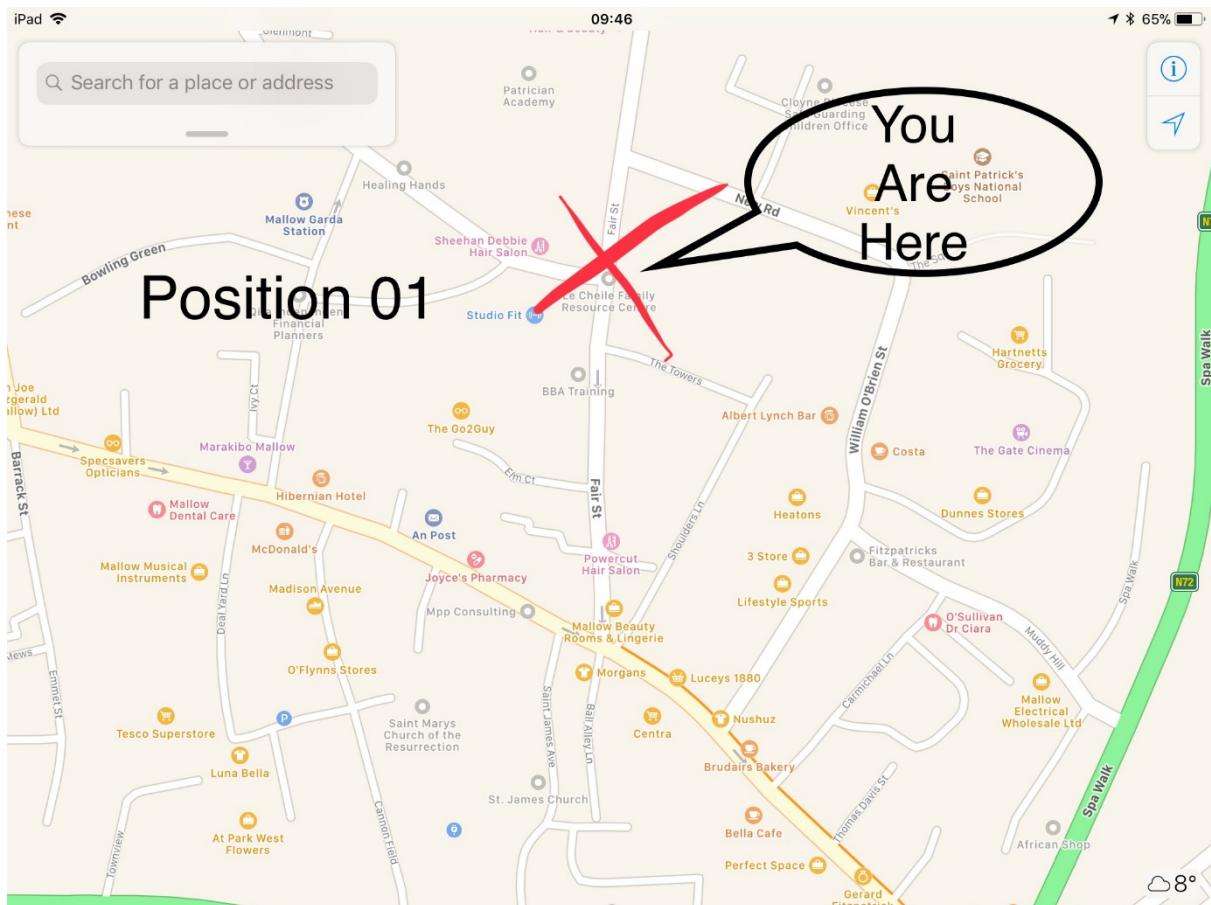


Red Zone – Contact – Ger Buckley 085-8702101

Stewarding Position: 01

Number of Stewards: 1 & FTM

Map Position: Top of Fair St/Main St. Junction



Instructions for Position 01:

Road closed 12 noon to 1pm

Traffic from bottom of Fair St will be diverted via carpark to Shortcastle

Stewards with Hi Visibility Vests to advise motorists of diversion and manage traffic. Adequate signage will be deployed in advance.

Note – After the race has started and runners have gone please proceed to assist Aidan Buckley removing barriers.

Steward Instructions

1. Race is run on LH Lane & will never cross the road.
2. Gardai & motorbikes (civilians) will be moving from one area to another & may not always be on point.
3. Note times of when the bulk of the runners will be coming through. Do not put yourself or any runners at risk, do NOT be afraid to stop traffic.
4. There are 2 ambulances on duty following the bulk runners of the race & will be at 1/2 way.
5. There will be Red Cross, Gardai and **Mallow AC Doctors and Nurses** on duty - Contact Details Below
6. Ensure you have emergency contact numbers & Hi Viz Vest.
7. If finished in your area consider following on to another area & converge at the finish to help out.
8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

Contact Names and Details

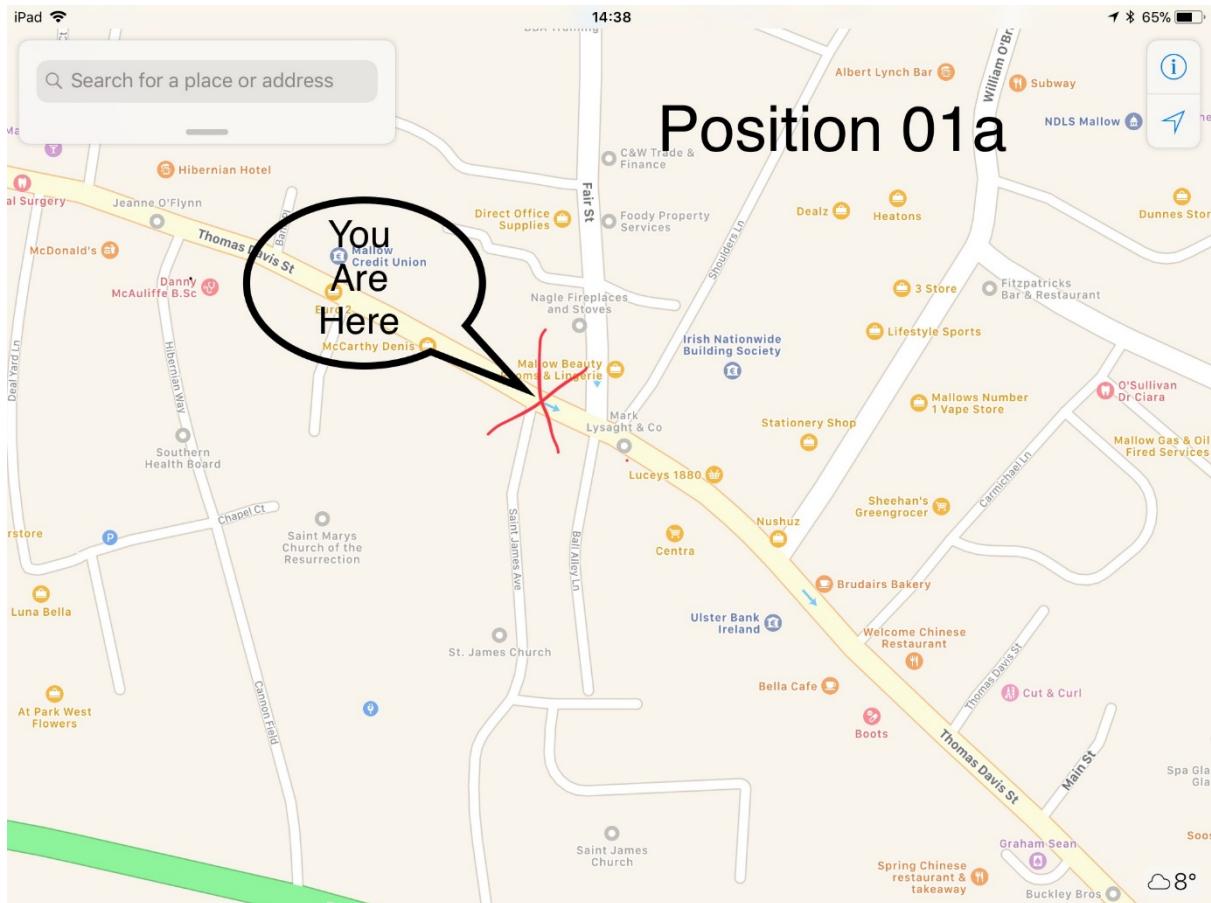
TITLE	NAME	EMAIL	PHONE	ORGANISATION
Event Controller	Ger Buckley	gerrbuckley@eircom.net	085 8702101	Mallow AC
Chief Steward	Lorraine Bolster	bolsterlorraine2@gmail.com	085 1280312	Mallow AC
Safety Officer	Liam Murphy	limurphy32@hotmail.com	087 9318982	Mallow AC
Medical Coordinator	David O'Sullivan	David.Osullivan@hse.ie	087 2156670	Irish Red Cross
Doctor	Dr. Sarah Duggan	sarahduggan@gmail.com	087 7754083	GP
Nurse 1	Catriona Ryan		086 8847446	Mallow AC
Nurse 2	Catherine Walsh O'Connor			Mallow AC

Red Zone – Contact – Ger Buckley 085-8702101

Stewarding Position: 01a

Number of Stewards: 2 & FFTM

Map Position: St. James Avenue/Main St.



Instructions for Position 01a:

Direct traffic down St James's Avenue from Main Street.

Road closed 12 noon to 1pm

Stewards with Hi Visibility Vests to advise motorists of diversion and manage traffic. Adequate signage will be deployed in advance.

Note – After the race has started and runners have gone please proceed to assist Aidan Buckley removing barriers.

Steward Instructions

1. Race is run on LH Lane & will never cross the road.
2. Gardai & motorbikes (civilians) will be moving from one area to another & may not always be on point.
3. Note times of when the bulk of the runners will be coming through. Do not put yourself or any runners at risk, do NOT be afraid to stop traffic.
4. There are 2 ambulances on duty following the bulk runners of the race & will be at 1/2 way.
5. There will be Red Cross, Gardai and **Mallow AC Doctors and Nurses** on duty - Contact Details Below
6. Ensure you have emergency contact numbers & Hi Viz Vest.
7. If finished in your area consider following on to another area & converge at the finish to help out.
8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

Contact Names and Details

TITLE	NAME	EMAIL	PHONE	ORGANISATION
Event Controller	Ger Buckley	gerrbuckley@eircom.net	085 8702101	Mallow AC
Chief Steward	Lorraine Bolster	bolsterlorraine2@gmail.com	085 1280312	Mallow AC
Safety Officer	Liam Murphy	limurphy32@hotmail.com	087 9318982	Mallow AC
Medical Coordinator	David O'Sullivan	David.Osullivan@hse.ie	087 2156670	Irish Red Cross
Doctor	Dr. Sarah Duggan	sarahduggan@gmail.com	087 7754083	GP
Nurse 1	Catriona Ryan		086 8847446	Mallow AC
Nurse 2	Catherine Walsh O'Connor			Mallow AC

Red Zone – Contact – Ger Buckley 085-8702101

Stewarding Position: 02

Number of Stewards: 1

Map Position: Top of O'Brien St./Muddy Hill



Instructions for Position 02:

Road closed 12 noon to 1pm

O'Brien St. traffic (in direction of Main St) diverted via Muddy Hill.

Stewards with Hi Visibility Vests at top & bottom of Muddy Hill to advise motorists of diversion and manage traffic. Adequate signage 'RACE in Progress' & 'Expect Delays' will be deployed in advance.

Note – After the race has started and runners have gone please proceed to assist Aidan Buckley removing barriers.

Steward Instructions

1. Race is run on LH Lane & will never cross the road.
2. Gardai & motorbikes (civilians) will be moving from one area to another & may not always be on point.
3. Note times of when the bulk of the runners will be coming through. Do not put yourself or any runners at risk, do NOT be afraid to stop traffic.
4. There are 2 ambulances on duty following the bulk runners of the race & will be at 1/2 way.
5. There will be Red Cross, Gardai and **Mallow AC Doctors and Nurses** on duty - Contact Details Below
6. Ensure you have emergency contact numbers & Hi Viz Vest.
7. If finished in your area consider following on to another area & converge at the finish to help out.
8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

Contact Names and Details

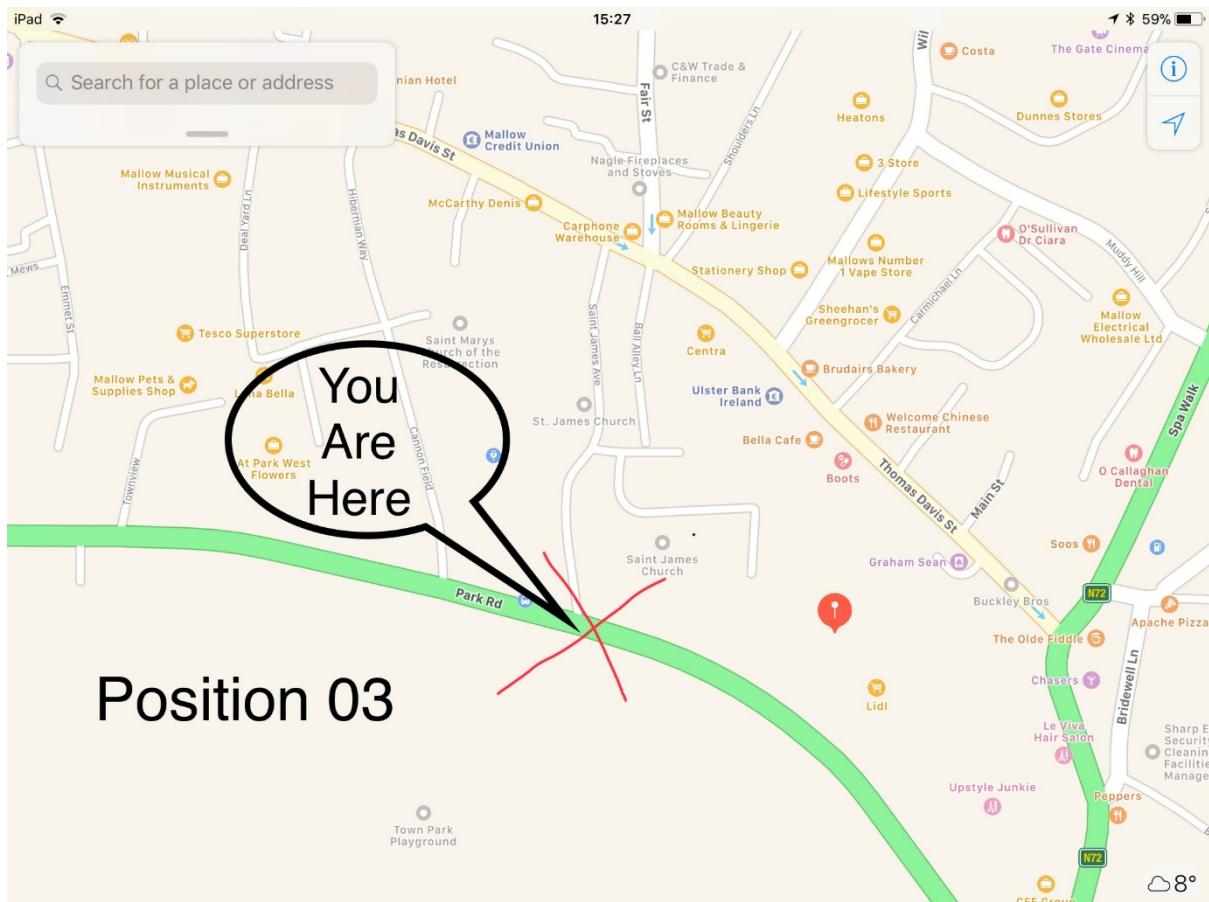
TITLE	NAME	EMAIL	PHONE	ORGANISATION
Event Controller	Ger Buckley	gerrbuckley@eircom.net	085 8702101	Mallow AC
Chief Steward	Lorraine Bolster	bolsterlorraine2@gmail.com	085 1280312	Mallow AC
Safety Officer	Liam Murphy	limurphy32@hotmail.com	087 9318982	Mallow AC
Medical Coordinator	David O'Sullivan	David.Osullivan@hse.ie	087 2156670	Irish Red Cross
Doctor	Dr. Sarah Duggan	sarahduggan@gmail.com	087 7754083	GP
Nurse 1	Catriona Ryan		086 8847446	Mallow AC
Nurse 2	Catherine Walsh O'Connor			Mallow AC

Red Zone – Contact – Ger Buckley 085-8702101

Stewarding Position: 03

Number of Stewards: 2

Map Position: Park Rd./St.James Ave



Instructions for Position 03:

Diversion ahead 12 noon to 1pm -No through road to Main Street.

Stewards with Hi Visibility Vests at Park Road /St. James' Ave Junction to advise motorists of diversion and manage traffic. Adequate signage 'RACE in Progress' & 'Expect Delays' will be deployed in advance.

Note – After the race has started and runners have gone please proceed to assist Aidan Buckley removing barriers.

Steward Instructions

1. Race is run on LH Lane & will never cross the road.
2. Gardai & motorbikes (civilians) will be moving from one area to another & may not always be on point.
3. Note times of when the bulk of the runners will be coming through. Do not put yourself or any runners at risk, do NOT be afraid to stop traffic.
4. There are 2 ambulances on duty following the bulk runners of the race & will be at 1/2 way.
5. There will be Red Cross, Gardai and **Mallow AC Doctors and Nurses** on duty - Contact Details Below
6. Ensure you have emergency contact numbers & Hi Viz Vest.
7. If finished in your area consider following on to another area & converge at the finish to help out.
8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

Contact Names and Details

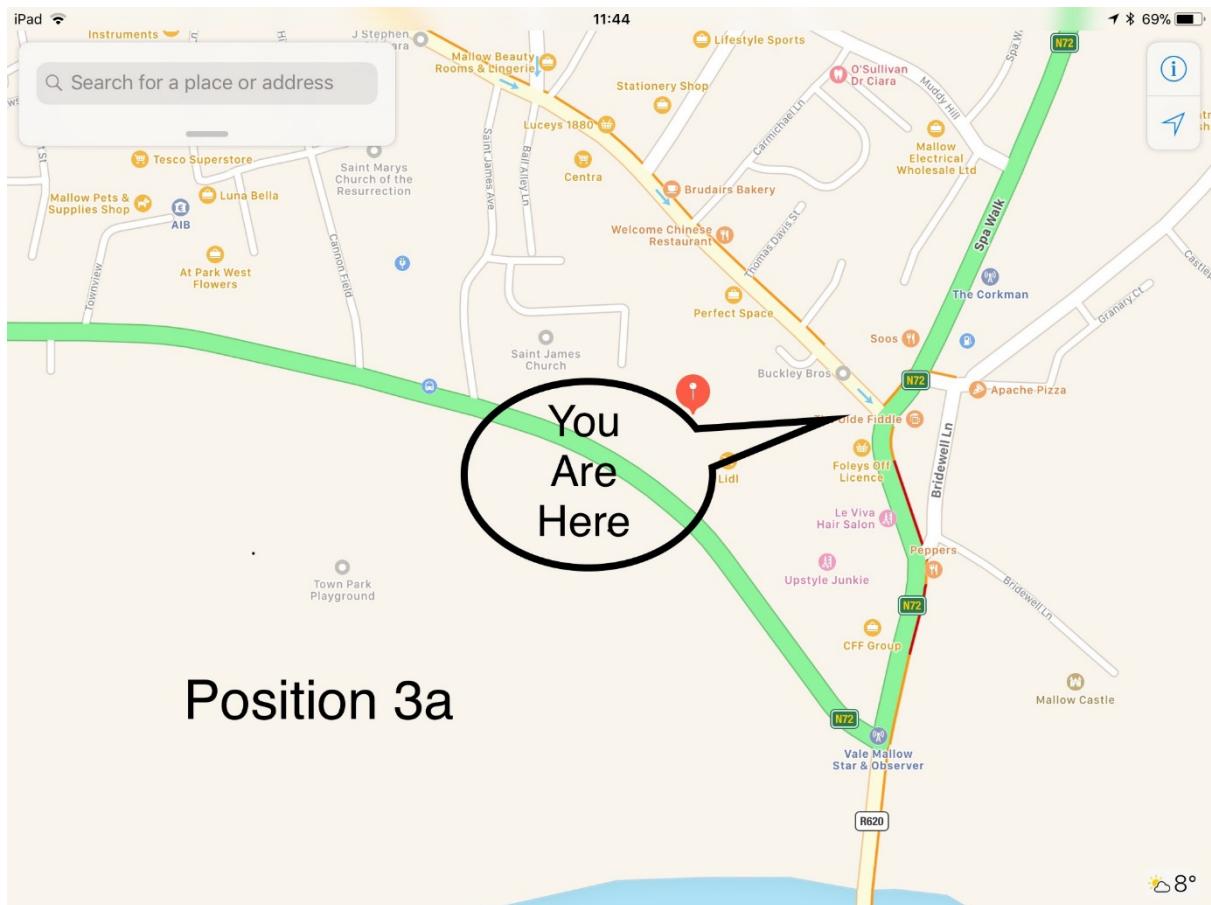
TITLE	NAME	EMAIL	PHONE	ORGANISATION
Event Controller	Ger Buckley	gerrbuckley@eircom.net	085 8702101	Mallow AC
Chief Steward	Lorraine Bolster	bolsterlorraine2@gmail.com	085 1280312	Mallow AC
Safety Officer	Liam Murphy	limurphy32@hotmail.com	087 9318982	Mallow AC
Medical Coordinator	David O'Sullivan	David.Osullivan@hse.ie	087 2156670	Irish Red Cross
Doctor	Dr. Sarah Duggan	sarahduggan@gmail.com	087 7754083	GP
Nurse 1	Catriona Ryan		086 8847446	Mallow AC
Nurse 2	Catherine Walsh O'Connor			Mallow AC

Red Zone – Contact – Ger Buckley 085-8702101

Stewarding Position: 03A

Number of Stewards: 2

Map Position: Broadview/Park Road Junction



Position 3a

Instructions for Position 03a:

Diversion ahead 12 noon to 1pm-No through road to Bridge Street/Mitchelstown- Fermoy.

Stewards with Hi Visibility Vests to advise motorists of diversion to Mitchelstown and manage traffic. Adequate signage 'RACE in Progress' & 'Expect Delays' will be deployed in advance.

Note – After the race has started and runners have gone please proceed to assist Aidan Buckley removing barriers.

