congestion

NO CARS ARE TO BE PARKED ON THE PUBLIC ROAD OR GATEWAYS – No Exceptions

IMPORTANT: Please try to Car Pool as much as possible and In all cases follow marshals' instructions and keep moving forward in 2nd gear at low revs unless instructed otherwise

If you get stuck please get anyone travelling with you to be dressed to get out and push as this should get you moving again.

You should allow at least 15 mins from Enfield, 20min from (M7) and 30min from the M50 / N4 Junction

No vehicles are to be parked on any roadways or areas close to the venue – All parking is within Coolcarrigan Estate Only

If you are getting dropped off you should get dropped at the public road and walk ~300m to the Race HQ

Otherwise, driver needs to park with all other cars in the main car park, unload from your vehicle and the vehicle will then exit from the opposite gate - This risks delay as exit is not setup for first vehicles leaving until 12pm - Leave via EXIT Gate not the Entrance Gate

It is approx 5 mins walk/ 500m to Registration area from the Parking Field

Race Sign On and Number / Timing Chip Collection

Nothing will be posted to you in advance of race day.

Final Entry lists are now available on the [Runamuck Website](#) - You can search by First / Surname or By Team Name

Please check this list and remember your race number if a Solo entry or Team Name & Team Number before approaching the registrations desks as it will save time at race sign - on

Race sign-on will be open from 9.30am until 12.30pm so please allow sufficient time to get to sign-on area

You will be parking about 5 mins walk from the registration/ start area so we recommend you get signed on immediately after you arrive and then return to your vehicle to get changed.

You will collect your Race Number with timing chip already attached & pins at Race Sign-on in the Registration Building.

Solo Entrants and Team Captains Should have photo ID or copy of Their Entry Confirmation Mail for Registration / Number Pickup

Solo entrants need to Sign "Agree To Waiver" section when collecting race number & buff

Only one member of each team entry (Ideally the Team Captain) needs go to registration to collect numbers & buffs for their team

Captains then distribute the race numbers strictly in accordance with the printed sheet information given on your team's envelope

Team representative Must Get All Team Members To Read Waiver & Sign the "Agree To Waiver" section on the Team's list provided

"Waiver signature for each Team Member" document must be given to Start Area Marshals before your team is allowed to start the Event

Each participant should complete the MEDICAL INFORMATION on Reverse of Their Own Race Number

This is particularly important for anyone with any medical conditions so that our Medical Team will know in case of Medical Treatment

Please fix your number to your front with 4 pins & ensure it is uncovered by clothing crossing the start, lap (If doing 2) and finish lines

Starting Waves

First Wave is at 11.00 and thereafter all waves will start at 5 minute intervals – **Your wave start time will be printed on your race number.**

As in recent events we will try to accommodate anyone looking to change wave on the day when space in waves permits – **Do not e-mail us with requests** – We will sort this on the day at the start area.

In practice this has worked well when small groups or individuals are looking to change to earlier or later waves to go with friends.

Timing chips will detect folk starting in a different wave to allocated wave for Final Results

Anyone planning on completing 2 laps for the 11km course should start before 12.30 AND must have started their 2nd lap by 13.30 at latest as our Course sweep will start at that time and Race Marshals will leave their stations progressively, etc

If you are assigned to a wave after 12:30 and intend doing 2 laps then please come to start pen early and we accommodate you in another wave before 12.30

Please do not attempt any obstacle that you are not comfortable with and/or unsure of your ability to complete safely!

If you want to stop after 1 lap and are entered for 2 this is ok and similarly if you originally entered for 1 lap and you want to complete a second one you may do so (Once you commence this 2nd lap by 13.30) and **the timing chips will account for changes in the final results**

In general, you can wait for a later wave to be with friends no problem.

On the day moving into earlier waves should be possible as space frees up due to others who decide to wait for friends in later waves – Spaces made available on a “First come, first served basis” at Starting Area – Please Do Not email with any Wave Change Requests.

In order to clear the course, we ask that no one intending to complete 2 laps of the course starts the race after 12.30 and that everyone looking to do 2 laps has started their 2nd lap by 13.30

We will remove stewards progressively off course after last participants start in our 13.30 wave

All waves will be eligible for prizes - Prizes will be based on chip times in Final Results

Team Winners and individual (First 3 places for M & F/M) prize winners will be assigned on the overall results from all waves

The Winning Team for both 1 and 2 lap races is the team with the first 3 people finished - Position of team's 3rd placed runner determines the winner - There is no maximum number on a team

We will post out prizes - Prizes will be commissioned tankards from [Cranmor Pottery](#) and Free Entry vouchers for our next Runamuck Event

TeeShirts & Hoodies:

We will have a very limited number of RUNAMUCK tech tee shirts (€10 each or 6 for €50) & Hoodies & Gillets (€25 each or 3 for €60) for sale on the day on a first come first served basis.

