



# *Star Of The Sea Athletics Club*

*Promoting Athletics in East Meath*

## 5K Road Race

## Route Details

Version 1 – 14/05/2013  
(please check SOS Website for new version)

Star of the Sea A.C.  
**5 KM Road Race**



DATE: **Tuesday 28th May 2013**  
TIME: **8.00 pm**  
LOCATION: **Stamullen**  
ADMISSION: **€15** (adults) **€2** (At starting line for Juveniles)

**PRIZES:**  
Senior Men (First five)  
Senior Ladies (First five)  
Junior Men (First two)  
Junior Ladies (First two)  
Masters 040, 050, 060 (First two)  
First two teams, Men and Ladies.

T-Shirts for first 200 finishers

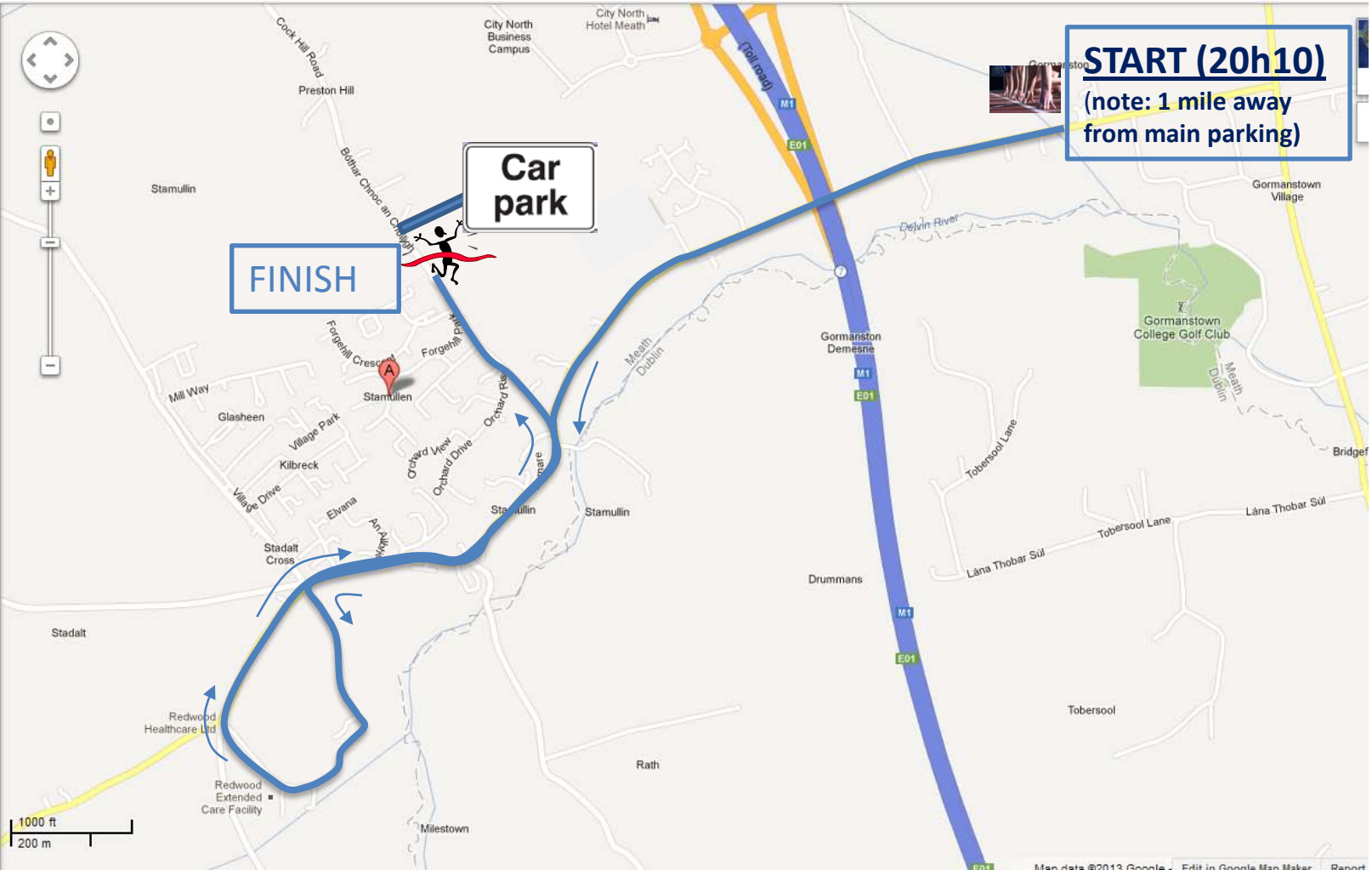
Goody bag for all finishers

Fun juvenile races beforehand (Under 10 / Under 14)

AAI Permitted Race. Chip timing.  
Refreshments will be served in St. Patricks G.A.A Club after the race.  
PRE-REGISTER AT: [www.precisionliving.net](http://www.precisionliving.net)  
Contact Race Co-Ordinator: Brendan Meade 087 2533113 or [bmeade@iol.ie](mailto:bmeade@iol.ie)