Steward Instructions

1. Race is run on LH Lane & will never cross the road.
2. Gardai & motorbikes (civilians) will be moving from one area to another & may not always be on point.
3. Note times of when the bulk of the runners will be coming through. Do not put yourself or any runners at risk, do NOT be afraid to stop traffic.
4. There are 2 ambulances on duty following the bulk runners of the race & will be at 1/2 way.
5. There will be Red Cross, Gardai and **Mallow AC Doctors and Nurses** on duty - Contact Details Below
6. Ensure you have emergency contact numbers & Hi Viz Vest.
7. If finished in your area consider following on to another area & converge at the finish to help out.
8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

Contact Names and Details

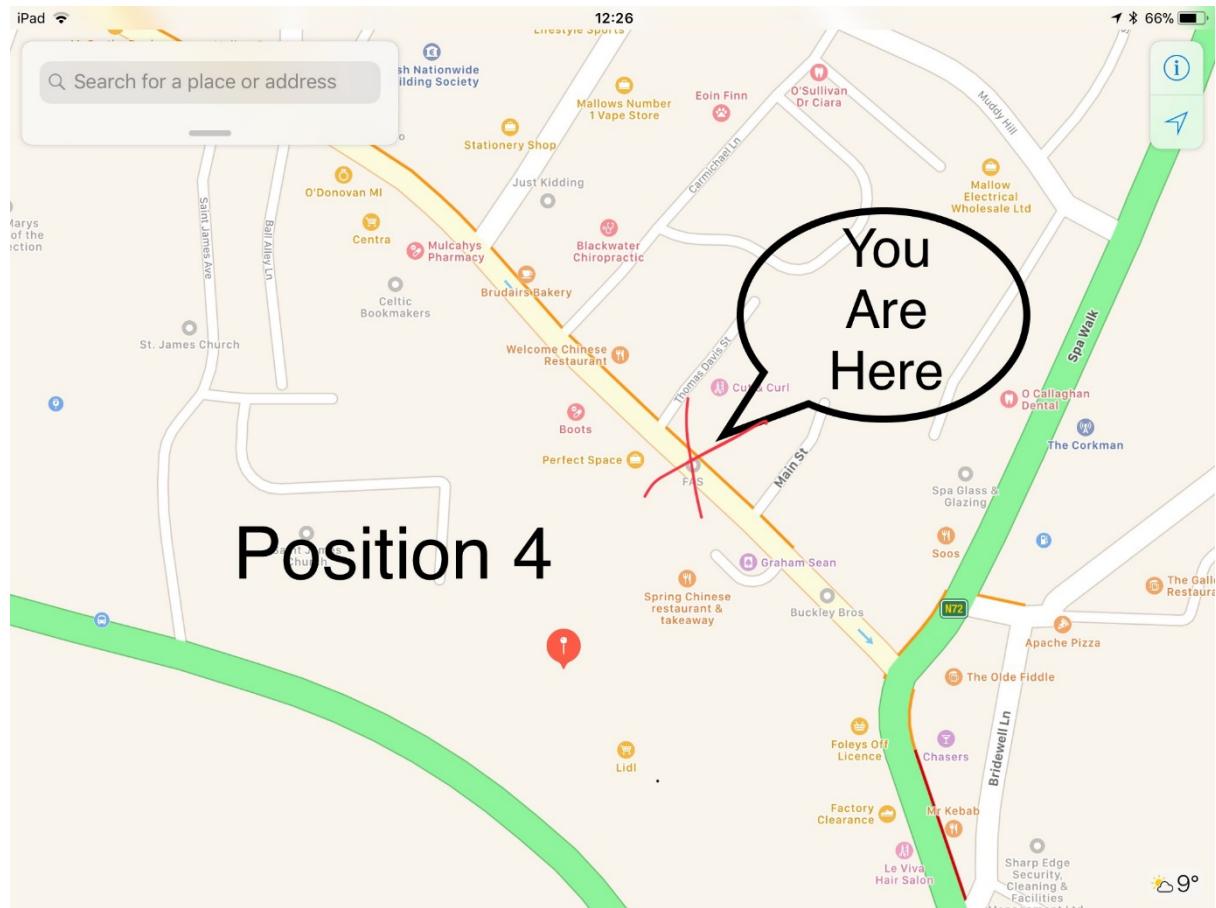
TITLE	NAME	EMAIL	PHONE	ORGANISATION
Event Controller	Ger Buckley	gerrbuckley@eircom.net	085 8702101	Mallow AC
Chief Steward	Lorraine Bolster	bolsterlorraine2@gmail.com	085 1280312	Mallow AC
Safety Officer	Liam Murphy	limurphy32@hotmail.com	087 9318982	Mallow AC
Medical Coordinator	David O'Sullivan	David.Osullivan@hse.ie	087 2156670	Irish Red Cross
Doctor	Dr. Sarah Duggan	sarahduggan@gmail.com	087 7754083	GP
Nurse 1	Catriona Ryan		086 8847446	Mallow AC
Nurse 2	Catherine Walsh O'Connor			Mallow AC

Red Zone – Contact – Ger Buckley 085-8702101

Stewarding Position: 04

Number of Stewards: 5

Map Position: Start Town Hall – Main Street



Instructions for Position 04:

Cones/Tape/Gantry/ Barriers?

Note – After the race has started and runners have gone please proceed to assist Aidan Buckley removing barriers.

Steward Instructions

1. Race is run on LH Lane & will never cross the road.
2. Gardai & motorbikes (civilians) will be moving from one area to another & may not always be on point.
3. Note times of when the bulk of the runners will be coming through. Do not put yourself or any runners at risk, do NOT be afraid to stop traffic.
4. There are 2 ambulances on duty following the bulk runners of the race & will be at 1/2 way.
5. There will be Red Cross, Gardai and **Mallow AC Doctors and Nurses** on duty - Contact Details Below
6. Ensure you have emergency contact numbers & Hi Viz Vest.
7. If finished in your area consider following on to another area & converge at the finish to help out.
8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

Contact Names and Details

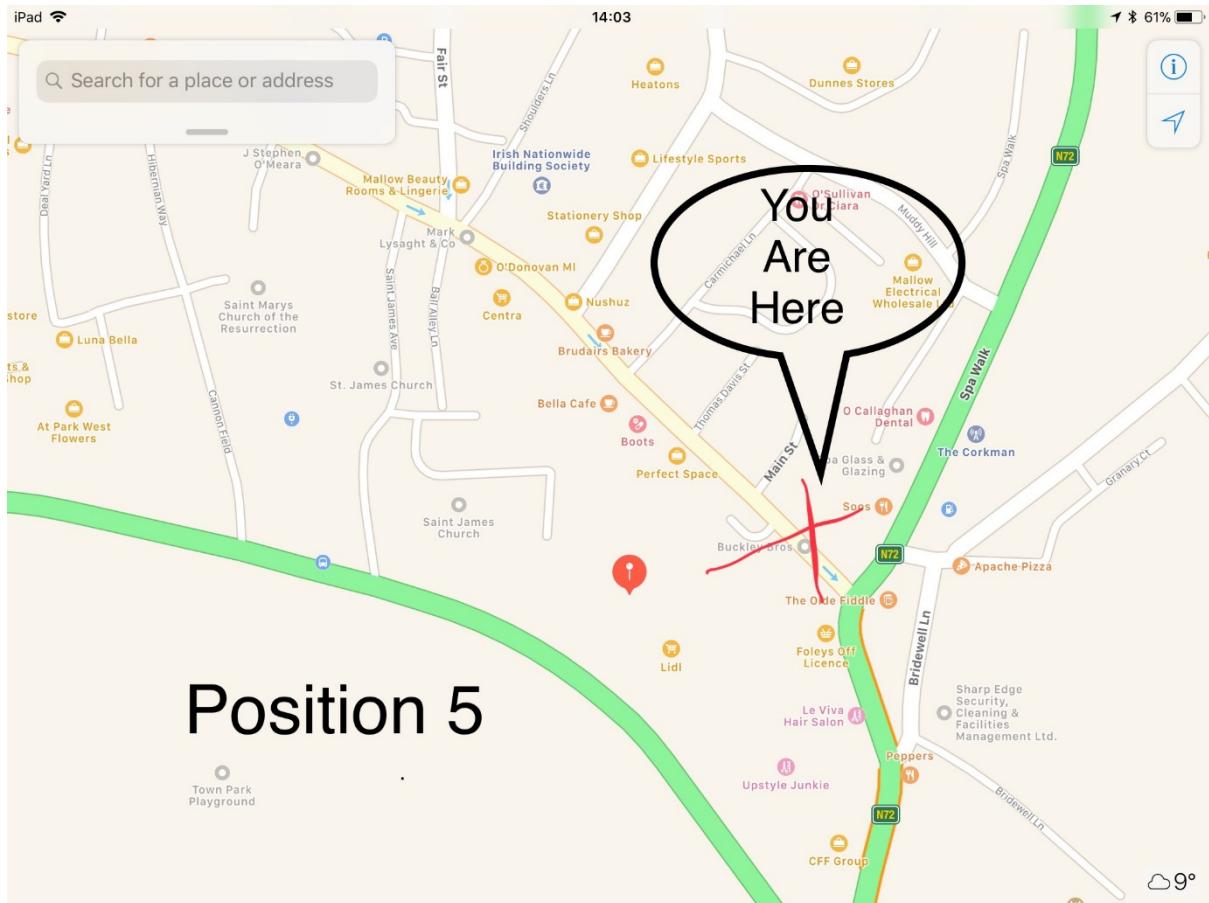
TITLE	NAME	EMAIL	PHONE	ORGANISATION
Event Controller	Ger Buckley	gerrbuckley@eircom.net	085 8702101	Mallow AC
Chief Steward	Lorraine Bolster	bolsterlorraine2@gmail.com	085 1280312	Mallow AC
Safety Officer	Liam Murphy	limurphy32@hotmail.com	087 9318982	Mallow AC
Medical Coordinator	David O'Sullivan	David.Osullivan@hse.ie	087 2156670	Irish Red Cross
Doctor	Dr. Sarah Duggan	sarahduggan@gmail.com	087 7754083	GP
Nurse 1	Catriona Ryan		086 8847446	Mallow AC
Nurse 2	Catherine Walsh O'Connor			Mallow AC

Red Zone – Contact – Ger Buckley 085-8702101

Stewarding Position: 05

Number of Stewards: 2

Map Position: Start Town Hall – Plaza



Instructions for Position 05:

Road Closed 12 Noon to 1pm - Official Race Start

Note – After the race has started and runners have gone please proceed to assist Aidan Buckley removing barriers.

Steward Instructions

1. Race is run on LH Lane & will never cross the road.
2. Gardai & motorbikes (civilians) will be moving from one area to another & may not always be on point.
3. Note times of when the bulk of the runners will be coming through. Do not put yourself or any runners at risk, do NOT be afraid to stop traffic.
4. There are 2 ambulances on duty following the bulk runners of the race & will be at 1/2 way.
5. There will be Red Cross, Gardai and **Mallow AC Doctors and Nurses** on duty - Contact Details Below
6. Ensure you have emergency contact numbers & Hi Viz Vest.
7. If finished in your area consider following on to another area & converge at the finish to help out.
8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

Contact Names and Details

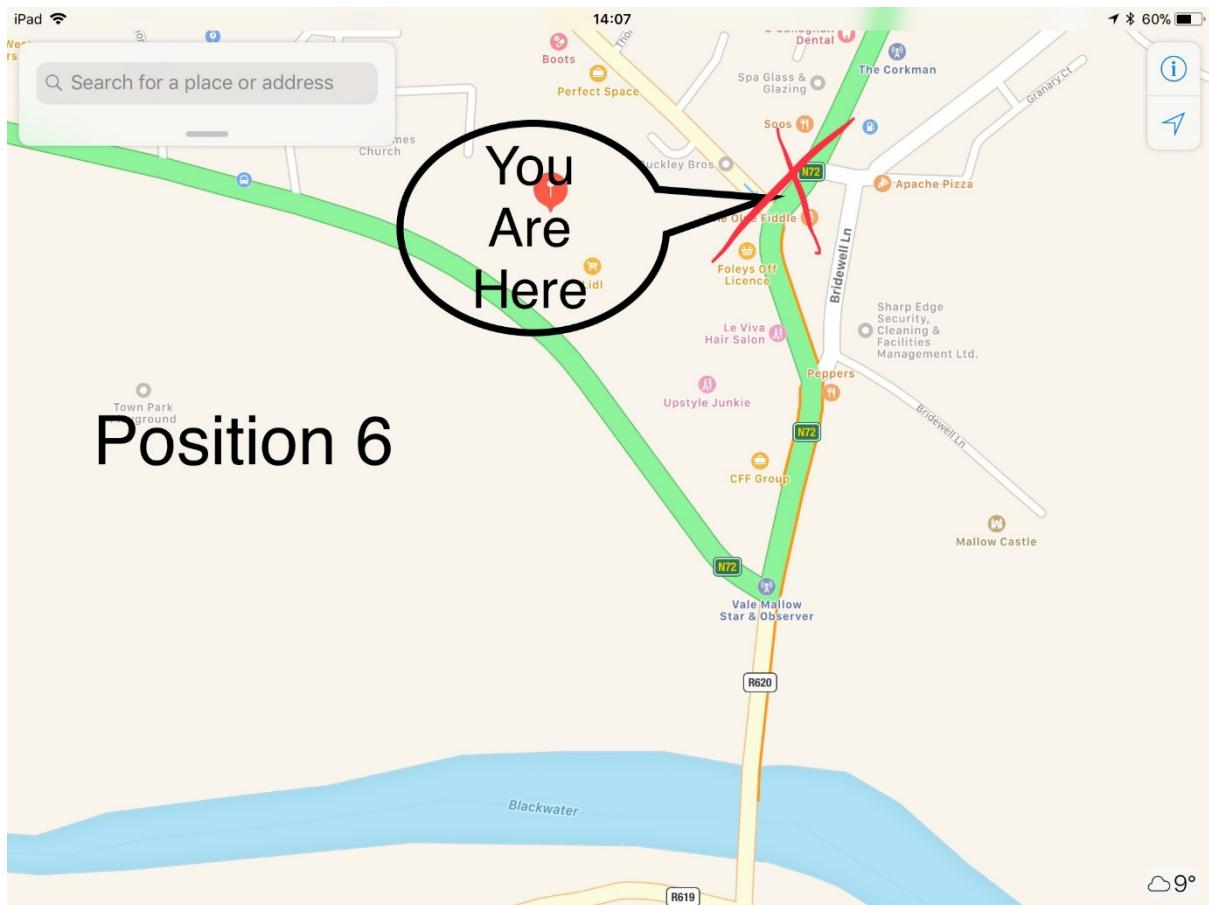
TITLE	NAME	EMAIL	PHONE	ORGANISATION
Event Controller	Ger Buckley	gerrbuckley@eircom.net	085 8702101	Mallow AC
Chief Steward	Lorraine Bolster	bolsterlorraine2@gmail.com	085 1280312	Mallow AC
Safety Officer	Liam Murphy	limurphy32@hotmail.com	087 9318982	Mallow AC
Medical Coordinator	David O'Sullivan	David.Osullivan@hse.ie	087 2156670	Irish Red Cross
Doctor	Dr. Sarah Duggan	sarahduggan@gmail.com	087 7754083	GP
Nurse 1	Catriona Ryan		086 8847446	Mallow AC
Nurse 2	Catherine Walsh O'Connor			Mallow AC

Red Zone – Contact – Ger Buckley 085-8702101

Stewarding Position: 06

Number of Stewards: 1

Map Position: Clock House/Spa Junction



Instructions for Position 06:

Stewards with Hi Visibility Vests at Clock House / Spa Road Junction to advise motorists of delay, manage traffic & fully restrict traffic @ 12.25 Sharp. Adequate signage 'RACE in Progress' & 'Expect Delays' will be deployed in advance,

Traffic management in place from 12:20 to 12:45

Note – After the race has started and runners have gone please proceed to assist Aidan Buckley removing barriers.

Steward Instructions

1. Race is run on LH Lane & will never cross the road.
2. Gardai & motorbikes (civilians) will be moving from one area to another & may not always be on point.
3. Note times of when the bulk of the runners will be coming through. Do not put yourself or any runners at risk, do NOT be afraid to stop traffic.
4. There are 2 ambulances on duty following the bulk runners of the race & will be at 1/2 way.
5. There will be Red Cross, Gardai and **Mallow AC Doctors and Nurses** on duty - Contact Details Below
6. Ensure you have emergency contact numbers & Hi Viz Vest.
7. If finished in your area consider following on to another area & converge at the finish to help out.
8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

Contact Names and Details

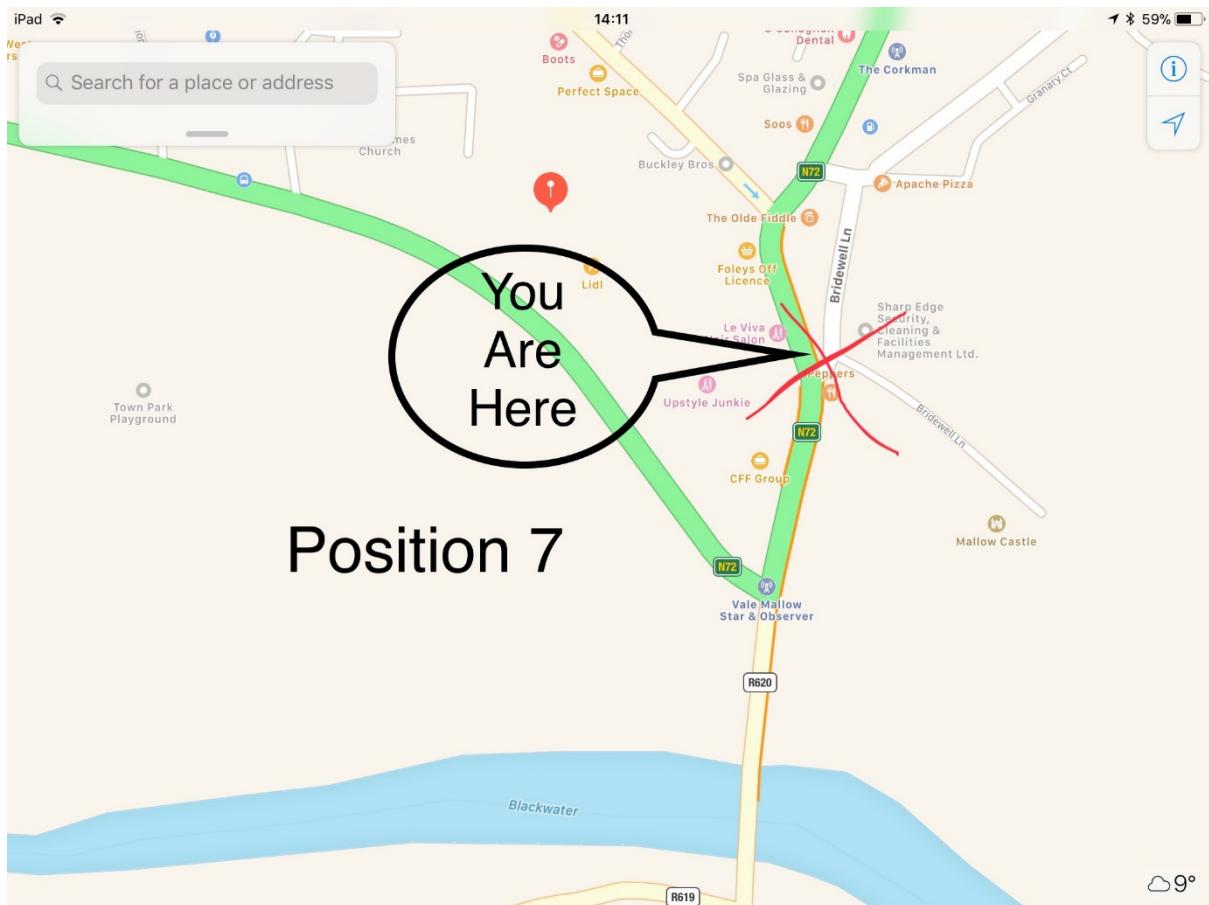
TITLE	NAME	EMAIL	PHONE	ORGANISATION
Event Controller	Ger Buckley	gerrbuckley@eircom.net	085 8702101	Mallow AC
Chief Steward	Lorraine Bolster	bolsterlorraine2@gmail.com	085 1280312	Mallow AC
Safety Officer	Liam Murphy	limurphy32@hotmail.com	087 9318982	Mallow AC
Medical Coordinator	David O'Sullivan	David.Osullivan@hse.ie	087 2156670	Irish Red Cross
Doctor	Dr. Sarah Duggan	sarahduggan@gmail.com	087 7754083	GP
Nurse 1	Catriona Ryan		086 8847446	Mallow AC
Nurse 2	Catherine Walsh O'Connor			Mallow AC

Red Zone – Contact – Ger Buckley 085-8702101

Stewarding Position: 07

Number of Stewards: 1

Map Position: Peppers/Castle Entrance



Instructions for Position 07:

Stewards with Hi Visibility Vests at Peppers/Castle Entrance to advise motorists of delay, manage traffic & fully restrict traffic @12.25 Sharp. Adequate signage 'RACE in Progress' & 'Expect Delays' will be deployed in advance,

Traffic management in place from 12:20 to 12:45

Note – After the race has started and runners have gone please proceed to assist Aidan Buckley removing barriers.

Steward Instructions

1. Race is run on LH Lane & will never cross the road.
2. Gardai & motorbikes (civilians) will be moving from one area to another & may not always be on point.
3. Note times of when the bulk of the runners will be coming through. Do not put yourself or any runners at risk, do NOT be afraid to stop traffic.
4. There are 2 ambulances on duty following the bulk runners of the race & will be at 1/2 way.
5. There will be Red Cross, Gardai and **Mallow AC Doctors and Nurses** on duty - Contact Details Below
6. Ensure you have emergency contact numbers & Hi Viz Vest.
7. If finished in your area consider following on to another area & converge at the finish to help out.
8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

Contact Names and Details

TITLE	NAME	EMAIL	PHONE	ORGANISATION
Event Controller	Ger Buckley	gerrbuckley@eircom.net	085 8702101	Mallow AC
Chief Steward	Lorraine Bolster	bolsterlorraine2@gmail.com	085 1280312	Mallow AC
Safety Officer	Liam Murphy	limurphy32@hotmail.com	087 9318982	Mallow AC
Medical Coordinator	David O'Sullivan	David.Osullivan@hse.ie	087 2156670	Irish Red Cross
Doctor	Dr. Sarah Duggan	sarahduggan@gmail.com	087 7754083	GP
Nurse 1	Catriona Ryan		086 8847446	Mallow AC
Nurse 2	Catherine Walsh O'Connor			Mallow AC

Red Zone – Contact – Ger Buckley 085-8702101

Stewarding Position: 08

Number of Stewards: 1

Map Position: Muddy Hill / Spa Road Junction



Instructions for Position 08:

Stewards with Hi Visibility Vests at Peppers/Castle Entrance to advise motorists of delay, manage traffic & fully restrict traffic @12.25 Sharp. Adequate signage 'RACE in Progress' & 'Expect Delays' will be deployed in advance,

Traffic management in place from 12:20 to 12:45

Note – After the race has started and runners have gone please proceed to assist Aidan Buckley removing barriers.

Steward Instructions

1. Race is run on LH Lane & will never cross the road.
2. Gardai & motorbikes (civilians) will be moving from one area to another & may not always be on point.
3. Note times of when the bulk of the runners will be coming through. Do not put yourself or any runners at risk, do NOT be afraid to stop traffic.
4. There are 2 ambulances on duty following the bulk runners of the race & will be at 1/2 way.
5. There will be Red Cross, Gardai and **Mallow AC Doctors and Nurses** on duty - Contact Details Below
6. Ensure you have emergency contact numbers & Hi Viz Vest.
7. If finished in your area consider following on to another area & converge at the finish to help out.
8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

Contact Names and Details

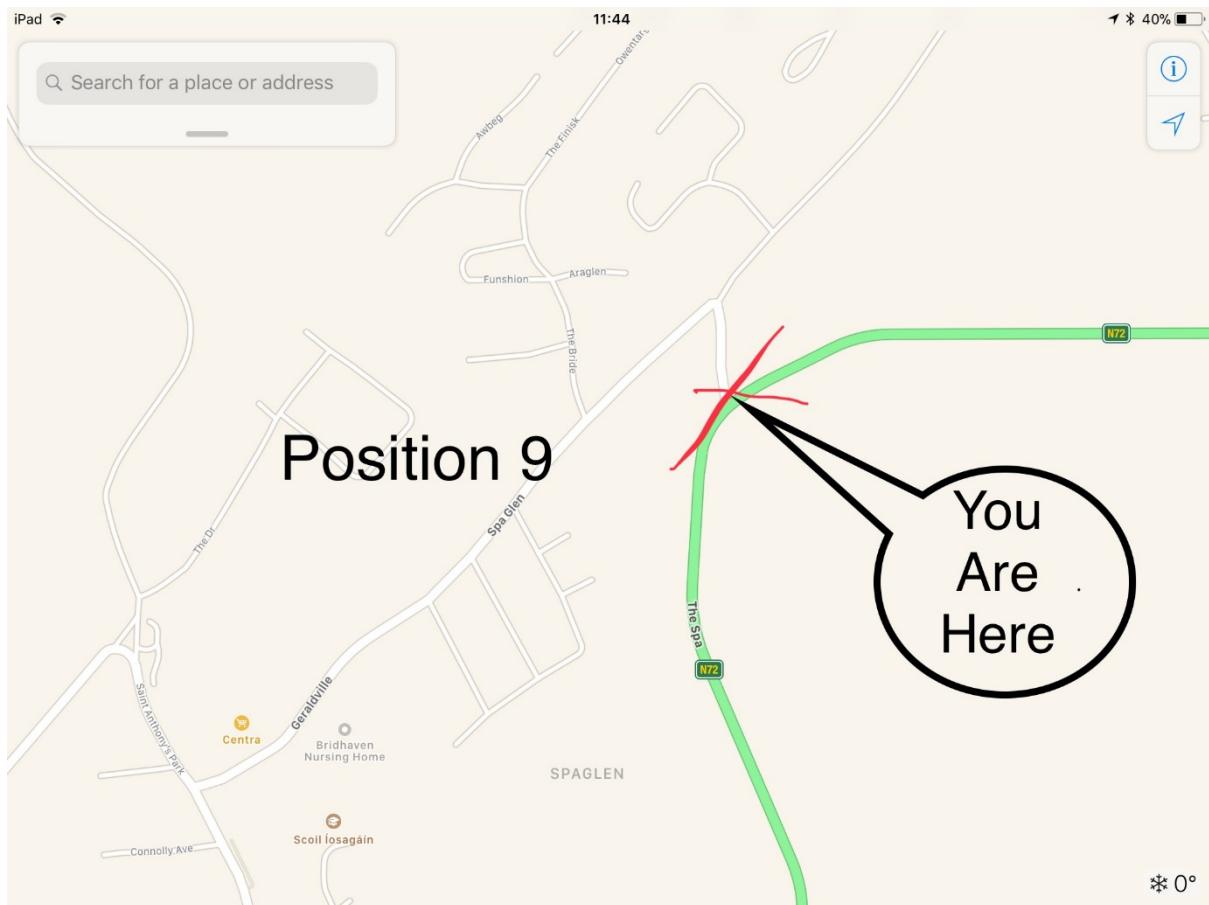
TITLE	NAME	EMAIL	PHONE	ORGANISATION
Event Controller	Ger Buckley	gerrbuckley@eircom.net	085 8702101	Mallow AC
Chief Steward	Lorraine Bolster	bolsterlorraine2@gmail.com	085 1280312	Mallow AC
Safety Officer	Liam Murphy	limurphy32@hotmail.com	087 9318982	Mallow AC
Medical Coordinator	David O'Sullivan	David.Osullivan@hse.ie	087 2156670	Irish Red Cross
Doctor	Dr. Sarah Duggan	sarahduggan@gmail.com	087 7754083	GP
Nurse 1	Catriona Ryan		086 8847446	Mallow AC
Nurse 2	Catherine Walsh O'Connor			Mallow AC

Red Zone – Contact – Ger Buckley 085-8702101

Stewarding Position: 09

Number of Stewards: 2

Map Position: Spa Rd/Spa Glen Junction



Instructions for Position 09:

Stewards with Hi Visibility Vests at Spa Rd/Spa Glen Junction to advise motorists of delay, manage traffic & alternative route. Adequate signage 'RACE in Progress' & 'Expect Delays' will be deployed in advance,

Traffic management in place from 12:20 to 12:

Note – After the race has started and runners have gone please proceed to assist Aidan Buckley removing barriers.