All clothing has our famous Runamuck splotch[™] logo and/ or “Go Runamuck Yerself” slogan on them



Key Drop:

We have a key drop desk in a shed close to Registration – Small bags accepted but No loose items of clothing will be accepted in this area

You will need to label (Labels Provided) your Keys with your race number before handing in – You must present your race number to reclaim keys!
Valuables like wallets, jewellery, phones, watches etc should not be left & no responsibility is taken for any loss or damage of any items handed in.

We suggest you register and soak up the unique pre race atmosphere before the event as our DJ will be rocking the place from 10am

A small and very basic covered area is available for changing if needed in the farmyard - Generally participants come dressed to participate and then change at their vehicles post event which is recommended as peak time delays may occur at key drop

Refreshments:

Vendors will be in attendance from 9.15am with hot and cold drinks, sambos, crepes, pulled pork rolls, hot snacks, etc for purchase at reasonable cost before and after the event both in the registration and the car parking area.

After finish we provide a selection of fresh fruit, fruit cake and cold drinks plus a sample pack of [Fisherman's Friend](#) lozenges 😊.

Please do not try to re-enter the refreshments area for a second time as we must keep area this area clear for those finishing thanks

General:

Our DJ will be rocking the farm with his tunes from about 10am so please come early to enjoy the atmosphere - Our DJ will give out some free Tees and Hoodies for Best Team Dancers / Workout Leader and other on-stage performances!

Please do let our DJ know about your group's reason to attend the event for stags/ hen's/ football club/ bootcamps/ work day out/ charity fundraising, etc and volunteer to go on stage if you want to lead your Wave's / Team's workout & warmup ☺

All on stage performances are always welcome and for sure do come in Fancy Dress to maximise the FUN you will have.

On Course:

Please obey the marshals at all points and do not push and shove other competitors especially at obstacles, when passing out, etc.

Active encouragement whether verbal or physical if folk are struggling to complete an obstacle is part and parcel of the event so please do encourage others especially if you happen to be passing them out.

Your entry to the event is conditional on you being fit and able to complete the challenge

If in any way unsure of any challenge or obstacle on the course please do not attempt it.

In the unlikely event that queues do develop please use the alternative route provided as advised by the marshals

We ask that large groups keep to one side of obstacles to allow the more serious runners to overtake without being delayed.

In the interest of fairness, we do not expect anyone in the running for prizes to miss out on any of the harder versions of the obstacles

Post Race:

When finished your race please be patient and pass through the wash area and the refreshment area in turn with everyone else.

The washing is not obligatory and should you wish to pass straight from the finish area to the refreshments area and then into the general public area that is not a problem

We recommend you bring a full change of clothes, old towel & some water for your personal post race wipe-down at your vehicle and a bin bag to bring home your dirty clothes and runners or leave this at one of the bins in field for disposal.

Please do not just dispose of rubbish alongside your vehicle – **PLEASE Use Bins Provided.**

You will get very wet and mucky we are sure so please be prepared to get changed into warm and dry clothes soon after you finish ☺

Recommended clothes are full body cover leggings, long sleeved top and full fingered gloves and hat or RUNAMUCK BUFF that you will get at Registration once waivers are signed by all participants.

Forecast is for a cool (7 deg C Max) day so please consider carrying & use of rain jacket to keep you warm before, during and after the event

Lycra type clothing is better than loose fitting heavy track suit type clothes as they will be very heavy when wet and mucky for sure.

Regular trainers, astro turf runners or best of all trail runners with good grips are recommended

It is vital to tighten laces and tie properly unless you want to risk losing them!

Running Spikes/ Studded Football Boots are Not Permitted - Trail or mountain running shoes are recommended for good traction.

Please help us by putting any items of discarded clothing in a plastic bag and place in one of the many bins provided in the car-parks or leave bags close to the exit gates from the car parks for collection.

Supporters are not permitted out on the course apart from the final section between the lake and the finish.

No Dogs (Including those kept on a lead) or other pets are permitted at venue.

Please do not litter the farm by putting flyers on cars or by handing out flyers.

If you are involved in a sports event and want to hand out flyers in yard area then please get advance permission at outfrontevents@gmail.com

General commercial activity of any other kind is not permitted and placing flyers on vehicles is Strictly Forbidden!

Please use the bins / plastic bags provided to dispose of litter, discarded shoes, clothes, etc.

We will have several photographers at the event so please do come in your Fancy Dress To Impress.

We hope to have Provisional Results on [Red Tag Timing Website](#) & [Event Website](#) on Saturday evening.

Timing queries should be addressed to runamuck@redtagtiming.com

Photos will be posted on our [RUNAMUCK CHALLENGE FB Page](#) and are FREE for your use, to share with friends, etc

Please revert to outfrontevents@gmail.com for permission if you wish to use any photos for any commercially related purpose.

Thanks again for your support of this unique event and we look forward to seeing you this Saturday for a great fun day in the muck,

Paul & The [Runamuck Challenge](#) Team

