

## LAKES OF KILLARNEY FAQ

**Q. When does the marathon take place:** A. Saturday the 13th of May at 9.00am. There is a full and a half option available. Both races will start at 9.00am.

**Q. How many places are available:** A. 300 for the full and 400 for the half.

**Q. When is the closing date:** ONLINE REGISTRATION WILL CLOSE AT MIDNIGHT ON THURSDAY THE 11TH OF MAY.

**Q. Will my number be posted out beforehand:** No. Race numbers and t-shirts will need to be collected before the race. There are 2 options for collection:

1) between 6 and 8pm on Friday at the Castlerosse hotel and

2) Between 7.00 and 8.30am on the race morning at St. Brendan's College, New Road, Killarney. The college is also where car parking/showers etc are available.

**Q. What if I can't make either of these collection times:** This is highly unlikely but if you do get caught out then you may have someone collect your pack for you as long as they know your race number.

**Q. How will I know my race number:** Race numbers will be listed at registration when you arrive. If you have your entry confirmation with you that will be a huge help.

**Q. Do I get a t-shirt:** Yes. When you collect your race number.

**Q. What about medals:** A. Only when you finish.

**Q. Is registration available on the day?** Only if there are places still available. In this case the half marathon will cost €50, with the full costing €60.

**Q. Is my entry transferable/non-refundable:** A. No. Once you enter there is no refund and no transfer.

**Q. Are there changing facilities/showers/parking available on the day:** A. Showers and parking are available at St. Brendan's College. There are also showers available in the leisure centre of the hotel.

**Q. What about massage?** A. Available at the finish area.

**Q. Where does the race begin:** A. The full marathon begins on the new path by the playground approximately 400 metres from the College. The half marathon begins at Ross Castle in the National Park. This is approximately a 20 minute walk from the College. Both starts will be well signposted.

**Q. How will I find the start lines:** A. If you cannot find the signs as above you can make your way to the start with the pacers. The pacers for the half will leave the college at 8.20am sharp with the pacers for the full leaving the college at 8.30am sharp.

**Q. How will we know the start line:** A. The start line will be quite obvious without there being a huge fuss. Due to constraints when holding an event in the National Park the start area will be quite low-key. However we promise to make a huge fuss of you all at the finish line.

**Q. Are there toilets at the start:** A. There are toilets at the college on Saturday morning. There are also toilets in Ross castle close to the half start line and at the playground close to the full start line.

**Q. Can I get my warmup gear from the half start?:** Yes. At the start area there will be a couple of large bags to leave your gear. These will be at the finish when you get there. Please make sure to mark your gear clearly so it is not taken by the wrong person.

**Q. Where does the race finish:** A. The Castlerosse Hotel. From here it is a 15 minute walk back to the changing/showers/parking. There will be a shuttle taxi service running regularly from the Hotel back to the college.

**Q. Will there be pacers on the day:** A. Yes. For the full marathon they will be at 3.15, 3.30, 3.45, 4.hrs, 4.15, & 4.30, for the half they will be at 1.30, 1.45, 2hrs, and 2.15hrs. Pacers will be recognisable by the helium balloons they will be carrying.

**Q. Are there hydration stations on the course:** A. Yes, every 3kms approximately.

**Q. What is at these stations:** A. Water. There will be bananas, gels etc for the full at the stop situated at lap end.

**Q. What about toilets?** A. There are public toilets at the half-marathon start in Ross Castle and at the full-marathon start in the playground. There are portaloos at the finish line area. You will pass these at the end of each lap.

**Q. Has the course been measured with a Jones counter:** A. Yes, it has been professionally measured and certified. Please note that due to the dense tree coverage on the route that GPS readings can be well off. For instance in 2013 GPS readings amongst competitors for the full distance ranged between 25.1 miles and 26.9 miles. Enough said.

**Q. Are there prizes for the top finishers:** A. There are prizes for the top 3 men and the top 3 women in both the full and the half marathon.

**Q. Are there any good viewing points for spectators:** A. Many. The finish line is good as the runners pass this at the end of each lap. Deenagh lodge is very good as the runners pass this stop twice on each lap. Ross castle is also very good as it is passed twice on each lap.

**A. Will the park be open to other users?** A. Yes. Killarney National Park will be open as usual. Other park users are aware that the marathon is taking place. Please be aware of other runners, walkers, jaunting cars, children etc. and remain courteous and respectful at all times. The only section that takes place on the public road is between Ross Castle and Reen Cottage. Please use the footpath on this section and be aware of traffic.

**Q. What happens at the finish line:** A. When you finish you will be presented with your medal. There is a finisher's area at the line where competitors can relax and enjoy a hot drink, sandwich, fruit, chocolate bars etc.

**Q. When is the prize-giving:** A. In the main bar at the Castlerosse Hotel from 1.30pm

**Q. Is there food available in the hotel:** A. Yes. The main bar in the hotel will be serving pub grub from about midday.