Steward Instructions

1. Race is run on LH Lane & will never cross the road.
2. Gardai & motorbikes (civilians) will be moving from one area to another & may not always be on point.
3. Note times of when the bulk of the runners will be coming through. Do not put yourself or any runners at risk, do NOT be afraid to stop traffic.
4. There are 2 ambulances on duty following the bulk runners of the race & will be at 1/2 way.
5. There will be Red Cross, Gardai and **Mallow AC Doctors and Nurses** on duty - Contact Details Below
6. Ensure you have emergency contact numbers & Hi Viz Vest.
7. If finished in your area consider following on to another area & converge at the finish to help out.
8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

Contact Names and Details

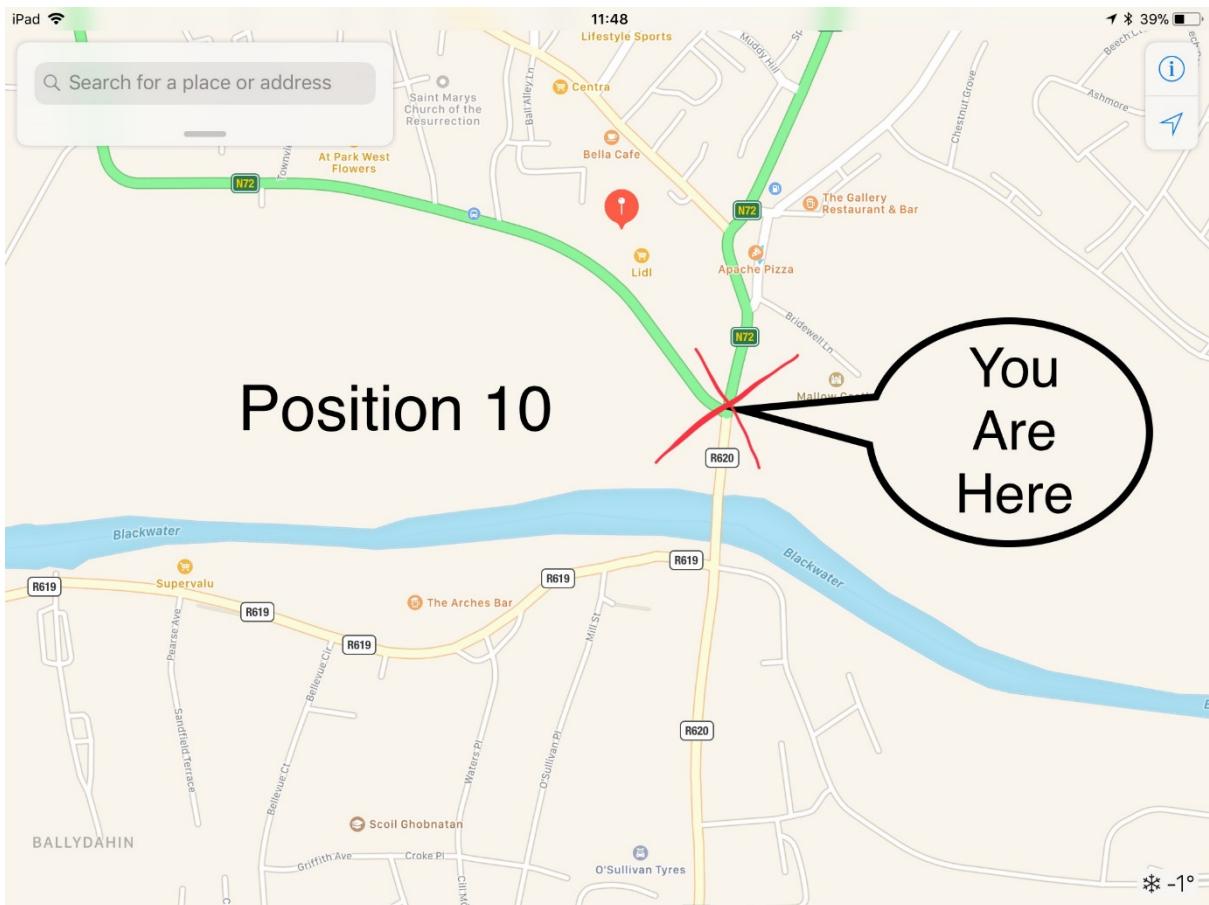
TITLE	NAME	EMAIL	PHONE	ORGANISATION
Event Controller	Ger Buckley	gerrbuckley@eircom.net	085 8702101	Mallow AC
Chief Steward	Lorraine Bolster	bolsterlorraine2@gmail.com	085 1280312	Mallow AC
Safety Officer	Liam Murphy	limurphy32@hotmail.com	087 9318982	Mallow AC
Medical Coordinator	David O'Sullivan	David.Osullivan@hse.ie	087 2156670	Irish Red Cross
Doctor	Dr. Sarah Duggan	sarahduggan@gmail.com	087 7754083	GP
Nurse 1	Catriona Ryan		086 8847446	Mallow AC
Nurse 2	Catherine Walsh O'Connor			Mallow AC

Red Zone – Contact – Ger Buckley 085-8702101

Stewarding Position: 10

Number of Stewards: 2

Map Position: Park Road Junction



Instructions for Position 10:

Stewards with Hi Visibility Vests at Park Road Junction to advise motorists of delay, manage traffic & fully restrict traffic @ 12.25 turning both directions.

Oncoming traffic over the Bridge will divert via Park Road.

Adequate signage 'RACE in Progress' & 'Expect Delays' will be deployed in advance,

Traffic management in place from 12:20 to 12:45

Note – After the race has started and runners have gone please proceed to assist Aidan Buckley removing barriers.

Steward Instructions

1. Race is run on LH Lane & will never cross the road.
2. Gardai & motorbikes (civilians) will be moving from one area to another & may not always be on point.
3. Note times of when the bulk of the runners will be coming through. Do not put yourself or any runners at risk, do NOT be afraid to stop traffic.
4. There are 2 ambulances on duty following the bulk runners of the race & will be at 1/2 way.
5. There will be Red Cross, Gardai and **Mallow AC Doctors and Nurses** on duty - Contact Details Below
6. Ensure you have emergency contact numbers & Hi Viz Vest.
7. If finished in your area consider following on to another area & converge at the finish to help out.
8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

Contact Names and Details

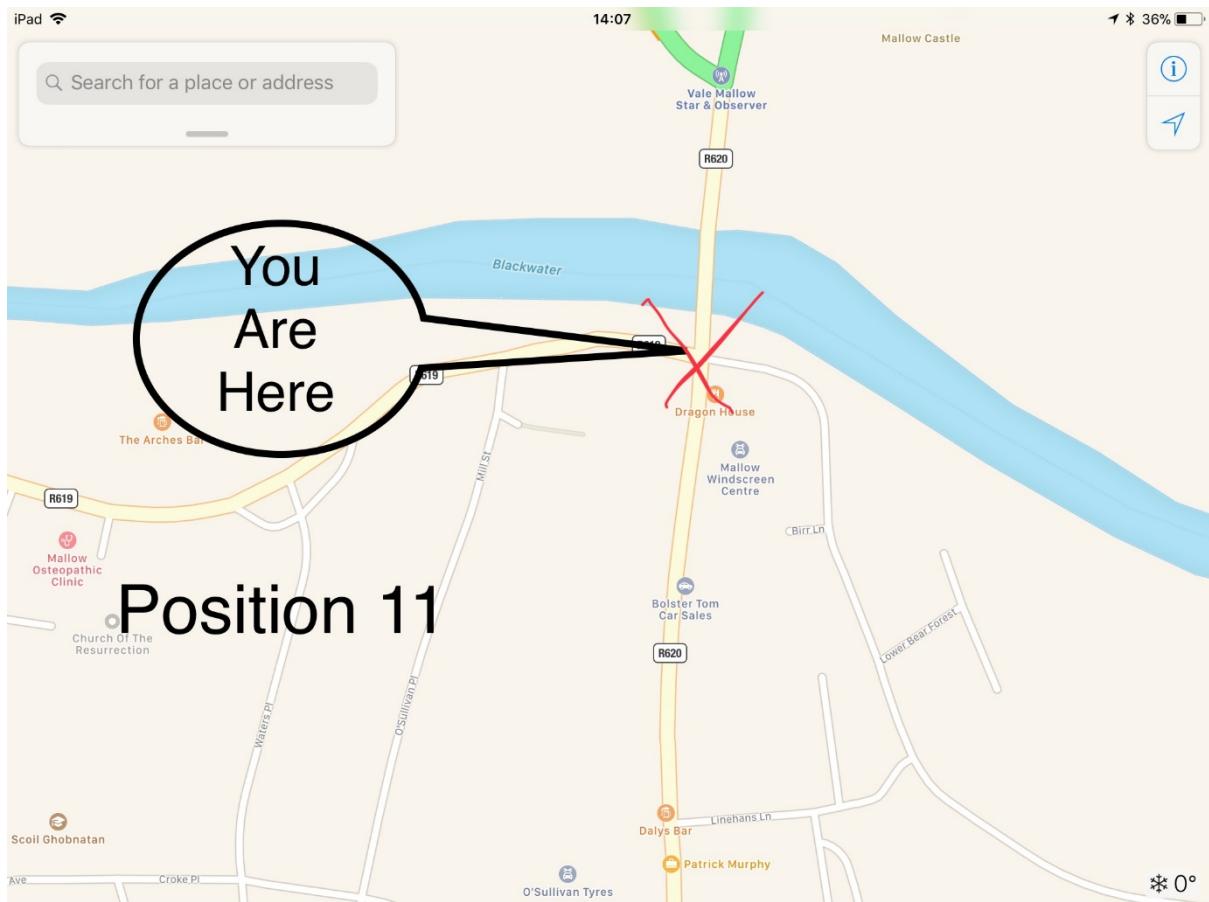
TITLE	NAME	EMAIL	PHONE	ORGANISATION
Event Controller	Ger Buckley	gerrbuckley@eircom.net	085 8702101	Mallow AC
Chief Steward	Lorraine Bolster	bolsterlorraine2@gmail.com	085 1280312	Mallow AC
Safety Officer	Liam Murphy	limurphy32@hotmail.com	087 9318982	Mallow AC
Medical Coordinator	David O'Sullivan	David.Osullivan@hse.ie	087 2156670	Irish Red Cross
Doctor	Dr. Sarah Duggan	sarahduggan@gmail.com	087 7754083	GP
Nurse 1	Catriona Ryan		086 8847446	Mallow AC
Nurse 2	Catherine Walsh O'Connor			Mallow AC

Red Zone – Contact – Ger Buckley 085-8702101

Stewarding Position: 11

Number of Stewards: 2 & FFTM

Map Position: Mallow Bridge RHS via Church



Instructions for Position 11:

Stewards with Hi Visibility Vests at Junction to advise motorists of delay, manage traffic & fully restrict traffic turning right to Balladaheen & straight for golf course.

Adequate signage 'RACE in Progress' & 'Expect Delays' will be deployed in advance,

Traffic management in place from 12:20 to 4pm

Formal Road Closure and Diversions in Place

Note – After the race has started and runners have gone please proceed to assist Aidan Buckley removing barriers.

Steward Instructions

1. Race is run on LH Lane & will never cross the road.
2. Gardai & motorbikes (civilians) will be moving from one area to another & may not always be on point.
3. Note times of when the bulk of the runners will be coming through. Do not put yourself or any runners at risk, do NOT be afraid to stop traffic.
4. There are 2 ambulances on duty following the bulk runners of the race & will be at 1/2 way.
5. There will be Red Cross, Gardai and **Mallow AC Doctors and Nurses** on duty - Contact Details Below
6. Ensure you have emergency contact numbers & Hi Viz Vest.
7. If finished in your area consider following on to another area & converge at the finish to help out.
8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

Contact Names and Details

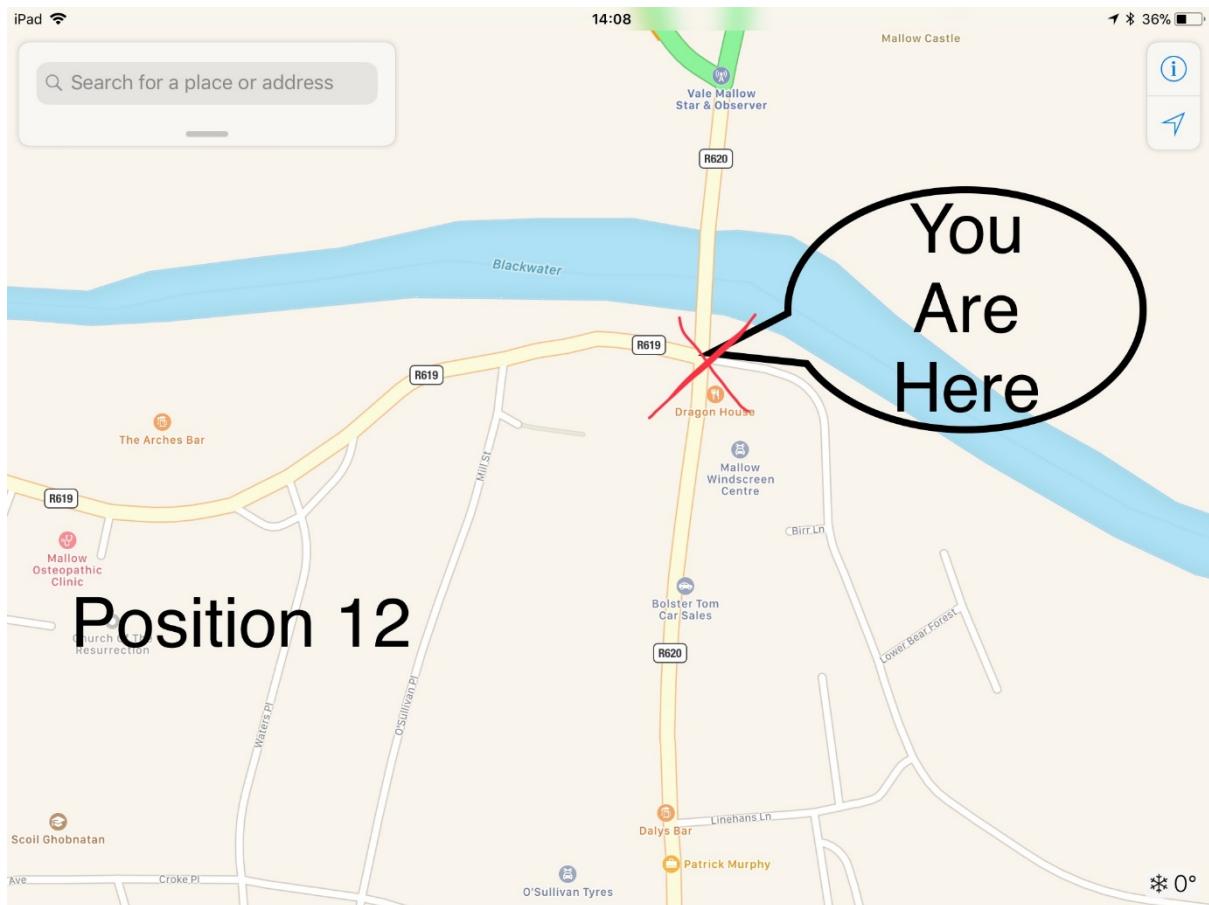
TITLE	NAME	EMAIL	PHONE	ORGANISATION
Event Controller	Ger Buckley	gerrbuckley@eircom.net	085 8702101	Mallow AC
Chief Steward	Lorraine Bolster	bolsterlorraine2@gmail.com	085 1280312	Mallow AC
Safety Officer	Liam Murphy	limurphy32@hotmail.com	087 9318982	Mallow AC
Medical Coordinator	David O'Sullivan	David.Osullivan@hse.ie	087 2156670	Irish Red Cross
Doctor	Dr. Sarah Duggan	sarahduggan@gmail.com	087 7754083	GP
Nurse 1	Catriona Ryan		086 8847446	Mallow AC
Nurse 2	Catherine Walsh O'Connor			Mallow AC

Red Zone – Contact – Ger Buckley 085-8702101

Stewarding Position: 12

Number of Stewards: 2

Map Position: Mallow Bridge LHS via Golf Club



Instructions for Position 12:

Stewards with Hi Visibility Vests at Junction to advise motorists of delay, manage traffic & fully restrict traffic @12.25 Sharp.

Adequate signage 'RACE in Progress' & 'Expect Delays' will be deployed in advance.

Traffic management in place from 12:20 to 12:45

Note – After the race has started and runners have gone please proceed to assist Aidan Buckley removing barriers.

Steward Instructions

1. Race is run on LH Lane & will never cross the road.
2. Gardai & motorbikes (civilians) will be moving from one area to another & may not always be on point.
3. Note times of when the bulk of the runners will be coming through. Do not put yourself or any runners at risk, do NOT be afraid to stop traffic.
4. There are 2 ambulances on duty following the bulk runners of the race & will be at 1/2 way.
5. There will be Red Cross, Gardai and **Mallow AC Doctors and Nurses** on duty - Contact Details Below
6. Ensure you have emergency contact numbers & Hi Viz Vest.
7. If finished in your area consider following on to another area & converge at the finish to help out.
8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

Contact Names and Details

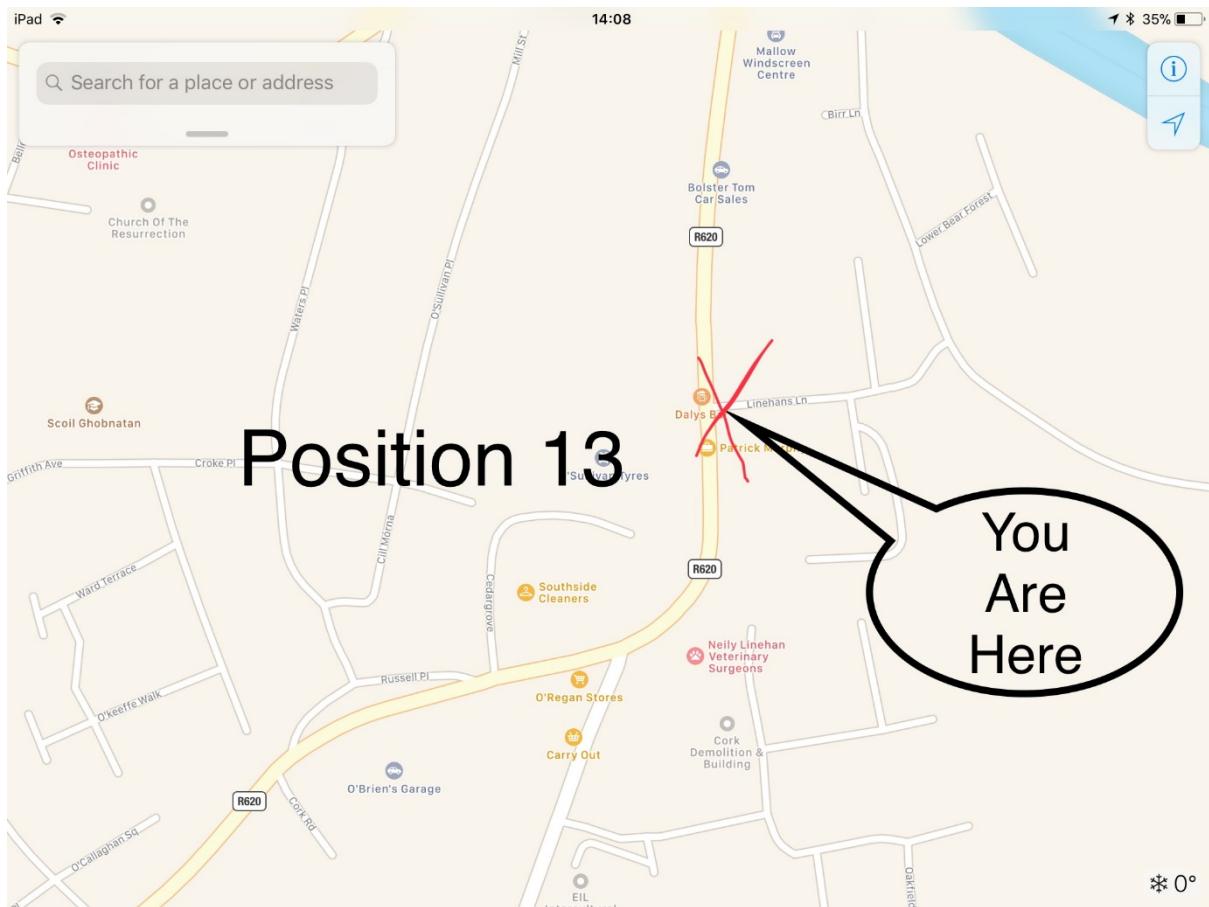
TITLE	NAME	EMAIL	PHONE	ORGANISATION
Event Controller	Ger Buckley	gerrbuckley@eircom.net	085 8702101	Mallow AC
Chief Steward	Lorraine Bolster	bolsterlorraine2@gmail.com	085 1280312	Mallow AC
Safety Officer	Liam Murphy	limurphy32@hotmail.com	087 9318982	Mallow AC
Medical Coordinator	David O'Sullivan	David.Osullivan@hse.ie	087 2156670	Irish Red Cross
Doctor	Dr. Sarah Duggan	sarahduggan@gmail.com	087 7754083	GP
Nurse 1	Catriona Ryan		086 8847446	Mallow AC
Nurse 2	Catherine Walsh O'Connor			Mallow AC

Red Zone – Contact – Ger Buckley 085-8702101

Stewarding Position: 13

Number of Stewards: 1

Map Position: Linehans Lane (Dalys Bar)/Ballydaheen



Instructions for Position 13:

Stewards with Hi Visibility Vests at Junction to advise motorists of delay, manage traffic & fully restrict traffic @12.25 Sharp.

Adequate signage 'RACE in Progress' & 'Expect Delays' will be deployed in advance.

Traffic management in place from 12:20 to 12:45

Note – After the race has started and runners have gone please proceed to assist Aidan Buckley removing barriers.

Steward Instructions

1. Race is run on LH Lane & will never cross the road.
2. Gardai & motorbikes (civilians) will be moving from one area to another & may not always be on point.
3. Note times of when the bulk of the runners will be coming through. Do not put yourself or any runners at risk, do NOT be afraid to stop traffic.
4. There are 2 ambulances on duty following the bulk runners of the race & will be at 1/2 way.
5. There will be Red Cross, Gardai and **Mallow AC Doctors and Nurses** on duty - Contact Details Below
6. Ensure you have emergency contact numbers & Hi Viz Vest.
7. If finished in your area consider following on to another area & converge at the finish to help out.
8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

Contact Names and Details

TITLE	NAME	EMAIL	PHONE	ORGANISATION
Event Controller	Ger Buckley	gerrbuckley@eircom.net	085 8702101	Mallow AC
Chief Steward	Lorraine Bolster	bolsterlorraine2@gmail.com	085 1280312	Mallow AC
Safety Officer	Liam Murphy	limurphy32@hotmail.com	087 9318982	Mallow AC
Medical Coordinator	David O'Sullivan	David.Osullivan@hse.ie	087 2156670	Irish Red Cross
Doctor	Dr. Sarah Duggan	sarahduggan@gmail.com	087 7754083	GP
Nurse 1	Catriona Ryan		086 8847446	Mallow AC
Nurse 2	Catherine Walsh O'Connor			Mallow AC

Red Zone – Contact – Ger Buckley 085-8702101

Stewarding Position: 14

Number of Stewards: 1

Map Position: Top of Ballydaheen Motorbike Shop



Instructions for Position 14:

Stewards with Hi Visibility Vests in situ on road to advise motorists of delay, manage traffic & fully restrict traffic approaching Balladaheen @12.25 Sharp.