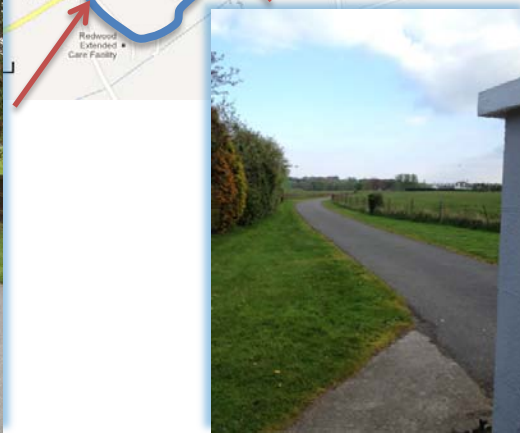
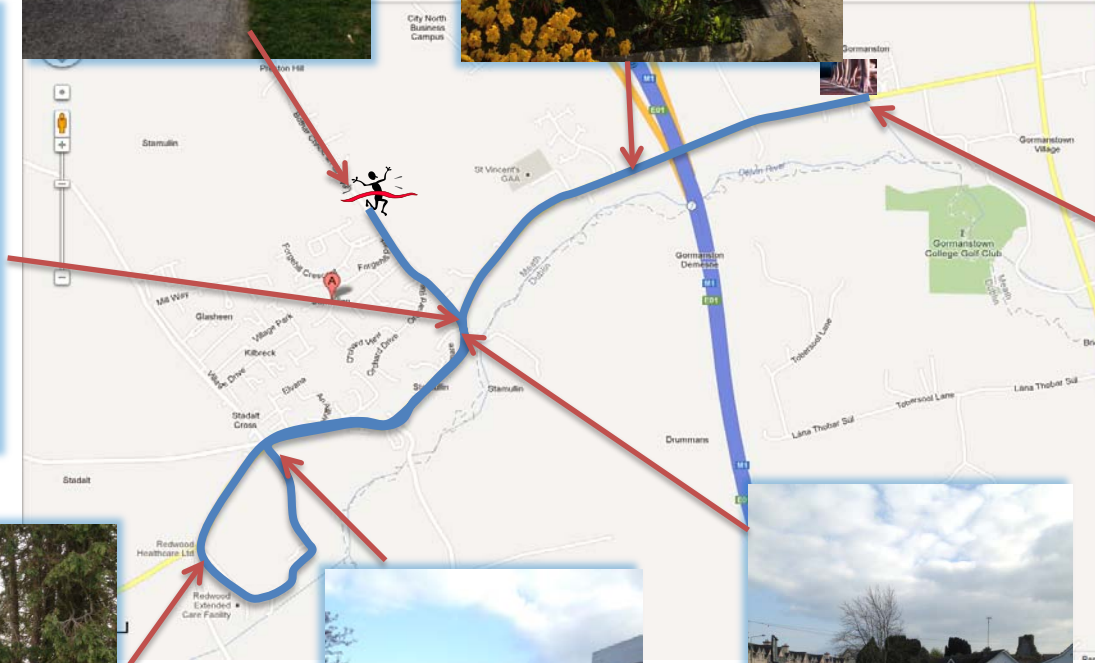
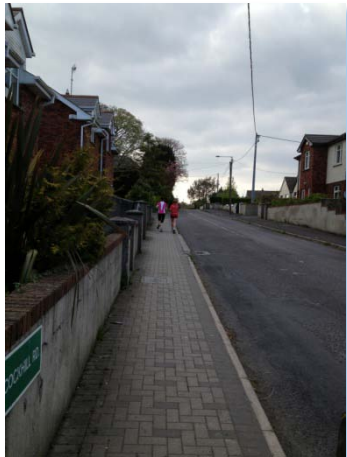
Photo: Peter 2013/05/09/2013

# Course





City North Business Campus



# Route Details

(please refer to map on previous page for more details)

Starting on the Gormanston Road by Gormanston College gates, the course will head towards Stamullen over the motorway bridge then continue on the main road through the village.

Veering left at the Cock Hill road junction, the course will continue through the village to the Stadalt Cross. Here the route takes a left through the gate of St.Clares where it reaches the halfway mark running through this peaceful country lane. Exit the grounds taking a right turn onto the Stadalt Road downhill back towards the village.

Continuing through village it takes a left turn onto Cock Hill Road heading towards the finishing line by St.Patricks N.S.

The 5K course will be marked at every kilometre and marshalled at all necessary junctions. Participants are asked to stay to the left-hand side of the road where indicated.

It is mainly flat with a mild up-hill finish route suitable for all levels.



# Event Details

- Race number collection, changing facilities and parking will all be available at St Pat's GAA club on **Cock Hill Road** where on the day registration will also take place.
- Gates will be open from 18h00 on Tuesday May 28<sup>th</sup> – last number collection to be done by 19h45.
- Two juvenile races will be starting from St Pat's GAA at 19h00 (tbc), registration on the day.
- **The 5K Road Race will start at 20h10** from Gormanston Road by the college gates (approx. 1 mile from St.Pat's GAA). Participants will need to head for the starting line in plenty of time for race to commence.
- The race will finish just after the traffic lights in front of Stamullen N.S. on Cock Hill Rd.
- Participants will then meet back at the GAA club for presentations, goody-bag collection and refreshments.