Adequate signage 'RACE in Progress' & 'Expect Delays' will be deployed in advance.

Traffic management in place from 12:20 to 12:45

Note – After the race has started and runners have gone please proceed to assist Aidan Buckley removing barriers.

Steward Instructions

1. Race is run on LH Lane & will never cross the road.
2. Gardai & motorbikes (civilians) will be moving from one area to another & may not always be on point.
3. Note times of when the bulk of the runners will be coming through. Do not put yourself or any runners at risk, do NOT be afraid to stop traffic.
4. There are 2 ambulances on duty following the bulk runners of the race & will be at 1/2 way.
5. There will be Red Cross, Gardai and **Mallow AC Doctors and Nurses** on duty - Contact Details Below
6. Ensure you have emergency contact numbers & Hi Viz Vest.
7. If finished in your area consider following on to another area & converge at the finish to help out.
8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

Contact Names and Details

TITLE	NAME	EMAIL	PHONE	ORGANISATION
Event Controller	Ger Buckley	gerrbuckley@eircom.net	085 8702101	Mallow AC
Chief Steward	Lorraine Bolster	bolsterlorraine2@gmail.com	085 1280312	Mallow AC
Safety Officer	Liam Murphy	limurphy32@hotmail.com	087 9318982	Mallow AC
Medical Coordinator	David O'Sullivan	David.Osullivan@hse.ie	087 2156670	Irish Red Cross
Doctor	Dr. Sarah Duggan	sarahduggan@gmail.com	087 7754083	GP
Nurse 1	Catriona Ryan		086 8847446	Mallow AC
Nurse 2	Catherine Walsh O'Connor			Mallow AC

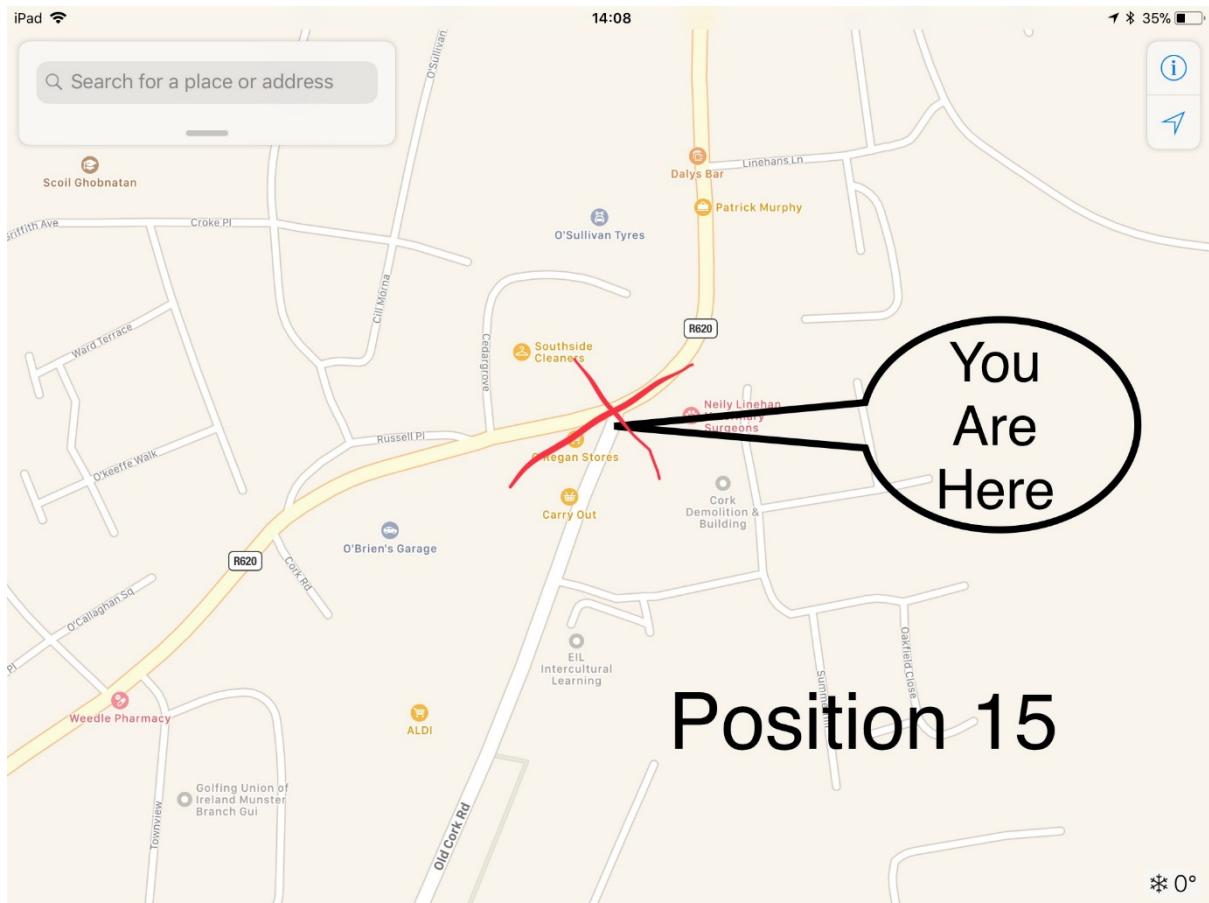
Red Zone – Contact – Ger Buckley 085-8702101

Stewarding Position: 15

Number of Stewards: 3

Map Position: Amber Garage / Summer Hill Junction

Amber Garage Exit onto Old Cork Road



Instructions for Position 15:

Stewards with Hi Visibility Vests at junction to advise motorists of delay, manage traffic & fully restrict traffic at junction @ 12.25 Sharp.

Adequate signage 'RACE in Progress' & 'Expect Delays' will be deployed in advance.

Traffic management in place from 12:20 to 12:45

Note – After the race has started and runners have gone please proceed to assist Aidan Buckley removing barriers.

Steward Instructions

1. Race is run on LH Lane & will never cross the road.
2. Gardai & motorbikes (civilians) will be moving from one area to another & may not always be on point.
3. Note times of when the bulk of the runners will be coming through. Do not put yourself or any runners at risk, do NOT be afraid to stop traffic.
4. There are 2 ambulances on duty following the bulk runners of the race & will be at 1/2 way.
5. There will be Red Cross, Gardai and **Mallow AC Doctors and Nurses** on duty - Contact Details Below
6. Ensure you have emergency contact numbers & Hi Viz Vest.
7. If finished in your area consider following on to another area & converge at the finish to help out.
8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

Contact Names and Details

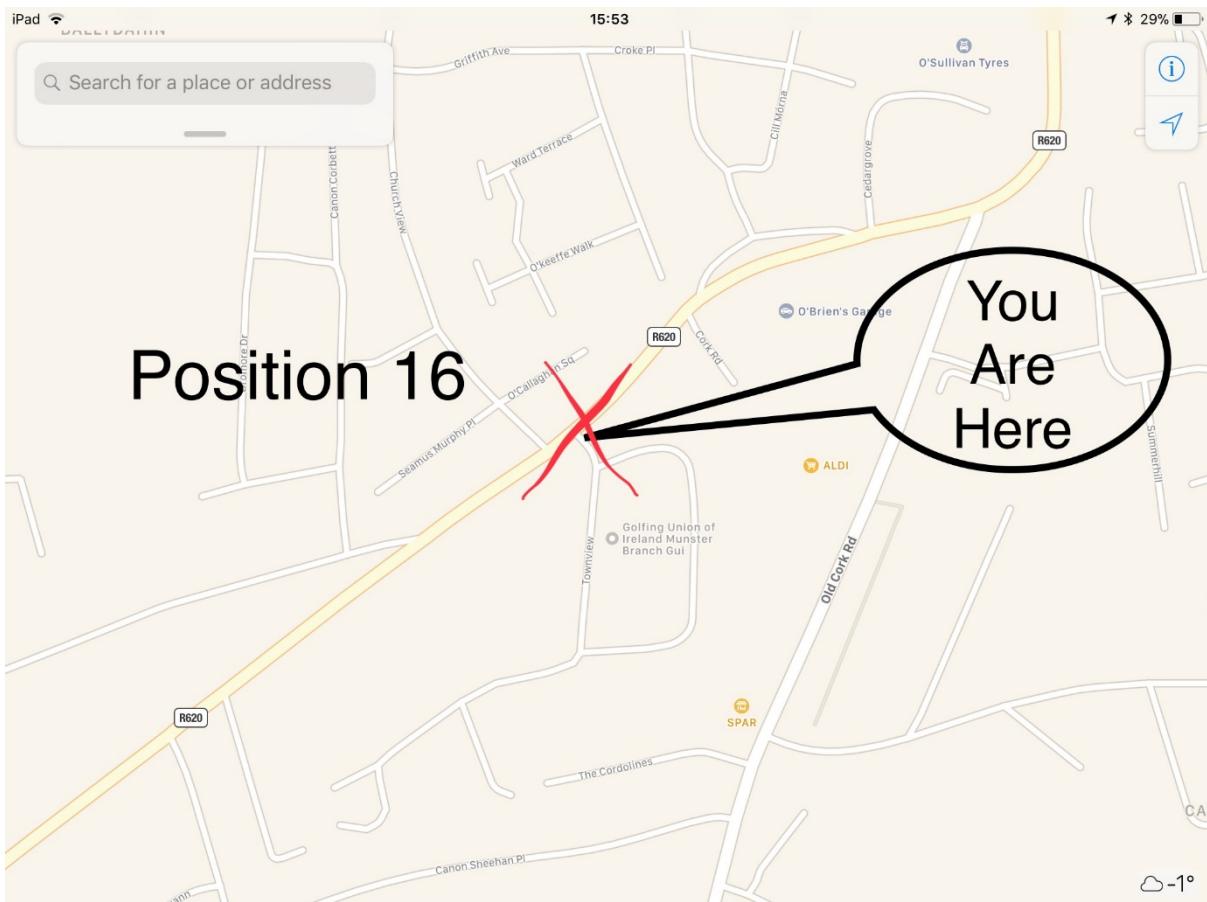
TITLE	NAME	EMAIL	PHONE	ORGANISATION
Event Controller	Ger Buckley	gerrbuckley@eircom.net	085 8702101	Mallow AC
Chief Steward	Lorraine Bolster	bolsterlorraine2@gmail.com	085 1280312	Mallow AC
Safety Officer	Liam Murphy	limurphy32@hotmail.com	087 9318982	Mallow AC
Medical Coordinator	David O'Sullivan	David.Osullivan@hse.ie	087 2156670	Irish Red Cross
Doctor	Dr. Sarah Duggan	sarahduggan@gmail.com	087 7754083	GP
Nurse 1	Catriona Ryan		086 8847446	Mallow AC
Nurse 2	Catherine Walsh O'Connor			Mallow AC

Red Zone – Contact – Ger Buckley 085-8702101

Stewarding Position: 16

Number of Stewards: 1

Map Position: Townview Junction (Weedle Pharmacy)



Instructions for Position 16:

Traffic management 12:30 to 13:00 -No Traffic crossing path of runners from Town view estate or straight across road from Church view Road

Note – After the race has started and runners have gone please proceed to assist Aidan Buckley removing barriers.

Steward Instructions

1. Race is run on LH Lane & will never cross the road.
2. Gardai & motorbikes (civilians) will be moving from one area to another & may not always be on point.
3. Note times of when the bulk of the runners will be coming through. Do not put yourself or any runners at risk, do NOT be afraid to stop traffic.
4. There are 2 ambulances on duty following the bulk runners of the race & will be at 1/2 way.
5. There will be Red Cross, Gardai and **Mallow AC Doctors and Nurses** on duty - Contact Details Below
6. Ensure you have emergency contact numbers & Hi Viz Vest.
7. If finished in your area consider following on to another area & converge at the finish to help out.
8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

Contact Names and Details

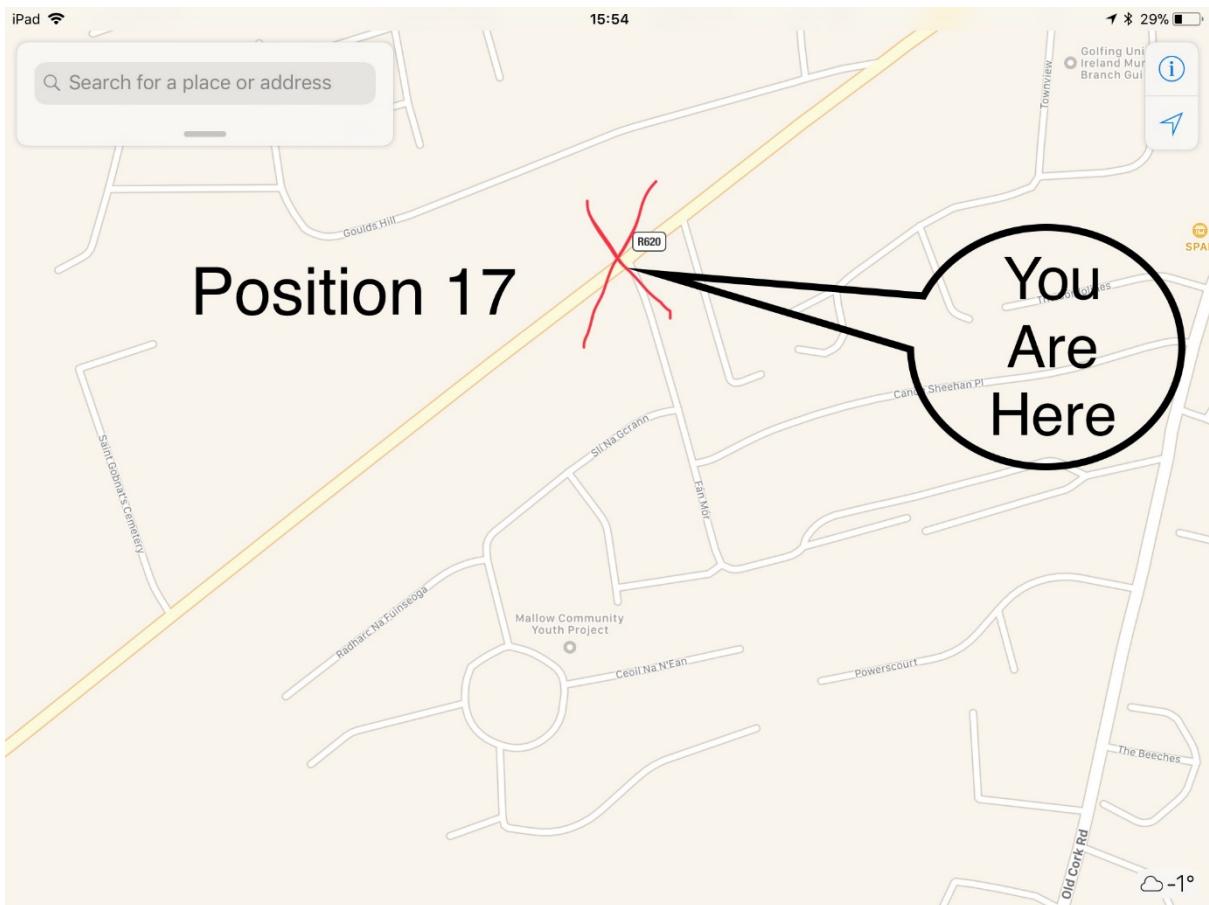
TITLE	NAME	EMAIL	PHONE	ORGANISATION
Event Controller	Ger Buckley	gerrbuckley@eircom.net	085 8702101	Mallow AC
Chief Steward	Lorraine Bolster	bolsterlorraine2@gmail.com	085 1280312	Mallow AC
Safety Officer	Liam Murphy	limurphy32@hotmail.com	087 9318982	Mallow AC
Medical Coordinator	David O'Sullivan	David.Osullivan@hse.ie	087 2156670	Irish Red Cross
Doctor	Dr. Sarah Duggan	sarahduggan@gmail.com	087 7754083	GP
Nurse 1	Catriona Ryan		086 8847446	Mallow AC
Nurse 2	Catherine Walsh O'Connor			Mallow AC

Red Zone – Contact – Ger Buckley 085-8702101

Stewarding Position: 17

Number of Stewards: 1

Map Position: Cork Road / Canon Sheehans/New Estate Junction



Instructions for Position 17:

Traffic management 12:30 to 13:00 -No Traffic crossing path of runners

Note – After the race has started and runners have gone please proceed to assist Aidan Buckley removing barriers.

Steward Instructions

1. Race is run on LH Lane & will never cross the road.
2. Gardai & motorbikes (civilians) will be moving from one area to another & may not always be on point.
3. Note times of when the bulk of the runners will be coming through. Do not put yourself or any runners at risk, do NOT be afraid to stop traffic.
4. There are 2 ambulances on duty following the bulk runners of the race & will be at 1/2 way.
5. There will be Red Cross, Gardai and **Mallow AC Doctors and Nurses** on duty - Contact Details Below
6. Ensure you have emergency contact numbers & Hi Viz Vest.
7. If finished in your area consider following on to another area & converge at the finish to help out.
8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

Contact Names and Details

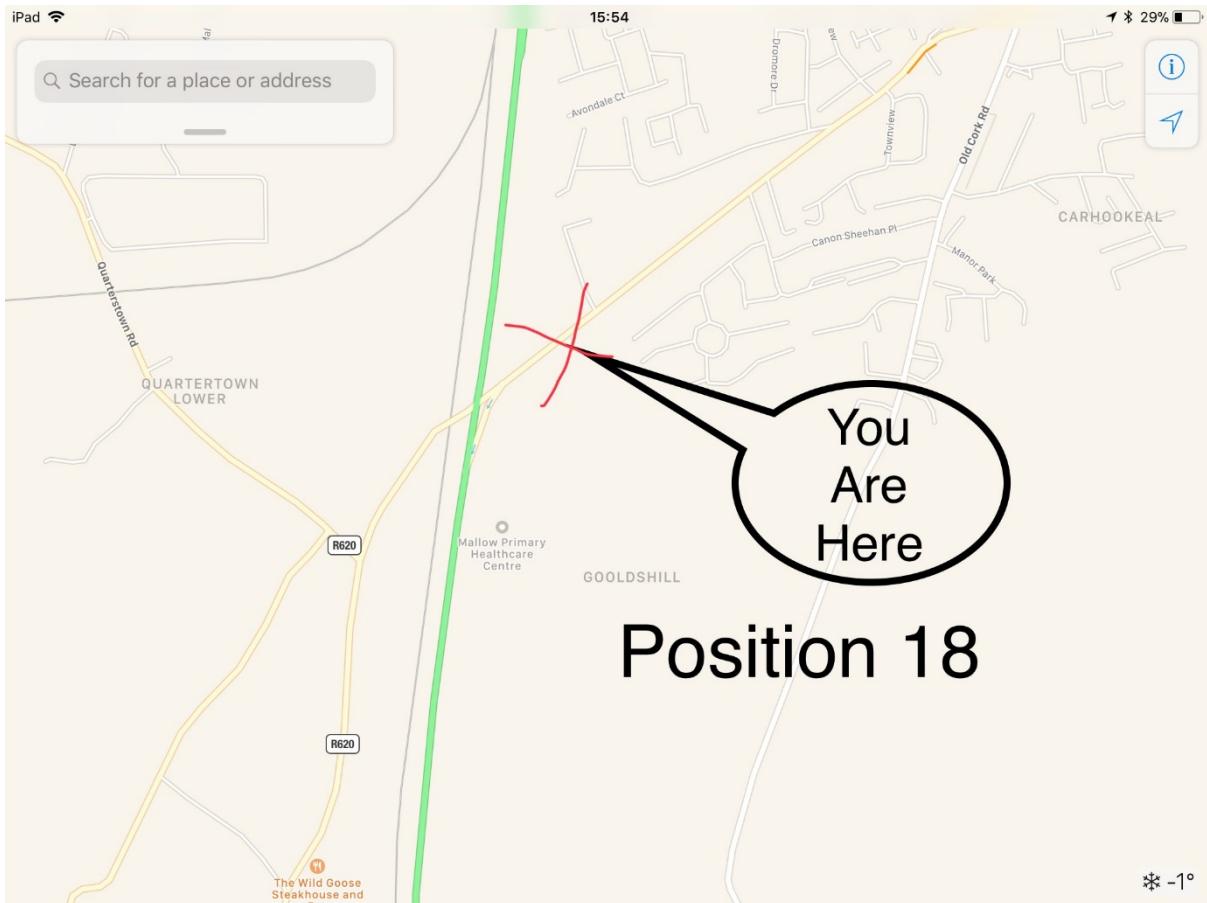
TITLE	NAME	EMAIL	PHONE	ORGANISATION
Event Controller	Ger Buckley	gerrbuckley@eircom.net	085 8702101	Mallow AC
Chief Steward	Lorraine Bolster	bolsterlorraine2@gmail.com	085 1280312	Mallow AC
Safety Officer	Liam Murphy	limurphy32@hotmail.com	087 9318982	Mallow AC
Medical Coordinator	David O'Sullivan	David.Osullivan@hse.ie	087 2156670	Irish Red Cross
Doctor	Dr. Sarah Duggan	sarahduggan@gmail.com	087 7754083	GP
Nurse 1	Catriona Ryan		086 8847446	Mallow AC
Nurse 2	Catherine Walsh O'Connor			Mallow AC

Red Zone – Contact – Ger Buckley 085-8702101

Stewarding Position: 18

Number of Stewards: 1

Map Position: Medical Centre



Instructions for Position 18:

Stop traffic entering & exiting Medical Centre crossing path of runners.

Note – After the race has started and runners have gone please proceed to assist Aidan Buckley removing barriers.

Steward Instructions

1. Race is run on LH Lane & will never cross the road.
2. Gardai & motorbikes (civilians) will be moving from one area to another & may not always be on point.
3. Note times of when the bulk of the runners will be coming through. Do not put yourself or any runners at risk, do NOT be afraid to stop traffic.
4. There are 2 ambulances on duty following the bulk runners of the race & will be at 1/2 way.
5. There will be Red Cross, Gardai and **Mallow AC Doctors and Nurses** on duty - Contact Details Below
6. Ensure you have emergency contact numbers & Hi Viz Vest.
7. If finished in your area consider following on to another area & converge at the finish to help out.
8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

Contact Names and Details

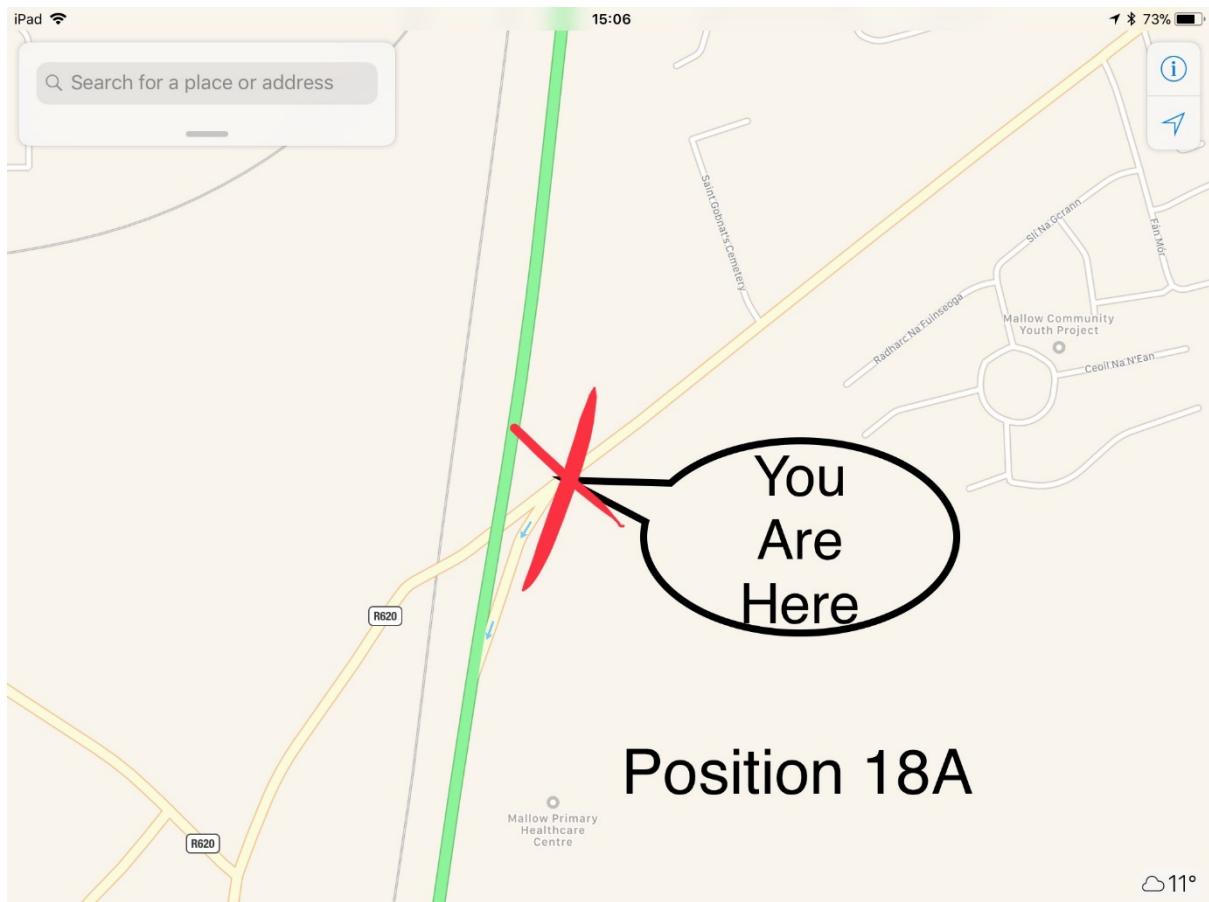
TITLE	NAME	EMAIL	PHONE	ORGANISATION
Event Controller	Ger Buckley	gerrbuckley@eircom.net	085 8702101	Mallow AC
Chief Steward	Lorraine Bolster	bolsterlorraine2@gmail.com	085 1280312	Mallow AC
Safety Officer	Liam Murphy	limurphy32@hotmail.com	087 9318982	Mallow AC
Medical Coordinator	David O'Sullivan	David.Osullivan@hse.ie	087 2156670	Irish Red Cross
Doctor	Dr. Sarah Duggan	sarahduggan@gmail.com	087 7754083	GP
Nurse 1	Catriona Ryan		086 8847446	Mallow AC
Nurse 2	Catherine Walsh O'Connor			Mallow AC

Red Zone – Contact – Ger Buckley 085-8702101

Stewarding Position: 18A

Number of Stewards: 1

Map Position: Traffic Calming next to Medical Centre



Instructions for Position 18A:

Steward with High Vis Vest to alert the runners to 'Mind The Step'

Note – After the race has started and runners have gone please proceed to assist Aidan Buckley removing barriers.

Steward Instructions

1. Race is run on LH Lane & will never cross the road.
2. Gardai & motorbikes (civilians) will be moving from one area to another & may not always be on point.
3. Note times of when the bulk of the runners will be coming through. Do not put yourself or any runners at risk, do NOT be afraid to stop traffic.
4. There are 2 ambulances on duty following the bulk runners of the race & will be at 1/2 way.
5. There will be Red Cross, Gardai and **Mallow AC Doctors and Nurses** on duty - Contact Details Below
6. Ensure you have emergency contact numbers & Hi Viz Vest.
7. If finished in your area consider following on to another area & converge at the finish to help out.
8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

Contact Names and Details

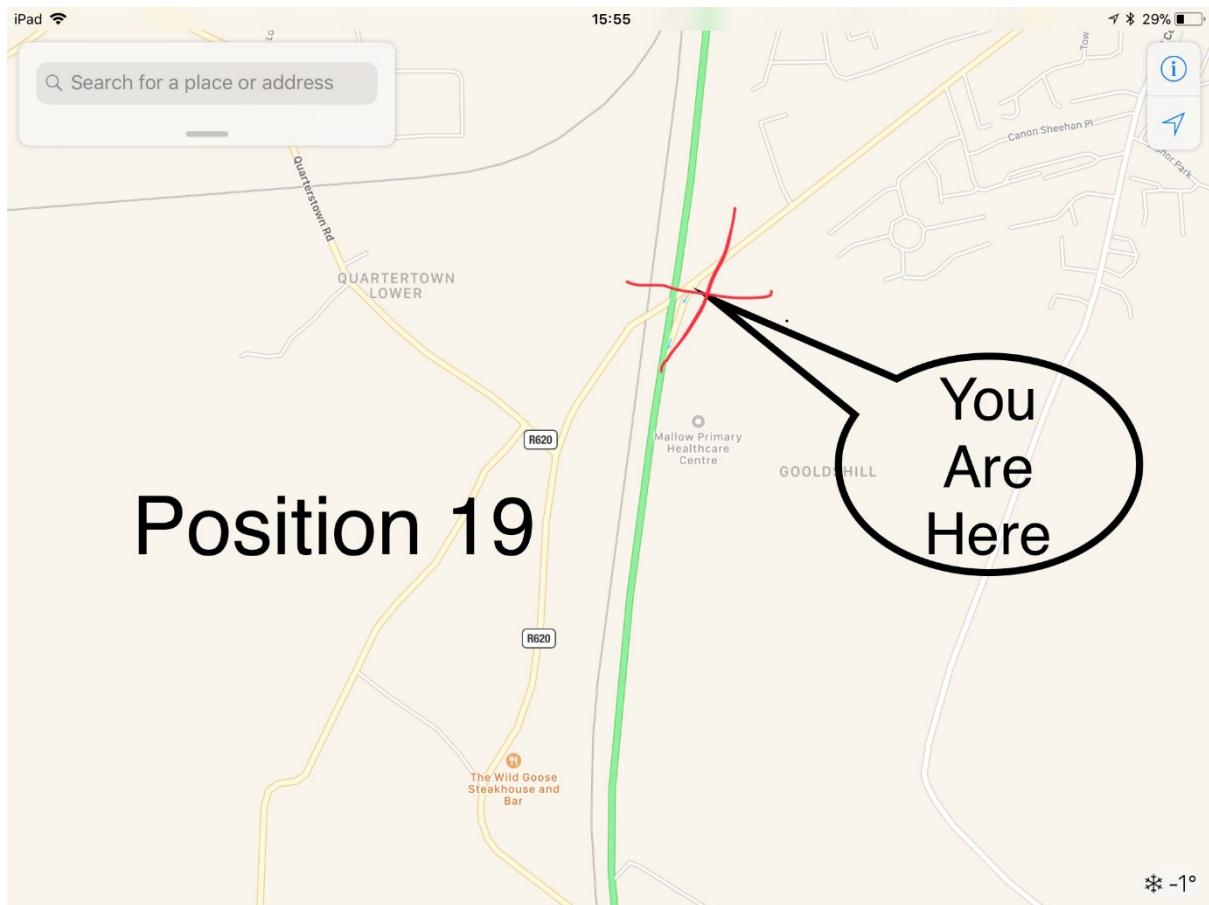
TITLE	NAME	EMAIL	PHONE	ORGANISATION
Event Controller	Ger Buckley	gerrbuckley@eircom.net	085 8702101	Mallow AC
Chief Steward	Lorraine Bolster	bolsterlorraine2@gmail.com	085 1280312	Mallow AC
Safety Officer	Liam Murphy	limurphy32@hotmail.com	087 9318982	Mallow AC
Medical Coordinator	David O'Sullivan	David.Osullivan@hse.ie	087 2156670	Irish Red Cross
Doctor	Dr. Sarah Duggan	sarahduggan@gmail.com	087 7754083	GP
Nurse 1	Catriona Ryan		086 8847446	Mallow AC
Nurse 2	Catherine Walsh O'Connor			Mallow AC

Red Zone – Contact – Ger Buckley 085-8702101

Stewarding Position: 19

Number of Stewards: 1

Map Position: N20 Slip



Instructions for Position 19:

Stop traffic entering Slip Road - Traffic will be delayed behind runners and sweep car.

Note – After the race has started and runners have gone please proceed to assist Aidan Buckley removing barriers.

Steward Instructions

1. Race is run on LH Lane & will never cross the road.
2. Gardai & motorbikes (civilians) will be moving from one area to another & may not always be on point.
3. Note times of when the bulk of the runners will be coming through. Do not put yourself or any runners at risk, do NOT be afraid to stop traffic.
4. There are 2 ambulances on duty following the bulk runners of the race & will be at 1/2 way.
5. There will be Red Cross, Gardai and **Mallow AC Doctors and Nurses** on duty - Contact Details Below
6. Ensure you have emergency contact numbers & Hi Viz Vest.
7. If finished in your area consider following on to another area & converge at the finish to help out.
8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

Contact Names and Details

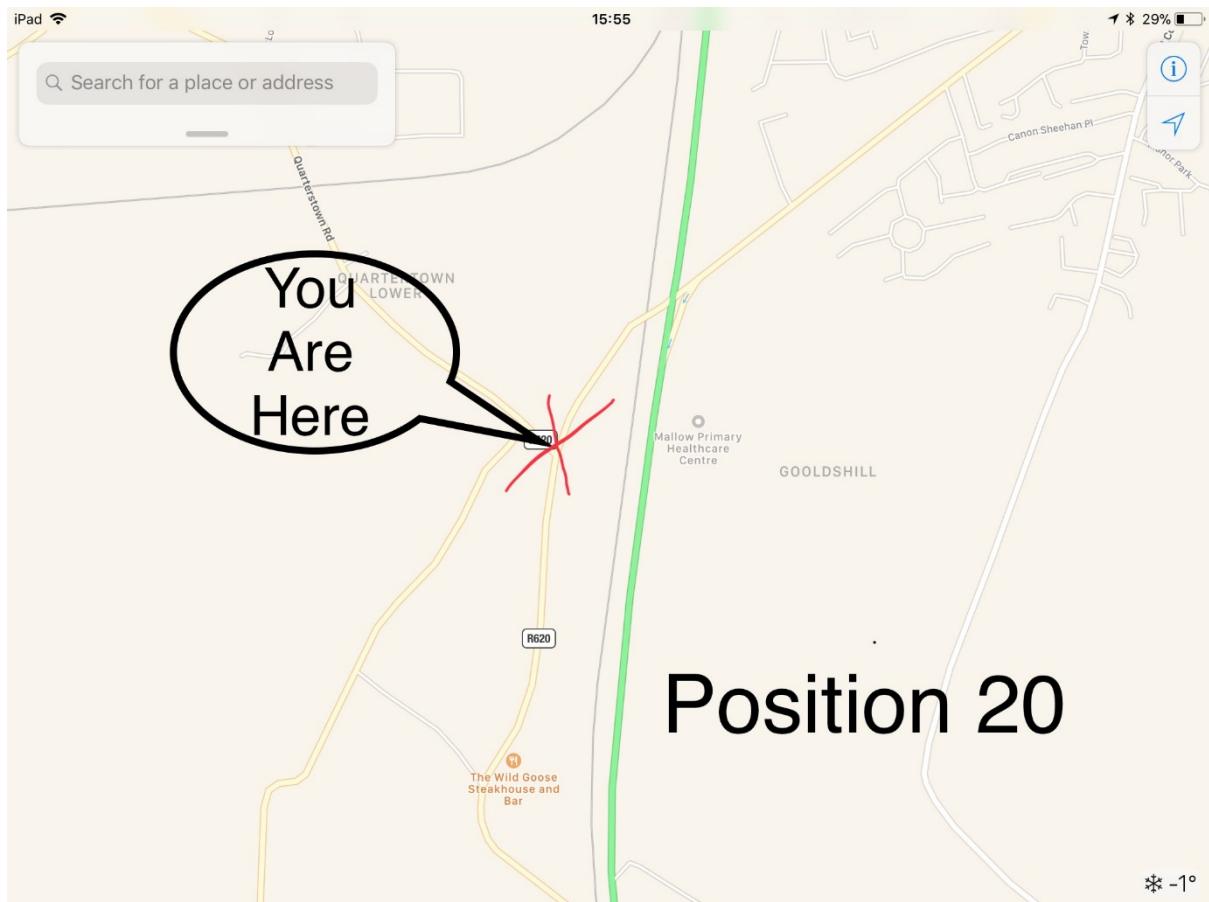
TITLE	NAME	EMAIL	PHONE	ORGANISATION
Event Controller	Ger Buckley	gerrbuckley@eircom.net	085 8702101	Mallow AC
Chief Steward	Lorraine Bolster	bolsterlorraine2@gmail.com	085 1280312	Mallow AC
Safety Officer	Liam Murphy	limurphy32@hotmail.com	087 9318982	Mallow AC
Medical Coordinator	David O'Sullivan	David.Osullivan@hse.ie	087 2156670	Irish Red Cross
Doctor	Dr. Sarah Duggan	sarahduggan@gmail.com	087 7754083	GP
Nurse 1	Catriona Ryan		086 8847446	Mallow AC
Nurse 2	Catherine Walsh O'Connor			Mallow AC

Red Zone – Contact – Ger Buckley 085-8702101

Stewarding Position: 20

Number of Stewards: 4

Map Position: Goulds Hill Junction



Instructions for Position 20:

Stewards with High Vis Jackets to advise motorists of delays and manage traffic Ensure no traffic turns right from Quartertown junction towards the majestic/Cork city. Traffic can feed to town with care.

Note – After the race has started and runners have gone please proceed to assist Aidan Buckley removing barriers.

Steward Instructions

1. Race is run on LH Lane & will never cross the road.
2. Gardai & motorbikes (civilians) will be moving from one area to another & may not always be on point.
3. Note times of when the bulk of the runners will be coming through. Do not put yourself or any runners at risk, do NOT be afraid to stop traffic.
4. There are 2 ambulances on duty following the bulk runners of the race & will be at 1/2 way.
5. There will be Red Cross, Gardai and **Mallow AC Doctors and Nurses** on duty - Contact Details Below
6. Ensure you have emergency contact numbers & Hi Viz Vest.
7. If finished in your area consider following on to another area & converge at the finish to help out.
8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

Contact Names and Details

TITLE	NAME	EMAIL	PHONE	ORGANISATION
Event Controller	Ger Buckley	gerrbuckley@eircom.net	085 8702101	Mallow AC
Chief Steward	Lorraine Bolster	bolsterlorraine2@gmail.com	085 1280312	Mallow AC
Safety Officer	Liam Murphy	limurphy32@hotmail.com	087 9318982	Mallow AC
Medical Coordinator	David O'Sullivan	David.Osullivan@hse.ie	087 2156670	Irish Red Cross
Doctor	Dr. Sarah Duggan	sarahduggan@gmail.com	087 7754083	GP
Nurse 1	Catriona Ryan		086 8847446	Mallow AC
Nurse 2	Catherine Walsh O'Connor			Mallow AC

Blue Zone – Contact – Liam Murphy 087-9318982

Stewarding Position: 21

Number of Stewards: 3 – FFTM Assisted Zone

Map Position: Robs Bridge Junction



Instructions for Position 21:

Allow traffic from Cork city to turn left to Quartertown. Traffic will be delayed behind runners.

FFTM to deploy cones on center line from Wild Goose to Robs Bridge. One way system in place.

Note – After the race has started and runners have gone please proceed to assist Denis Sheehan at the finish line to help removing barriers.

Steward Instructions

1. Race is run on LH Lane & will never cross the road.
2. Gardai & motorbikes (civilians) will be moving from one area to another & may not always be on point.
3. Note times of when the bulk of the runners will be coming through. Do not put yourself or any runners at risk, do NOT be afraid to stop traffic.
4. There are 2 ambulances on duty following the bulk runners of the race & will be at 1/2 way.
5. There will be Red Cross, Gardai and **Mallow AC Doctors and Nurses** on duty - Contact Details Below
6. Ensure you have emergency contact numbers & Hi Viz Vest.
7. If finished in your area consider following on to another area & converge at the finish to help out.
8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

Contact Names and Details

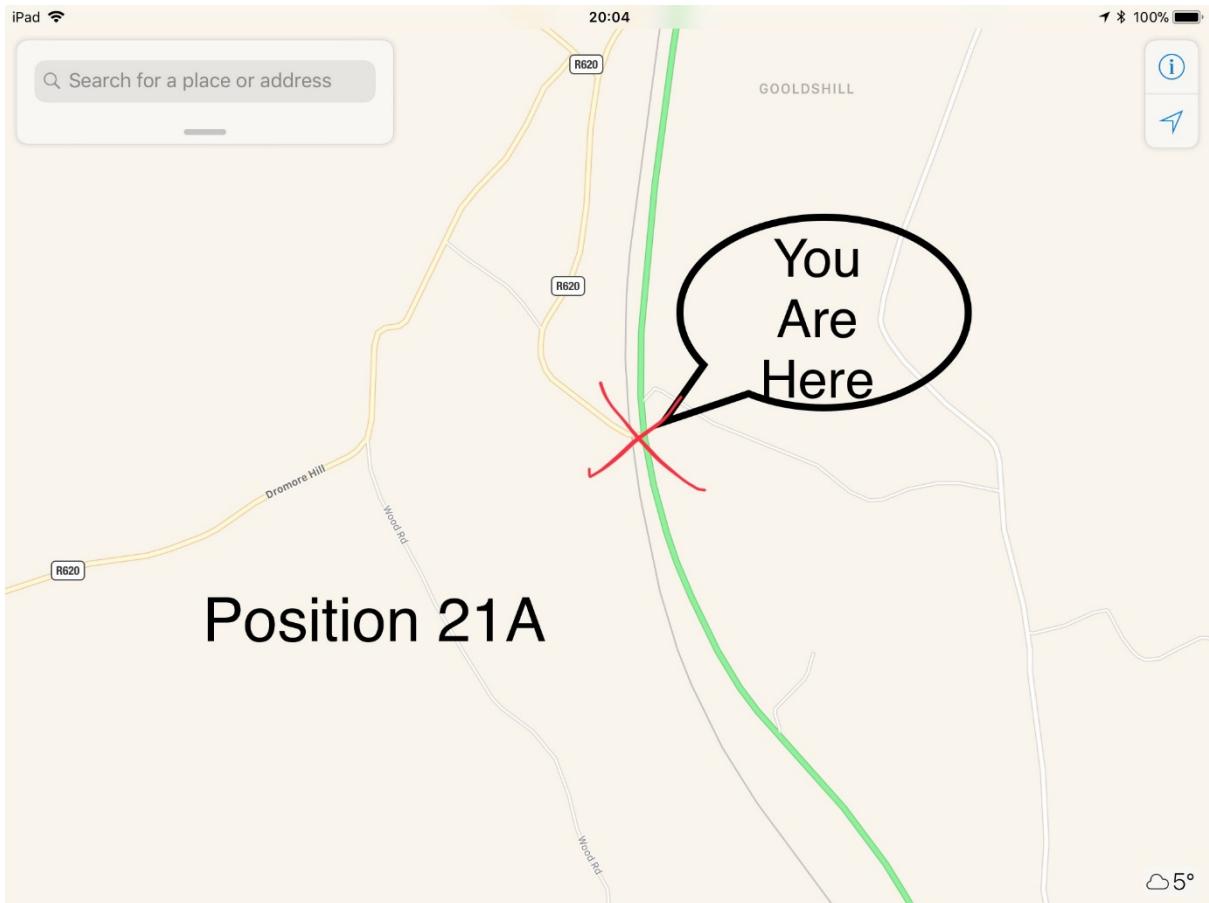
TITLE	NAME	EMAIL	PHONE	ORGANISATION
Event Controller	Ger Buckley	gerrbuckley@eircom.net	085 8702101	Mallow AC
Chief Steward	Lorraine Bolster	bolsterlorraine2@gmail.com	085 1280312	Mallow AC
Safety Officer	Liam Murphy	limurphy32@hotmail.com	087 9318982	Mallow AC
Medical Coordinator	David O'Sullivan	David.Osullivan@hse.ie	087 2156670	Irish Red Cross
Doctor	Dr. Sarah Duggan	sarahduggan@gmail.com	087 7754083	GP
Nurse 1	Catriona Ryan		086 8847446	Mallow AC
Nurse 2	Catherine Walsh O'Connor			Mallow AC

Blue Zone – Contact – Liam Murphy 087-9318982

Stewarding Position: 21a

Number of Stewards: 1 – FFTM Assisted Zone

Map Position: Robs Bridge Junction – N20



Instructions for Position 21a:

Official with High Vis and Red Flag to alert traffic approaching Mallow of event in progress: Wave Flag at Oncoming Traffic. Adequate signage in place.

Note – After the race has started and runners have gone please proceed to assist Denis Sheehan at the finish line to help removing barriers.

Steward Instructions

1. Race is run on LH Lane & will never cross the road.
2. Gardai & motorbikes (civilians) will be moving from one area to another & may not always be on point.
3. Note times of when the bulk of the runners will be coming through. Do not put yourself or any runners at risk, do NOT be afraid to stop traffic.
4. There are 2 ambulances on duty following the bulk runners of the race & will be at 1/2 way.
5. There will be Red Cross, Gardai and **Mallow AC Doctors and Nurses** on duty - Contact Details Below
6. Ensure you have emergency contact numbers & Hi Viz Vest.
7. If finished in your area consider following on to another area & converge at the finish to help out.
8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

Contact Names and Details

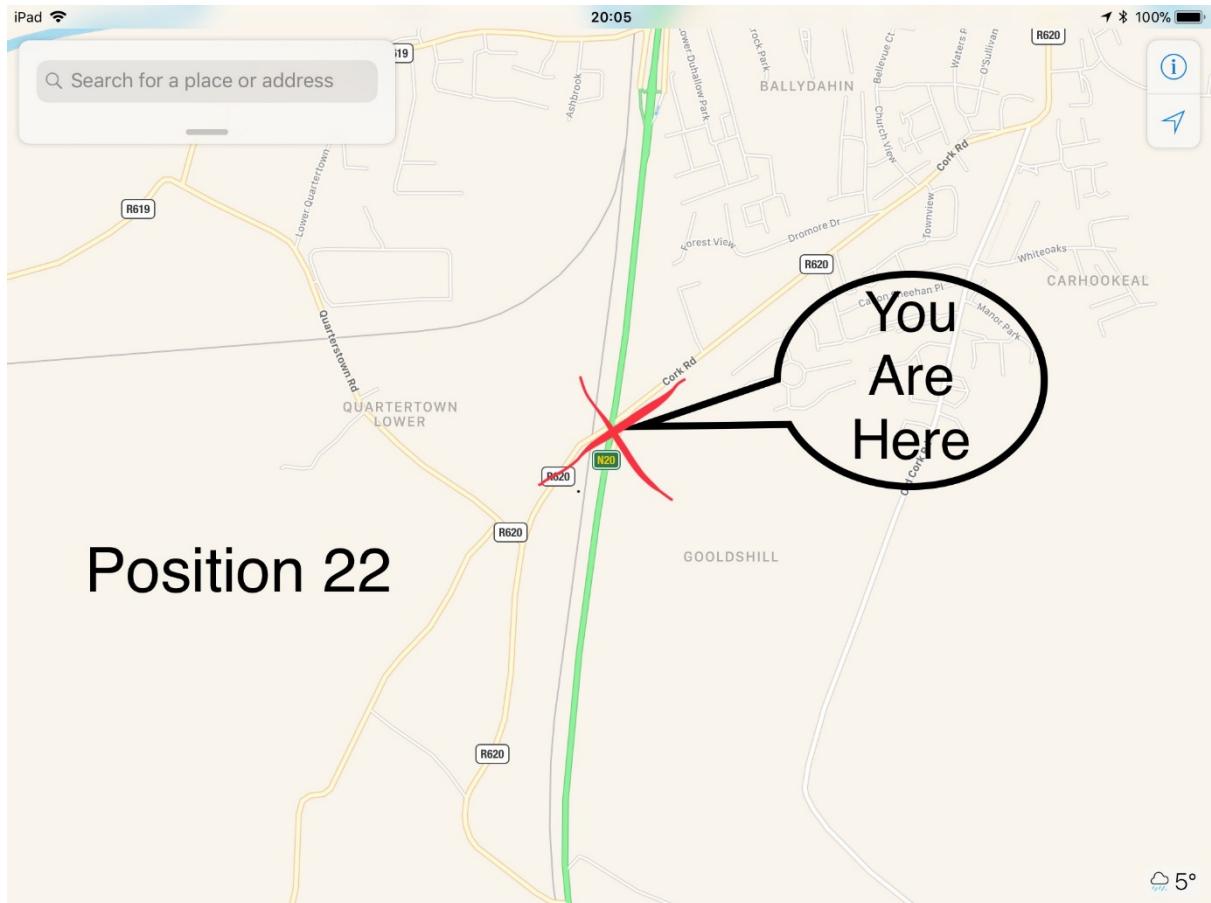
TITLE	NAME	EMAIL	PHONE	ORGANISATION
Event Controller	Ger Buckley	gerrbuckley@eircom.net	085 8702101	Mallow AC
Chief Steward	Lorraine Bolster	bolsterlorraine2@gmail.com	085 1280312	Mallow AC
Safety Officer	Liam Murphy	limurphy32@hotmail.com	087 9318982	Mallow AC
Medical Coordinator	David O'Sullivan	David.Osullivan@hse.ie	087 2156670	Irish Red Cross
Doctor	Dr. Sarah Duggan	sarahduggan@gmail.com	087 7754083	GP
Nurse 1	Catriona Ryan		086 8847446	Mallow AC
Nurse 2	Catherine Walsh O'Connor			Mallow AC

Blue Zone – Contact – Liam Murphy 087-9318982

Stewarding Position: 22

Number of Stewards: 1 – FFTM Controlled Zone

Map Position: Mallow South Bridge Fly Over



Instructions for Position 22:

Adequate Signage 'Race in Progress' on Main Road.

MESSAGE TO RUNNERS: Need to advise runners of uneven surface & beware of the footpath.

Note – After the race has started and runners have gone please proceed to assist Denis Sheehan at the finish line to help removing barriers.

Steward Instructions

1. Race is run on LH Lane & will never cross the road.
2. Gardai & motorbikes (civilians) will be moving from one area to another & may not always be on point.
3. Note times of when the bulk of the runners will be coming through. Do not put yourself or any runners at risk, do NOT be afraid to stop traffic.
4. There are 2 ambulances on duty following the bulk runners of the race & will be at 1/2 way.
5. There will be Red Cross, Gardai and **Mallow AC Doctors and Nurses** on duty - Contact Details Below
6. Ensure you have emergency contact numbers & Hi Viz Vest.
7. If finished in your area consider following on to another area & converge at the finish to help out.
8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

Contact Names and Details

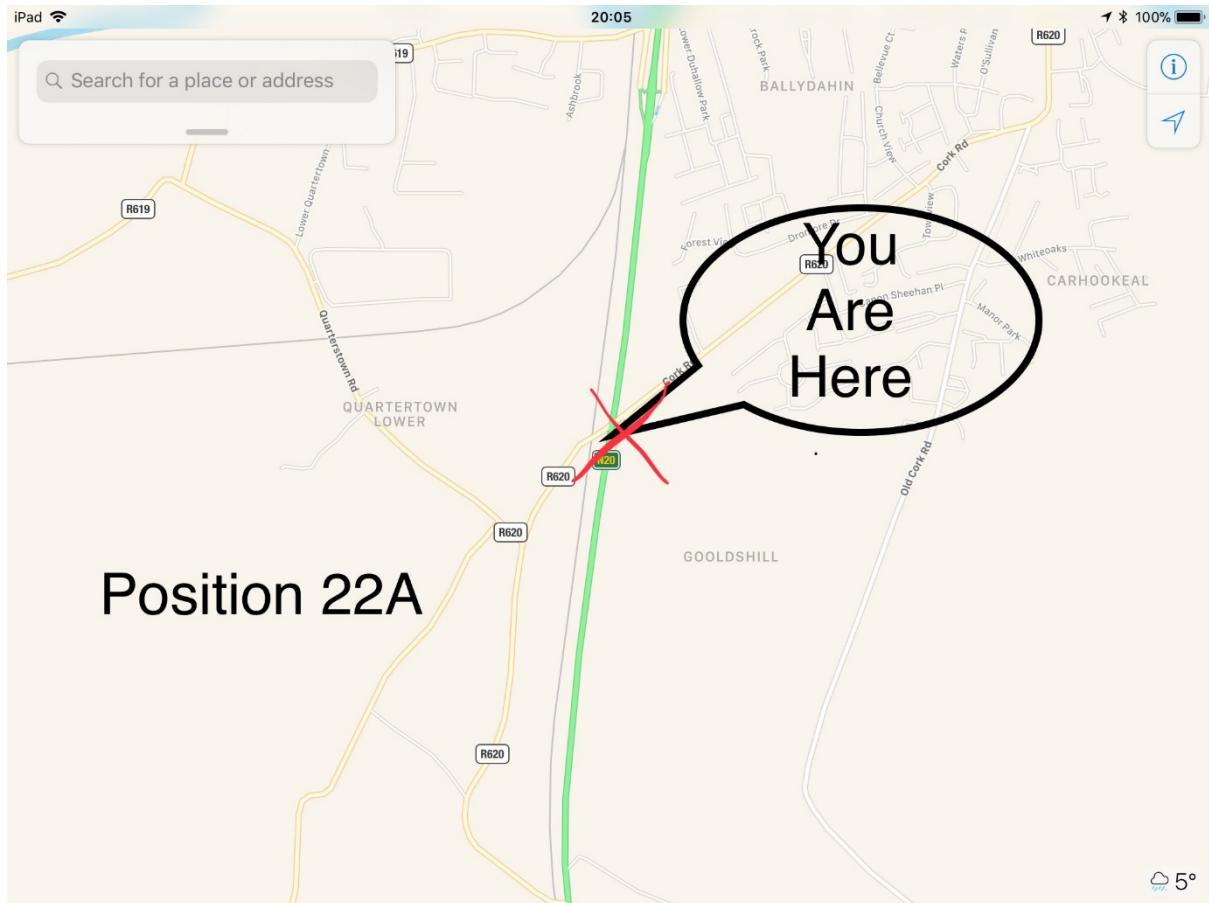
TITLE	NAME	EMAIL	PHONE	ORGANISATION
Event Controller	Ger Buckley	gerrbuckley@eircom.net	085 8702101	Mallow AC
Chief Steward	Lorraine Bolster	bolsterlorraine2@gmail.com	085 1280312	Mallow AC
Safety Officer	Liam Murphy	limurphy32@hotmail.com	087 9318982	Mallow AC
Medical Coordinator	David O'Sullivan	David.Osullivan@hse.ie	087 2156670	Irish Red Cross
Doctor	Dr. Sarah Duggan	sarahduggan@gmail.com	087 7754083	GP
Nurse 1	Catriona Ryan		086 8847446	Mallow AC
Nurse 2	Catherine Walsh O'Connor			Mallow AC

Blue Zone – Contact – Liam Murphy 087-9318982

Stewarding Position: 22a

Number of Stewards: 2 - FFTM Controlled Zone

Map Position: Mallow South Bridge Fly Over



Position 22A

Instructions for Position 22a:

Official with High Vis and Red Flag to alert traffic coming from North and South of event in progress and to slow traffic down: Wave Flag at Oncoming Traffic . Adequate signage in place.

Note – After the race has started and runners have gone please proceed to assist Denis Sheehan at the finish line to help removing barriers.

Steward Instructions

1. Race is run on LH Lane & will never cross the road.
2. Gardai & motorbikes (civilians) will be moving from one area to another & may not always be on point.
3. Note times of when the bulk of the runners will be coming through. Do not put yourself or any runners at risk, do NOT be afraid to stop traffic.
4. There are 2 ambulances on duty following the bulk runners of the race & will be at 1/2 way.
5. There will be Red Cross, Gardai and **Mallow AC Doctors and Nurses** on duty - Contact Details Below
6. Ensure you have emergency contact numbers & Hi Viz Vest.
7. If finished in your area consider following on to another area & converge at the finish to help out.
8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

Contact Names and Details

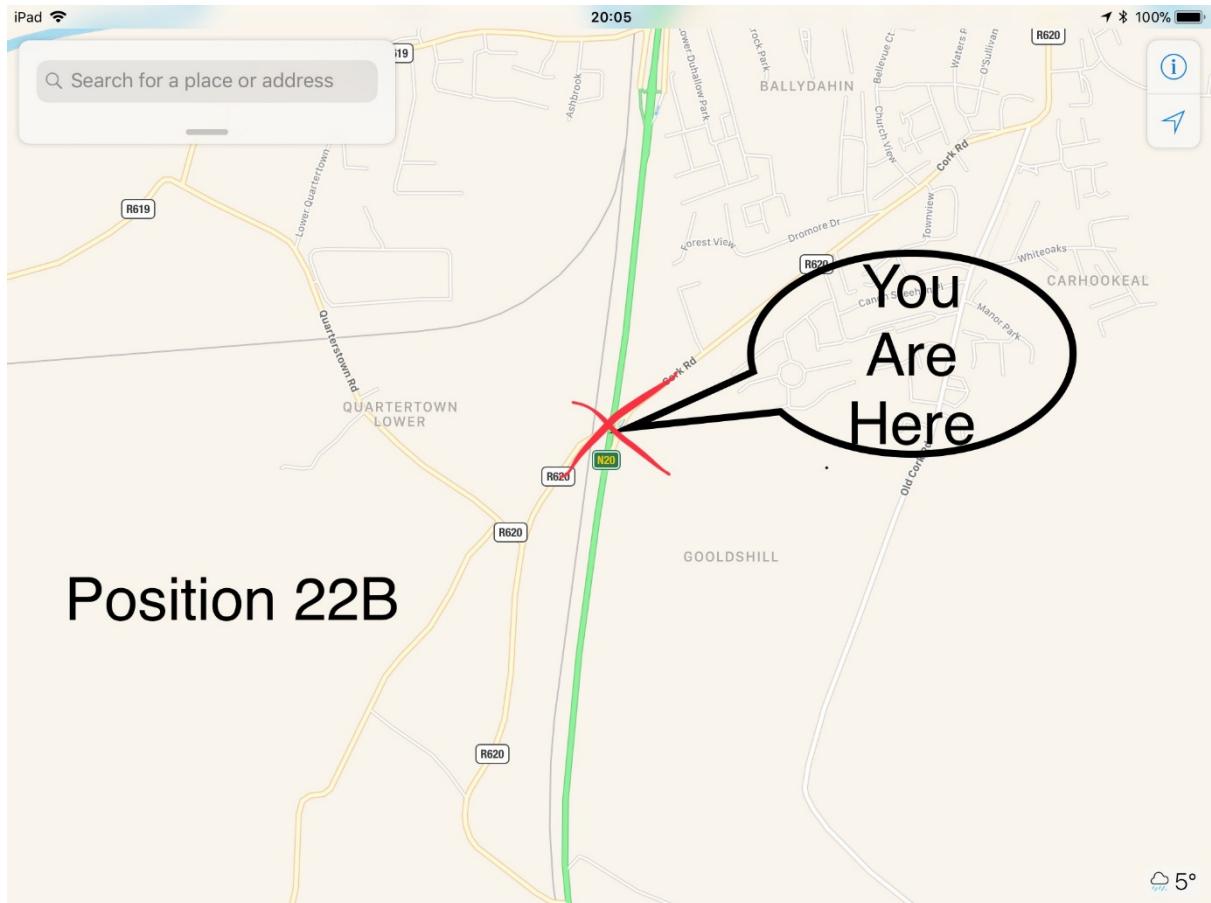
TITLE	NAME	EMAIL	PHONE	ORGANISATION
Event Controller	Ger Buckley	gerrbuckley@eircom.net	085 8702101	Mallow AC
Chief Steward	Lorraine Bolster	bolsterlorraine2@gmail.com	085 1280312	Mallow AC
Safety Officer	Liam Murphy	limurphy32@hotmail.com	087 9318982	Mallow AC
Medical Coordinator	David O'Sullivan	David.Osullivan@hse.ie	087 2156670	Irish Red Cross
Doctor	Dr. Sarah Duggan	sarahduggan@gmail.com	087 7754083	GP
Nurse 1	Catriona Ryan		086 8847446	Mallow AC
Nurse 2	Catherine Walsh O'Connor			Mallow AC

Blue Zone – Contact – Liam Murphy 087-9318982

Stewarding Position: 22b

Number of Stewards: 4 - FFTM Controlled Zone

Map Position: Mallow South Bridge Fly Over



Position 22B

Instructions for Position 22b:

2 Stewards each side to ensure pedestrians and spectators do not congregate on bridge . Signage in Place.

Note – After the race has started and runners have gone please proceed to assist Denis Sheehan at the finish line to help removing barriers.

Steward Instructions

1. Race is run on LH Lane & will never cross the road.
2. Gardai & motorbikes (civilians) will be moving from one area to another & may not always be on point.
3. Note times of when the bulk of the runners will be coming through. Do not put yourself or any runners at risk, do NOT be afraid to stop traffic.
4. There are 2 ambulances on duty following the bulk runners of the race & will be at 1/2 way.
5. There will be Red Cross, Gardai and **Mallow AC Doctors and Nurses** on duty - Contact Details Below
6. Ensure you have emergency contact numbers & Hi Viz Vest.
7. If finished in your area consider following on to another area & converge at the finish to help out.
8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

Contact Names and Details

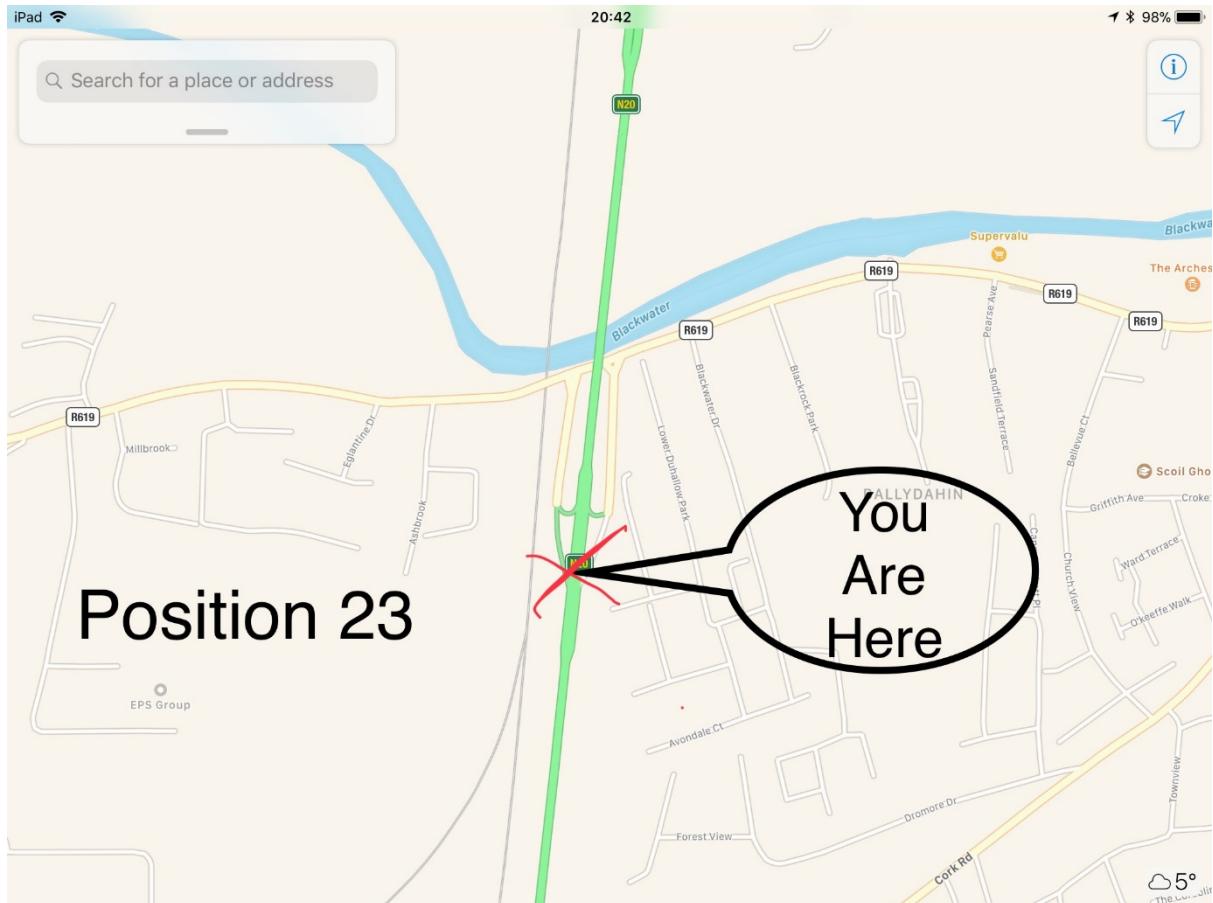
TITLE	NAME	EMAIL	PHONE	ORGANISATION
Event Controller	Ger Buckley	gerrbuckley@eircom.net	085 8702101	Mallow AC
Chief Steward	Lorraine Bolster	bolsterlorraine2@gmail.com	085 1280312	Mallow AC
Safety Officer	Liam Murphy	limurphy32@hotmail.com	087 9318982	Mallow AC
Medical Coordinator	David O'Sullivan	David.Osullivan@hse.ie	087 2156670	Irish Red Cross
Doctor	Dr. Sarah Duggan	sarahduggan@gmail.com	087 7754083	GP
Nurse 1	Catriona Ryan		086 8847446	Mallow AC
Nurse 2	Catherine Walsh O'Connor			Mallow AC

Blue Zone – Contact – Liam Murphy 087-9318982

Stewarding Position: 23

Number of Stewards: 1

Map Position: 10 Arches Slip Road A



Instructions for Position 23:

FFTM to Close Slip Road (Up & Down) to Traffic . Ensure no traffic attempts to cross runners path.

Note – After the race has started and runners have gone please proceed to assist Denis Sheehan at the finish line to help removing barriers.

Steward Instructions

1. Race is run on LH Lane & will never cross the road.
2. Gardai & motorbikes (civilians) will be moving from one area to another & may not always be on point.
3. Note times of when the bulk of the runners will be coming through. Do not put yourself or any runners at risk, do NOT be afraid to stop traffic.
4. There are 2 ambulances on duty following the bulk runners of the race & will be at 1/2 way.
5. There will be Red Cross, Gardai and **Mallow AC Doctors and Nurses** on duty - Contact Details Below
6. Ensure you have emergency contact numbers & Hi Viz Vest.
7. If finished in your area consider following on to another area & converge at the finish to help out.
8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

Contact Names and Details

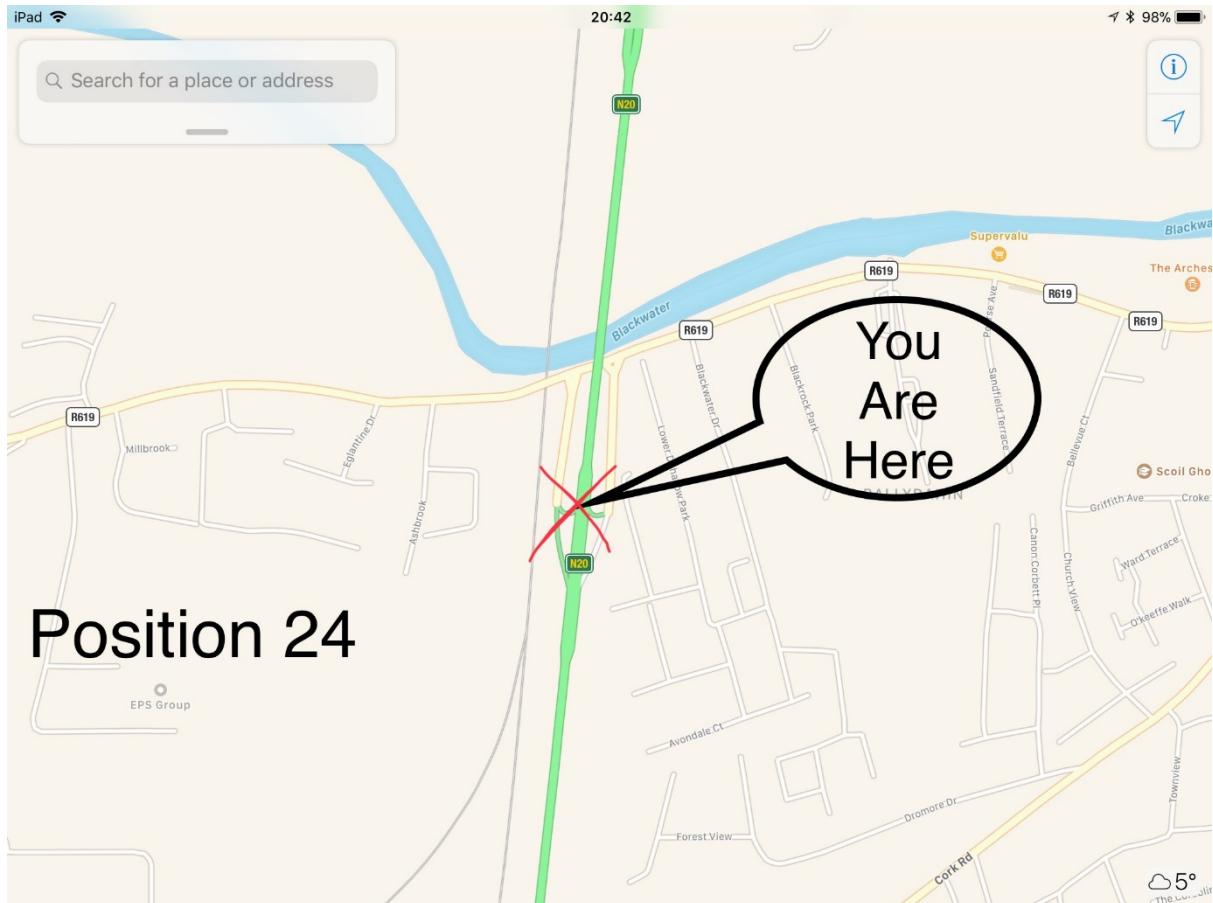
TITLE	NAME	EMAIL	PHONE	ORGANISATION
Event Controller	Ger Buckley	gerrbuckley@eircom.net	085 8702101	Mallow AC
Chief Steward	Lorraine Bolster	bolsterlorraine2@gmail.com	085 1280312	Mallow AC
Safety Officer	Liam Murphy	limurphy32@hotmail.com	087 9318982	Mallow AC
Medical Coordinator	David O'Sullivan	David.Osullivan@hse.ie	087 2156670	Irish Red Cross
Doctor	Dr. Sarah Duggan	sarahduggan@gmail.com	087 7754083	GP
Nurse 1	Catriona Ryan		086 8847446	Mallow AC
Nurse 2	Catherine Walsh O'Connor			Mallow AC

Blue Zone – Contact – Liam Murphy 087-9318982

Stewarding Position: 24

Number of Stewards: 1

Map Position: 10 Arches Slip Road B



Instructions for Position 24:

FFTM to Close Slip Road (Up & Down) to Traffic . Ensure no traffic attempts to cross runners path.

Note – After the race has started and runners have gone please proceed to assist Denis Sheehan at the finish line to help removing barriers.

Steward Instructions

1. Race is run on LH Lane & will never cross the road.
2. Gardai & motorbikes (civilians) will be moving from one area to another & may not always be on point.
3. Note times of when the bulk of the runners will be coming through. Do not put yourself or any runners at risk, do NOT be afraid to stop traffic.
4. There are 2 ambulances on duty following the bulk runners of the race & will be at 1/2 way.
5. There will be Red Cross, Gardai and **Mallow AC Doctors and Nurses** on duty - Contact Details Below
6. Ensure you have emergency contact numbers & Hi Viz Vest.
7. If finished in your area consider following on to another area & converge at the finish to help out.
8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

Contact Names and Details

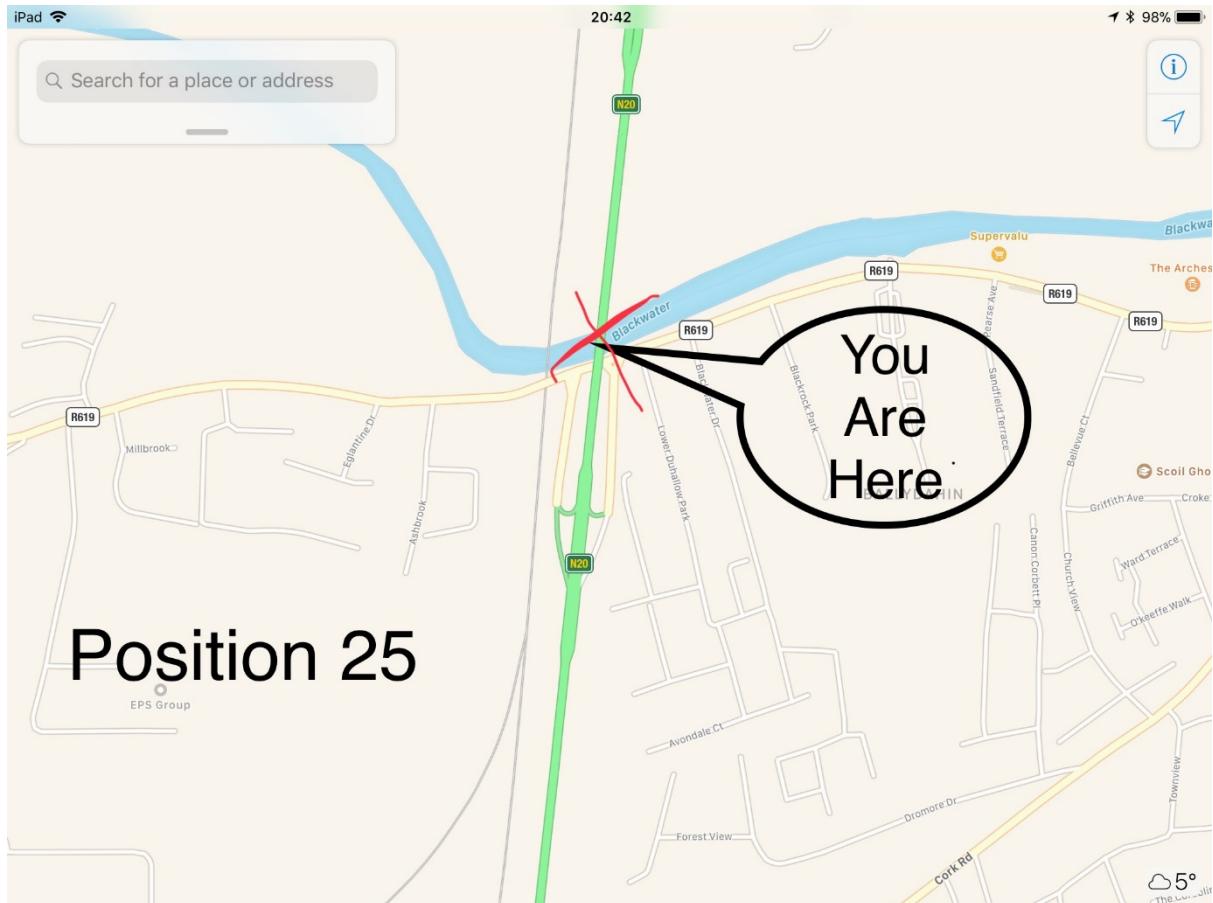
TITLE	NAME	EMAIL	PHONE	ORGANISATION
Event Controller	Ger Buckley	gerrbuckley@eircom.net	085 8702101	Mallow AC
Chief Steward	Lorraine Bolster	bolsterlorraine2@gmail.com	085 1280312	Mallow AC
Safety Officer	Liam Murphy	limurphy32@hotmail.com	087 9318982	Mallow AC
Medical Coordinator	David O'Sullivan	David.Osullivan@hse.ie	087 2156670	Irish Red Cross
Doctor	Dr. Sarah Duggan	sarahduggan@gmail.com	087 7754083	GP
Nurse 1	Catriona Ryan		086 8847446	Mallow AC
Nurse 2	Catherine Walsh O'Connor			Mallow AC

Blue Zone – Contact – Liam Murphy 087-9318982

Stewarding Position: 25

Number of Stewards: 1

Map Position: 10 Arch Bridge Fly Over



Instructions for Position 25:

MESSAGE TO RUNNERS: Need to advise runners of uneven surface & beware of the footpath.

Note – After the race has started and runners have gone please proceed to assist Denis Sheehan at the finish line to help removing barriers.

Steward Instructions

1. Race is run on LH Lane & will never cross the road.
2. Gardai & motorbikes (civilians) will be moving from one area to another & may not always be on point.
3. Note times of when the bulk of the runners will be coming through. Do not put yourself or any runners at risk, do NOT be afraid to stop traffic.
4. There are 2 ambulances on duty following the bulk runners of the race & will be at 1/2 way.
5. There will be Red Cross, Gardai and **Mallow AC Doctors and Nurses** on duty - Contact Details Below
6. Ensure you have emergency contact numbers & Hi Viz Vest.
7. If finished in your area consider following on to another area & converge at the finish to help out.
8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

Contact Names and Details

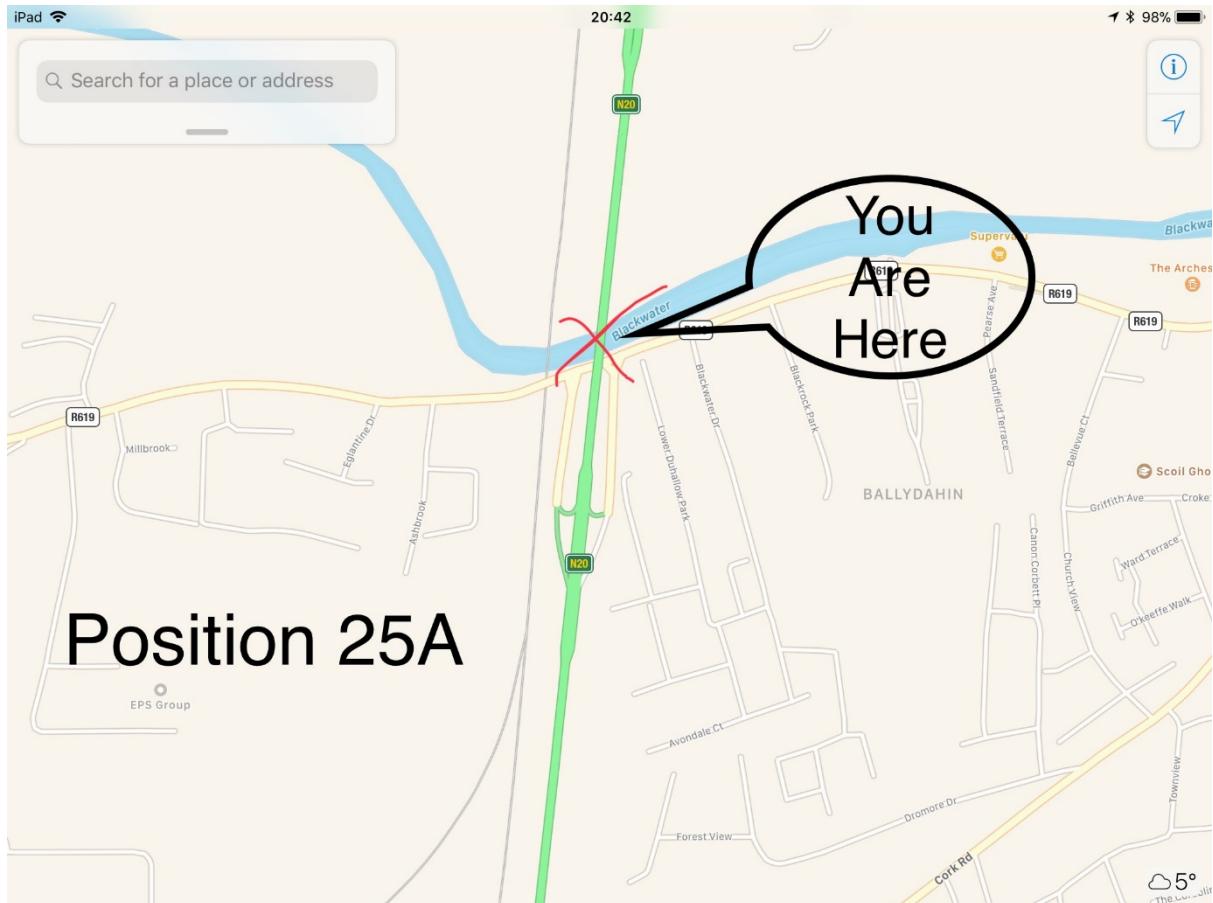
TITLE	NAME	EMAIL	PHONE	ORGANISATION
Event Controller	Ger Buckley	gerrbuckley@eircom.net	085 8702101	Mallow AC
Chief Steward	Lorraine Bolster	bolsterlorraine2@gmail.com	085 1280312	Mallow AC
Safety Officer	Liam Murphy	limurphy32@hotmail.com	087 9318982	Mallow AC
Medical Coordinator	David O'Sullivan	David.Osullivan@hse.ie	087 2156670	Irish Red Cross
Doctor	Dr. Sarah Duggan	sarahduggan@gmail.com	087 7754083	GP
Nurse 1	Catriona Ryan		086 8847446	Mallow AC
Nurse 2	Catherine Walsh O'Connor			Mallow AC

Blue Zone – Contact – Liam Murphy 087-9318982

Stewarding Position: 25a

Number of Stewards: 2

Map Position: 10 Arch Bridge Fly Over



Instructions for Position 25a:

Official with High Vis and Red Flag to alert traffic coming from North and South of event in progress and to slow traffic down: Wave Flag at Oncoming Traffic . Adequate signage in place.

Note – After the race has started and runners have gone please proceed to assist Denis Sheehan at the finish line to help removing barriers.

Steward Instructions

1. Race is run on LH Lane & will never cross the road.
2. Gardai & motorbikes (civilians) will be moving from one area to another & may not always be on point.
3. Note times of when the bulk of the runners will be coming through. Do not put yourself or any runners at risk, do NOT be afraid to stop traffic.
4. There are 2 ambulances on duty following the bulk runners of the race & will be at 1/2 way.
5. There will be Red Cross, Gardai and **Mallow AC Doctors and Nurses** on duty - Contact Details Below
6. Ensure you have emergency contact numbers & Hi Viz Vest.
7. If finished in your area consider following on to another area & converge at the finish to help out.
8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

Contact Names and Details

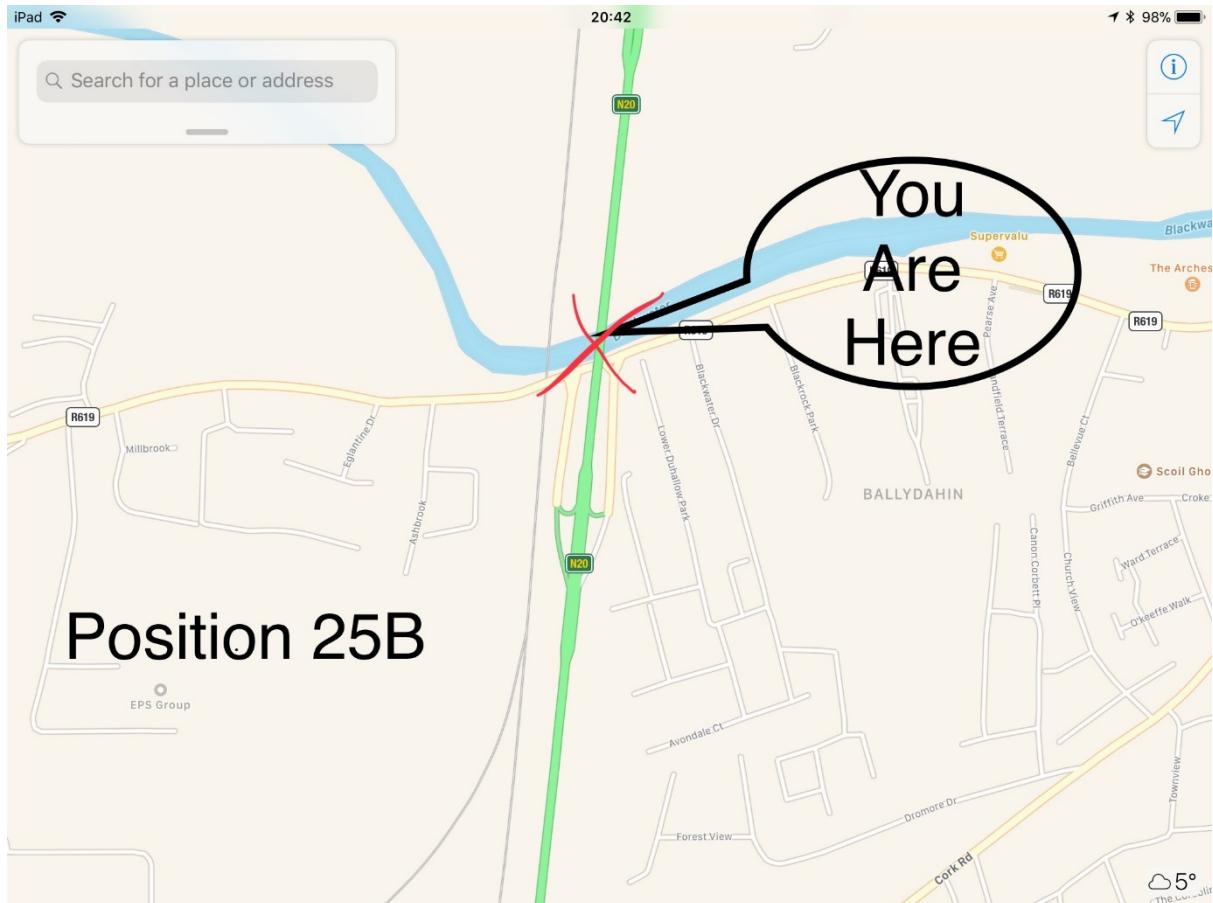
TITLE	NAME	EMAIL	PHONE	ORGANISATION
Event Controller	Ger Buckley	gerrbuckley@eircom.net	085 8702101	Mallow AC
Chief Steward	Lorraine Bolster	bolsterlorraine2@gmail.com	085 1280312	Mallow AC
Safety Officer	Liam Murphy	limurphy32@hotmail.com	087 9318982	Mallow AC
Medical Coordinator	David O'Sullivan	David.Osullivan@hse.ie	087 2156670	Irish Red Cross
Doctor	Dr. Sarah Duggan	sarahduggan@gmail.com	087 7754083	GP
Nurse 1	Catriona Ryan		086 8847446	Mallow AC
Nurse 2	Catherine Walsh O'Connor			Mallow AC

Blue Zone – Contact – Liam Murphy 087-9318982

Stewarding Position: 25b

Number of Stewards: 2 - FFTM Controlled Zone

Map Position: 10 Arch Bridge Fly Over



Instructions for Position 25b:

2 Stewards each side to ensure pedestrians and spectators do not congregate on bridge. Signage in Place.

Note – After the race has started and runners have gone please proceed to assist Denis Sheehan at the finish line to help removing barriers.

Steward Instructions

1. Race is run on LH Lane & will never cross the road.
2. Gardai & motorbikes (civilians) will be moving from one area to another & may not always be on point.
3. Note times of when the bulk of the runners will be coming through. Do not put yourself or any runners at risk, do NOT be afraid to stop traffic.
4. There are 2 ambulances on duty following the bulk runners of the race & will be at 1/2 way.
5. There will be Red Cross, Gardai and **Mallow AC Doctors and Nurses** on duty - Contact Details Below
6. Ensure you have emergency contact numbers & Hi Viz Vest.
7. If finished in your area consider following on to another area & converge at the finish to help out.
8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

Contact Names and Details

TITLE	NAME	EMAIL	PHONE	ORGANISATION
Event Controller	Ger Buckley	gerrbuckley@eircom.net	085 8702101	Mallow AC
Chief Steward	Lorraine Bolster	bolsterlorraine2@gmail.com	085 1280312	Mallow AC
Safety Officer	Liam Murphy	limurphy32@hotmail.com	087 9318982	Mallow AC
Medical Coordinator	David O'Sullivan	David.Osullivan@hse.ie	087 2156670	Irish Red Cross
Doctor	Dr. Sarah Duggan	sarahduggan@gmail.com	087 7754083	GP
Nurse 1	Catriona Ryan		086 8847446	Mallow AC
Nurse 2	Catherine Walsh O'Connor			Mallow AC

Blue Zone – Contact – Liam Murphy 087-9318982

Stewarding Position: 26

Number of Stewards: 3- FFTM Controlled Zone

Map Position: Ten Arch to Roundabout to Rail Bridge



Instructions for Position 26:

FFTM Detailed operation in place

GARDA at roundabout

Note – After the race has started and runners have gone please proceed to assist Denis Sheehan at the finish line to help removing barriers.

Steward Instructions

1. Race is run on LH Lane & will never cross the road.
2. Gardai & motorbikes (civilians) will be moving from one area to another & may not always be on point.
3. Note times of when the bulk of the runners will be coming through. Do not put yourself or any runners at risk, do NOT be afraid to stop traffic.
4. There are 2 ambulances on duty following the bulk runners of the race & will be at 1/2 way.
5. There will be Red Cross, Gardai and **Mallow AC Doctors and Nurses** on duty - Contact Details Below
6. Ensure you have emergency contact numbers & Hi Viz Vest.
7. If finished in your area consider following on to another area & converge at the finish to help out.
8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

Contact Names and Details

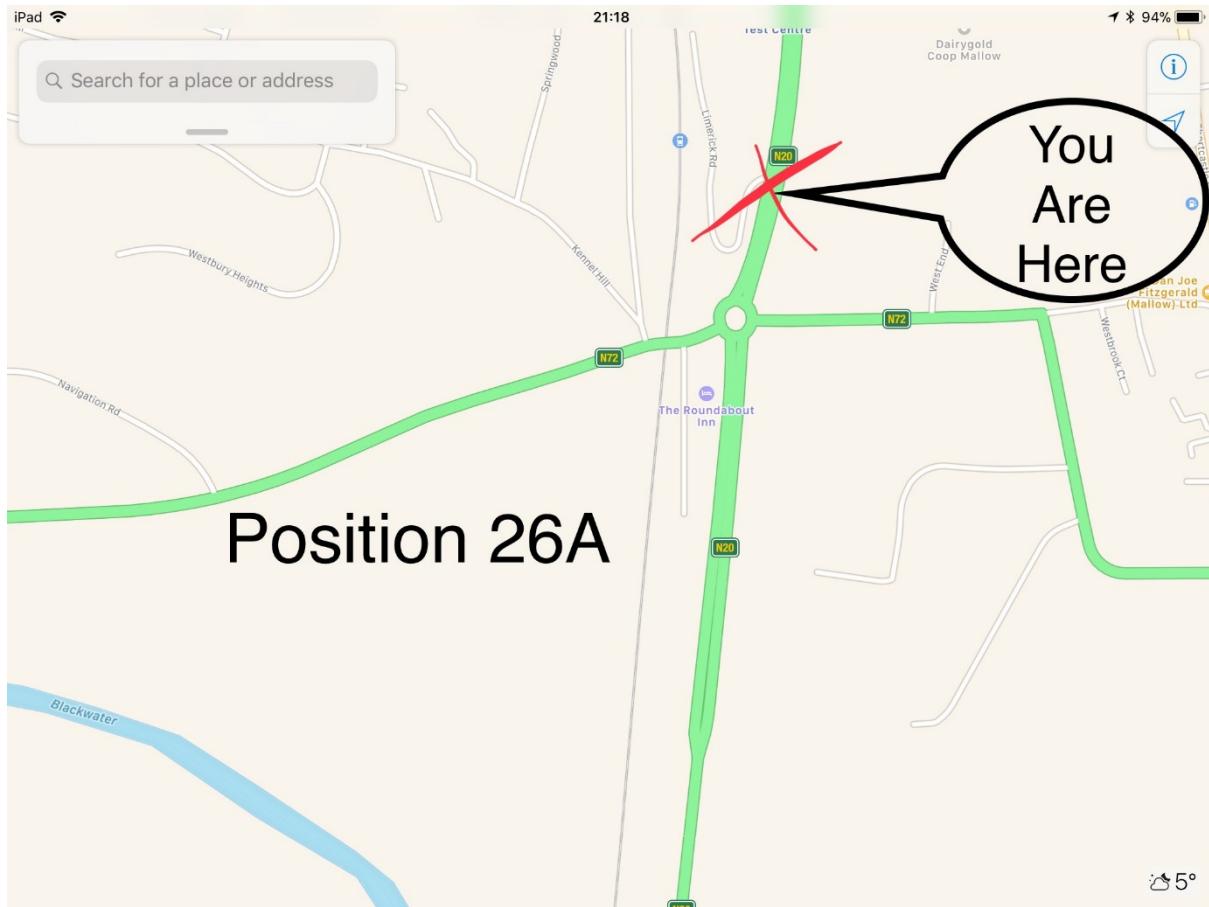
TITLE	NAME	EMAIL	PHONE	ORGANISATION
Event Controller	Ger Buckley	gerrbuckley@eircom.net	085 8702101	Mallow AC
Chief Steward	Lorraine Bolster	bolsterlorraine2@gmail.com	085 1280312	Mallow AC
Safety Officer	Liam Murphy	limurphy32@hotmail.com	087 9318982	Mallow AC
Medical Coordinator	David O'Sullivan	David.Osullivan@hse.ie	087 2156670	Irish Red Cross
Doctor	Dr. Sarah Duggan	sarahduggan@gmail.com	087 7754083	GP
Nurse 1	Catriona Ryan		086 8847446	Mallow AC
Nurse 2	Catherine Walsh O'Connor			Mallow AC

Blue Zone – Contact – Liam Murphy 087-9318982

Stewarding Position: 26a

Number of Stewards: 1- FFTM Controlled Zone

Map Position:



Instructions for Position 26a:

Official with High Vis and Red Flag to alert traffic heading to Cork of event in progress: Wave Flag at Oncoming Traffic . Adequate signage in place.

Note – After the race has started and runners have gone please proceed to assist Denis Sheehan at the finish line to help removing barriers.

Steward Instructions

1. Race is run on LH Lane & will never cross the road.
2. Gardai & motorbikes (civilians) will be moving from one area to another & may not always be on point.
3. Note times of when the bulk of the runners will be coming through. Do not put yourself or any runners at risk, do NOT be afraid to stop traffic.
4. There are 2 ambulances on duty following the bulk runners of the race & will be at 1/2 way.
5. There will be Red Cross, Gardai and **Mallow AC Doctors and Nurses** on duty - Contact Details Below
6. Ensure you have emergency contact numbers & Hi Viz Vest.
7. If finished in your area consider following on to another area & converge at the finish to help out.
8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

Contact Names and Details

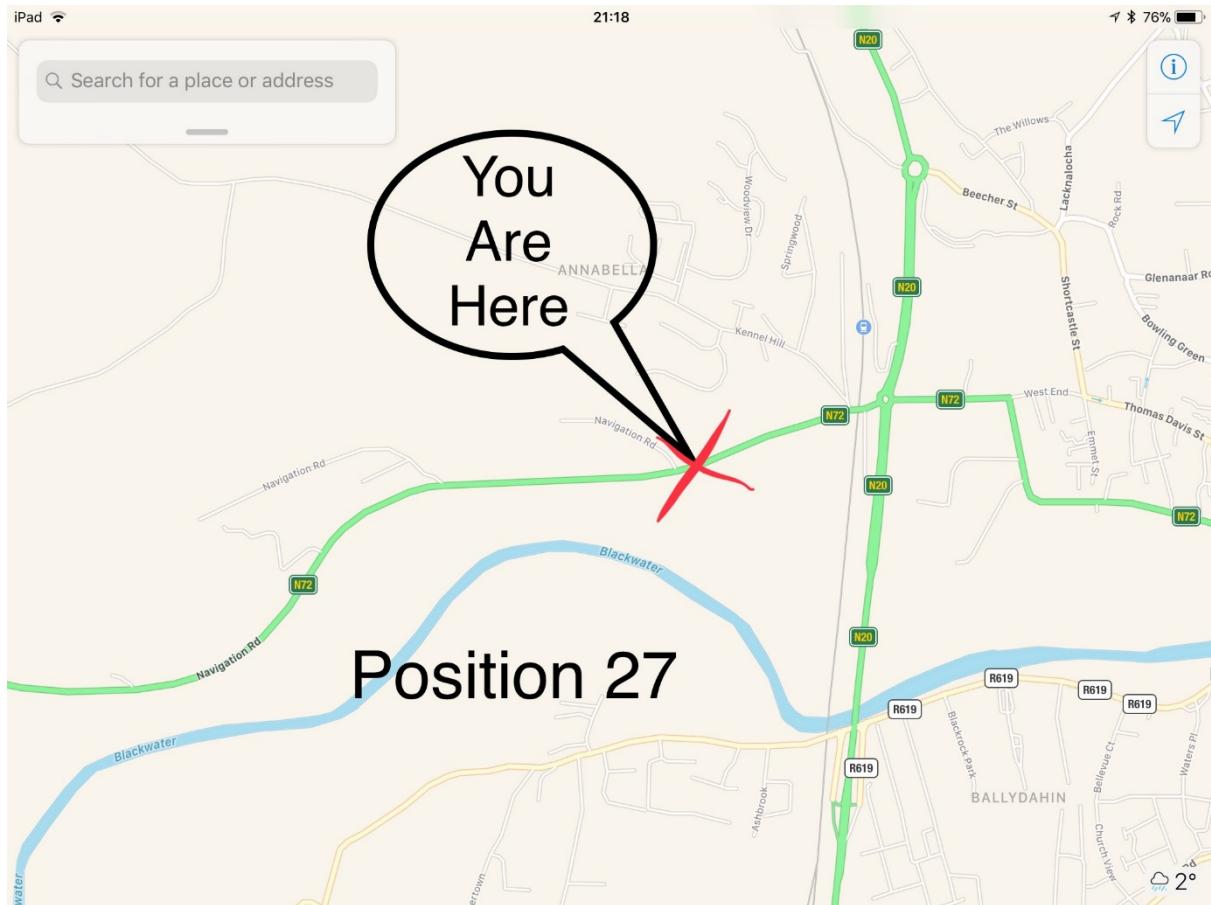
TITLE	NAME	EMAIL	PHONE	ORGANISATION
Event Controller	Ger Buckley	gerrbuckley@eircom.net	085 8702101	Mallow AC
Chief Steward	Lorraine Bolster	bolsterlorraine2@gmail.com	085 1280312	Mallow AC
Safety Officer	Liam Murphy	limurphy32@hotmail.com	087 9318982	Mallow AC
Medical Coordinator	David O'Sullivan	David.Osullivan@hse.ie	087 2156670	Irish Red Cross
Doctor	Dr. Sarah Duggan	sarahduggan@gmail.com	087 7754083	GP
Nurse 1	Catriona Ryan		086 8847446	Mallow AC
Nurse 2	Catherine Walsh O'Connor			Mallow AC

Blue Zone – Contact – Liam Murphy 087-9318982

Stewarding Position: 27

Number of Stewards: 2- FFTM Controlled Zone

Map Position: Traffic Calming Island Navigation Road



Instructions for Position 27:

FFTM Detailed Operation in Place. Ensure Safety of runners from cards travelling towards Killarney direction.

Note – After the race has started and runners have gone please proceed to assist Denis Sheehan at the finish line to help removing barriers.

Steward Instructions

1. Race is run on LH Lane & will never cross the road.
2. Gardai & motorbikes (civilians) will be moving from one area to another & may not always be on point.
3. Note times of when the bulk of the runners will be coming through. Do not put yourself or any runners at risk, do NOT be afraid to stop traffic.
4. There are 2 ambulances on duty following the bulk runners of the race & will be at 1/2 way.
5. There will be Red Cross, Gardai and **Mallow AC Doctors and Nurses** on duty - Contact Details Below
6. Ensure you have emergency contact numbers & Hi Viz Vest.
7. If finished in your area consider following on to another area & converge at the finish to help out.
8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

Contact Names and Details

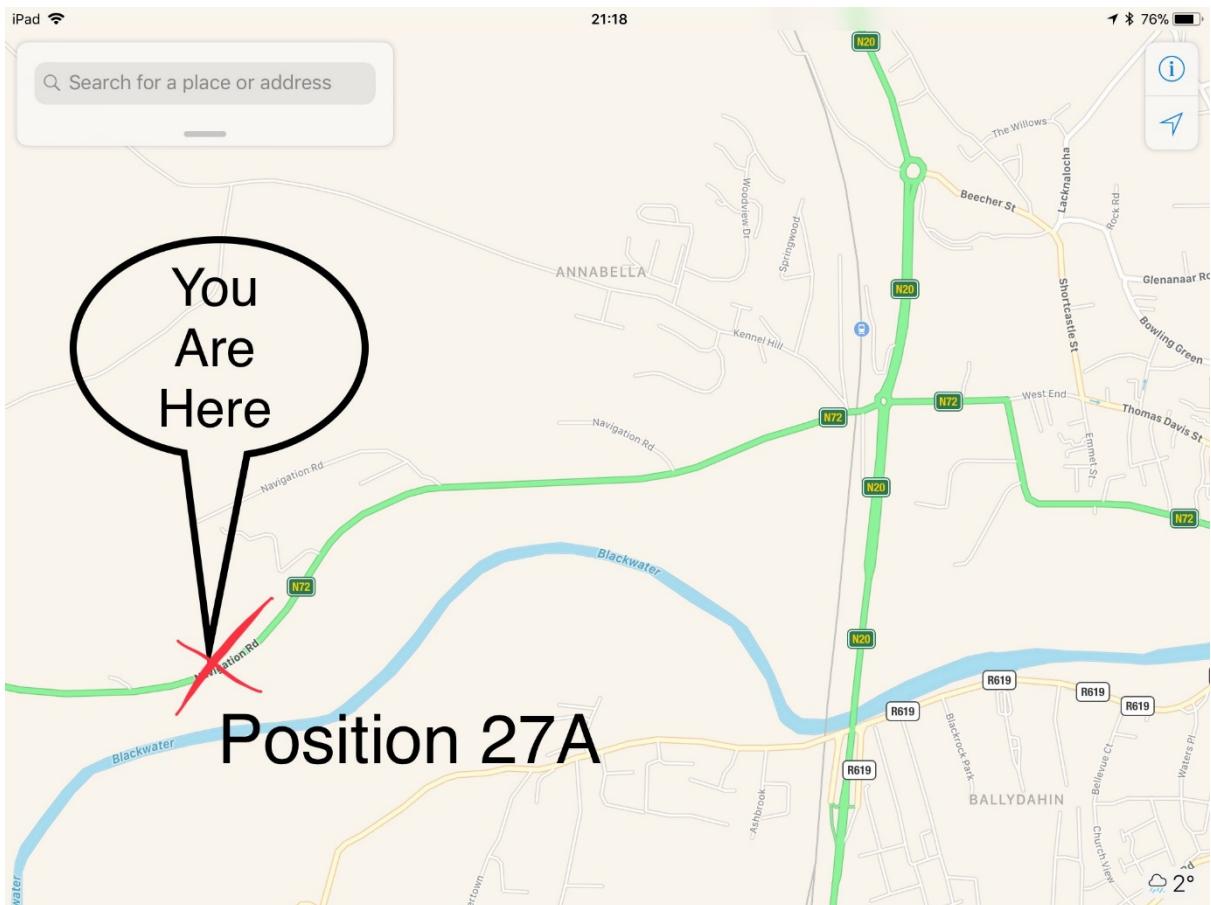
TITLE	NAME	EMAIL	PHONE	ORGANISATION
Event Controller	Ger Buckley	gerrbuckley@eircom.net	085 8702101	Mallow AC
Chief Steward	Lorraine Bolster	bolsterlorraine2@gmail.com	085 1280312	Mallow AC
Safety Officer	Liam Murphy	limurphy32@hotmail.com	087 9318982	Mallow AC
Medical Coordinator	David O'Sullivan	David.Osullivan@hse.ie	087 2156670	Irish Red Cross
Doctor	Dr. Sarah Duggan	sarahduggan@gmail.com	087 7754083	GP
Nurse 1	Catriona Ryan		086 8847446	Mallow AC
Nurse 2	Catherine Walsh O'Connor			Mallow AC

Blue Zone – Contact – Liam Murphy 087-9318982

Stewarding Position: 27a

Number of Stewards: 1

Map Position: Mile 5 Marker



Instructions for Position 27a:

Timing Clock

Note – After the race has started and runners have gone please proceed to assist Denis Sheehan at the finish line to help removing barriers.

Steward Instructions

1. Race is run on LH Lane & will never cross the road.
2. Gardai & motorbikes (civilians) will be moving from one area to another & may not always be on point.
3. Note times of when the bulk of the runners will be coming through. Do not put yourself or any runners at risk, do NOT be afraid to stop traffic.
4. There are 2 ambulances on duty following the bulk runners of the race & will be at 1/2 way.
5. There will be Red Cross, Gardai and **Mallow AC Doctors and Nurses** on duty - Contact Details Below
6. Ensure you have emergency contact numbers & Hi Viz Vest.
7. If finished in your area consider following on to another area & converge at the finish to help out.
8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

Contact Names and Details

TITLE	NAME	EMAIL	PHONE	ORGANISATION
Event Controller	Ger Buckley	gerrbuckley@eircom.net	085 8702101	Mallow AC
Chief Steward	Lorraine Bolster	bolsterlorraine2@gmail.com	085 1280312	Mallow AC
Safety Officer	Liam Murphy	limurphy32@hotmail.com	087 9318982	Mallow AC
Medical Coordinator	David O'Sullivan	David.Osullivan@hse.ie	087 2156670	Irish Red Cross
Doctor	Dr. Sarah Duggan	sarahduggan@gmail.com	087 7754083	GP
Nurse 1	Catriona Ryan		086 8847446	Mallow AC
Nurse 2	Catherine Walsh O'Connor			Mallow AC

Blue Zone – Contact – Liam Murphy 087-9318982

Stewarding Position: 28

Number of Stewards: 2

Map Position: Firville End of Racecourse Hard Shoulder



Instructions for Position 28:

Bollards X4 to filter runners onto narrow section of the road. Motorbikes to be used here. Stop traffic going to Killarney before road narrows for duration of race. Traffic to Mallow to proceed as normal. (GARDA NEEDED)

Note – After the race has started and runners have gone please proceed to assist Denis Sheehan at the finish line to help removing barriers.

Steward Instructions

1. Race is run on LH Lane & will never cross the road.
2. Gardai & motorbikes (civilians) will be moving from one area to another & may not always be on point.
3. Note times of when the bulk of the runners will be coming through. Do not put yourself or any runners at risk, do NOT be afraid to stop traffic.
4. There are 2 ambulances on duty following the bulk runners of the race & will be at 1/2 way.
5. There will be Red Cross, Gardai and **Mallow AC Doctors and Nurses** on duty - Contact Details Below
6. Ensure you have emergency contact numbers & Hi Viz Vest.
7. If finished in your area consider following on to another area & converge at the finish to help out.
8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

Contact Names and Details

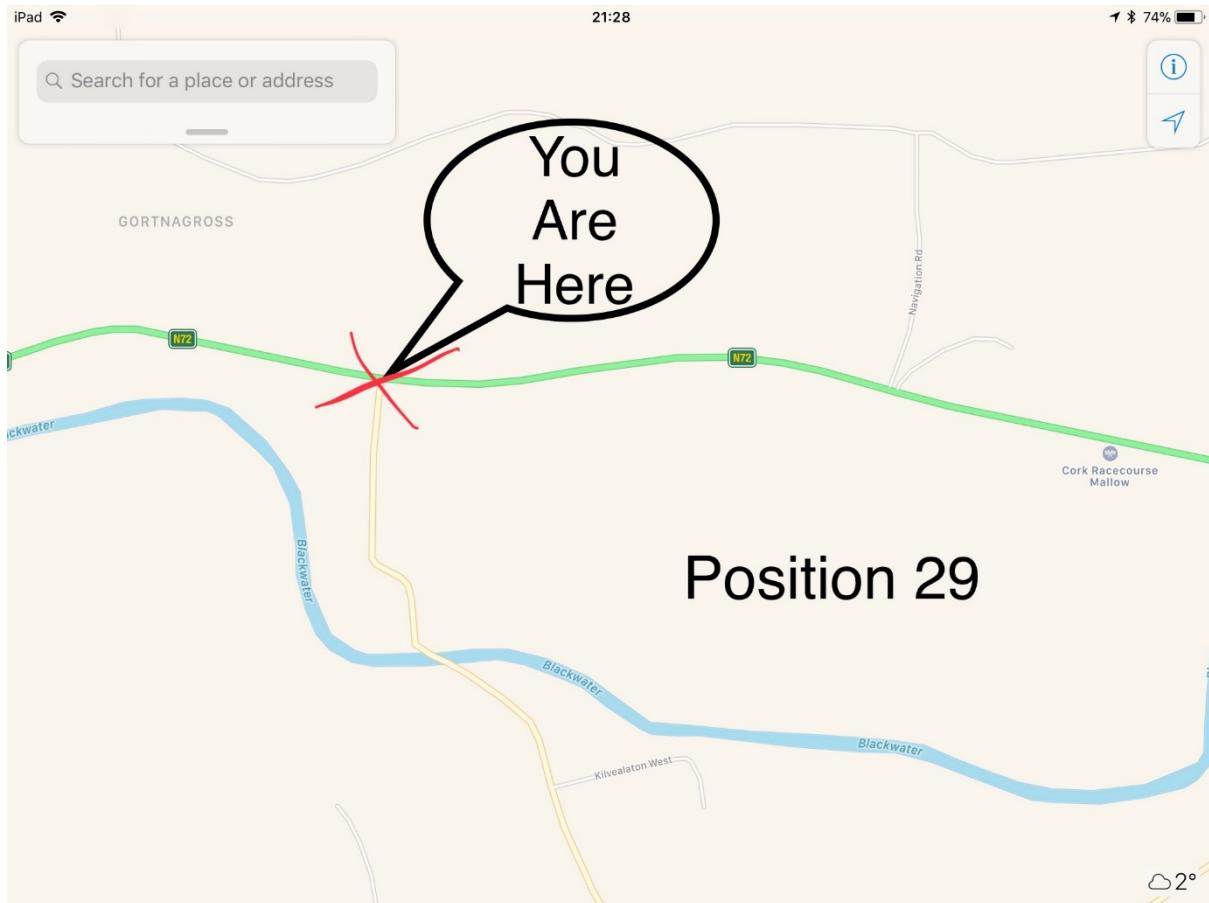
TITLE	NAME	EMAIL	PHONE	ORGANISATION
Event Controller	Ger Buckley	gerrbuckley@eircom.net	085 8702101	Mallow AC
Chief Steward	Lorraine Bolster	bolsterlorraine2@gmail.com	085 1280312	Mallow AC
Safety Officer	Liam Murphy	limurphy32@hotmail.com	087 9318982	Mallow AC
Medical Coordinator	David O'Sullivan	David.Osullivan@hse.ie	087 2156670	Irish Red Cross
Doctor	Dr. Sarah Duggan	sarahduggan@gmail.com	087 7754083	GP
Nurse 1	Catriona Ryan		086 8847446	Mallow AC
Nurse 2	Catherine Walsh O'Connor			Mallow AC

Orange Zone – Contact – Lorraine Bolster 085-1280312

Stewarding Position: 29

Number of Stewards: 2

Map Position: Killarney Road/Long Fields Junction



Instructions for Position 29:

2 way traffic 2 Stewards

Note – After the race has started and runners have gone please proceed to assist Denis Sheehan at the finish line to help removing barriers.

Steward Instructions

1. Race is run on LH Lane & will never cross the road.
2. Gardai & motorbikes (civilians) will be moving from one area to another & may not always be on point.
3. Note times of when the bulk of the runners will be coming through. Do not put yourself or any runners at risk, do NOT be afraid to stop traffic.
4. There are 2 ambulances on duty following the bulk runners of the race & will be at 1/2 way.
5. There will be Red Cross, Gardai and **Mallow AC Doctors and Nurses** on duty - Contact Details Below
6. Ensure you have emergency contact numbers & Hi Viz Vest.
7. If finished in your area consider following on to another area & converge at the finish to help out.
8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

Contact Names and Details

TITLE	NAME	EMAIL	PHONE	ORGANISATION
Event Controller	Ger Buckley	gerrbuckley@eircom.net	085 8702101	Mallow AC
Chief Steward	Lorraine Bolster	bolsterlorraine2@gmail.com	085 1280312	Mallow AC
Safety Officer	Liam Murphy	limurphy32@hotmail.com	087 9318982	Mallow AC
Medical Coordinator	David O'Sullivan	David.Osullivan@hse.ie	087 2156670	Irish Red Cross
Doctor	Dr. Sarah Duggan	sarahduggan@gmail.com	087 7754083	GP
Nurse 1	Catriona Ryan		086 8847446	Mallow AC
Nurse 2	Catherine Walsh O'Connor			Mallow AC

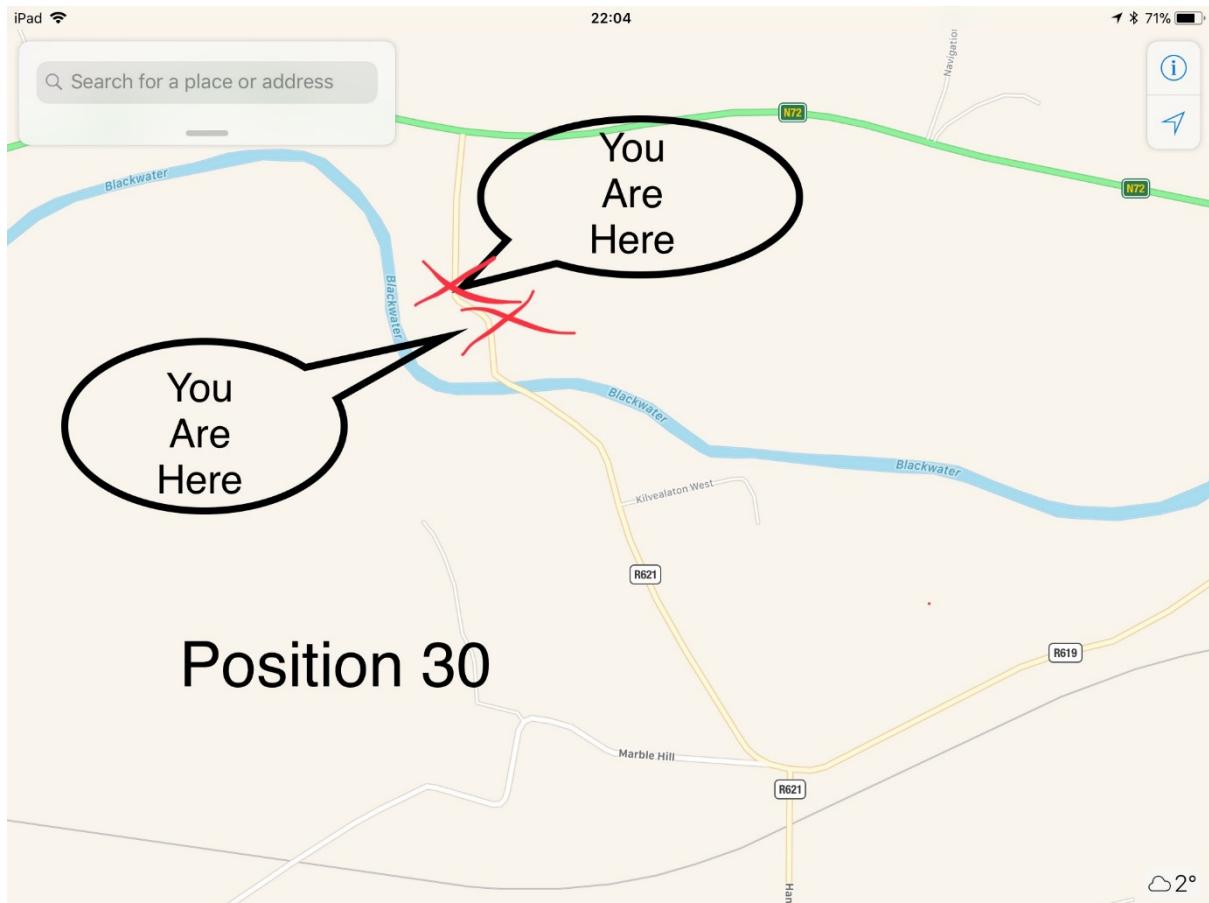
Orange Zone – Contact – Lorraine Bolster 085-1280312

Stewarding Position: 30

Number of Stewards: 4

Map Position: Bends(2) before Blackwater Bridge

Bends(2) before Blackwater Bridge



Instructions for Position 30:

Note this is a DANGEROUS bend. Be Aware Safety is paramount. Stewards to verbally instruct runners to keep to LH lane. (note 2 way traffic)

Note – After the race has started and runners have gone please proceed to assist Denis Sheehan at the finish line to help removing barriers.

Steward Instructions

1. Race is run on LH Lane & will never cross the road.
2. Gardai & motorbikes (civilians) will be moving from one area to another & may not always be on point.
3. Note times of when the bulk of the runners will be coming through. Do not put yourself or any runners at risk, do NOT be afraid to stop traffic.
4. There are 2 ambulances on duty following the bulk runners of the race & will be at 1/2 way.
5. There will be Red Cross, Gardai and **Mallow AC Doctors and Nurses** on duty - Contact Details Below
6. Ensure you have emergency contact numbers & Hi Viz Vest.
7. If finished in your area consider following on to another area & converge at the finish to help out.
8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

Contact Names and Details

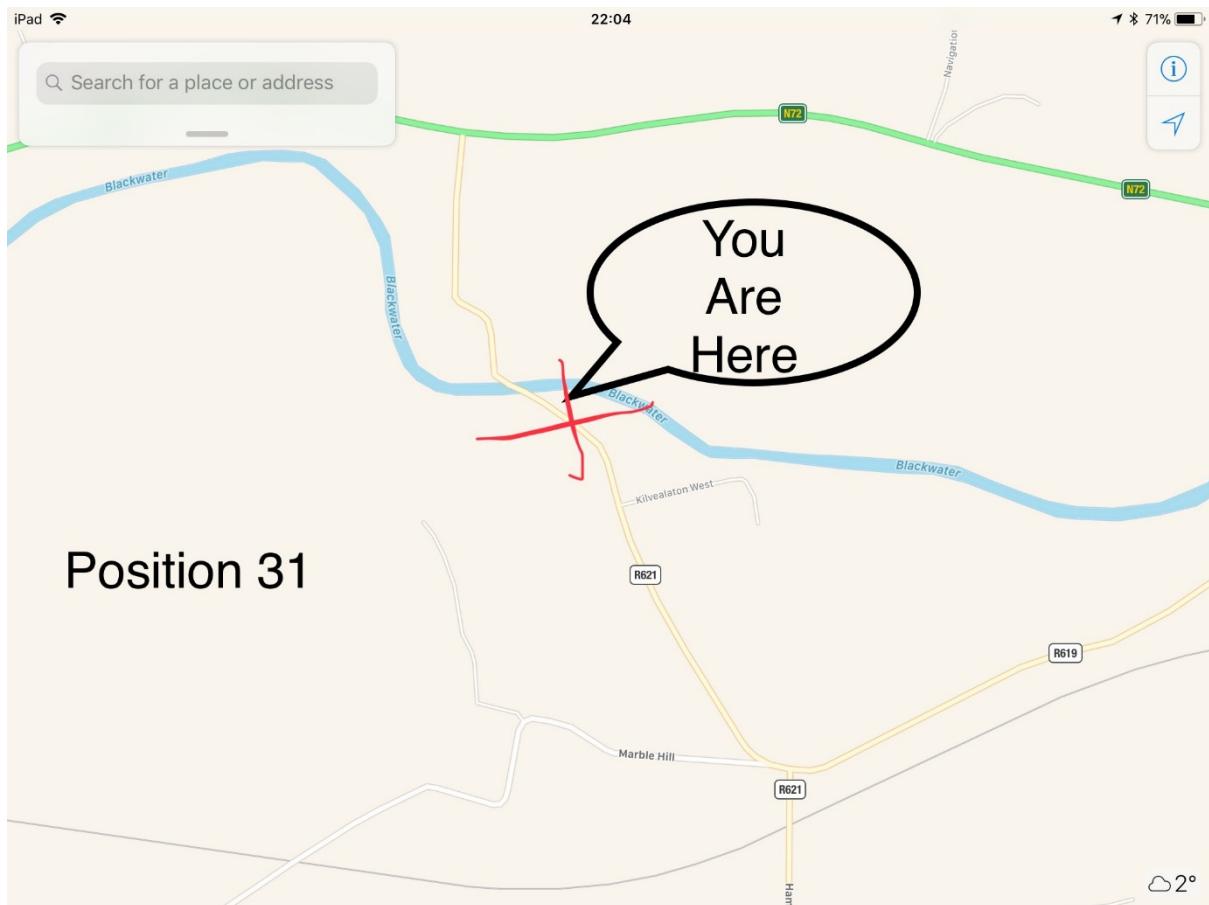
TITLE	NAME	EMAIL	PHONE	ORGANISATION
Event Controller	Ger Buckley	gerrbuckley@eircom.net	085 8702101	Mallow AC
Chief Steward	Lorraine Bolster	bolsterlorraine2@gmail.com	085 1280312	Mallow AC
Safety Officer	Liam Murphy	limurphy32@hotmail.com	087 9318982	Mallow AC
Medical Coordinator	David O'Sullivan	David.Osullivan@hse.ie	087 2156670	Irish Red Cross
Doctor	Dr. Sarah Duggan	sarahduggan@gmail.com	087 7754083	GP
Nurse 1	Catriona Ryan		086 8847446	Mallow AC
Nurse 2	Catherine Walsh O'Connor			Mallow AC

Orange Zone – Contact – Lorraine Bolster 085-1280312

Stewarding Position: 31

Number of Stewards: 4

Map Position: Bridge / Moylan's House



Instructions for Position 31:

Note this is a DANGEROUS bend. Be Aware Safety is paramount. Stewards to verbally instruct runners to keep to LH lane. (note 2 way traffic)

Note – After the race has started and runners have gone please proceed to assist Denis Sheehan at the finish line to help removing barriers.

Steward Instructions

1. Race is run on LH Lane & will never cross the road.
2. Gardai & motorbikes (civilians) will be moving from one area to another & may not always be on point.
3. Note times of when the bulk of the runners will be coming through. Do not put yourself or any runners at risk, do NOT be afraid to stop traffic.
4. There are 2 ambulances on duty following the bulk runners of the race & will be at 1/2 way.
5. There will be Red Cross, Gardai and **Mallow AC Doctors and Nurses** on duty - Contact Details Below
6. Ensure you have emergency contact numbers & Hi Viz Vest.
7. If finished in your area consider following on to another area & converge at the finish to help out.
8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

Contact Names and Details

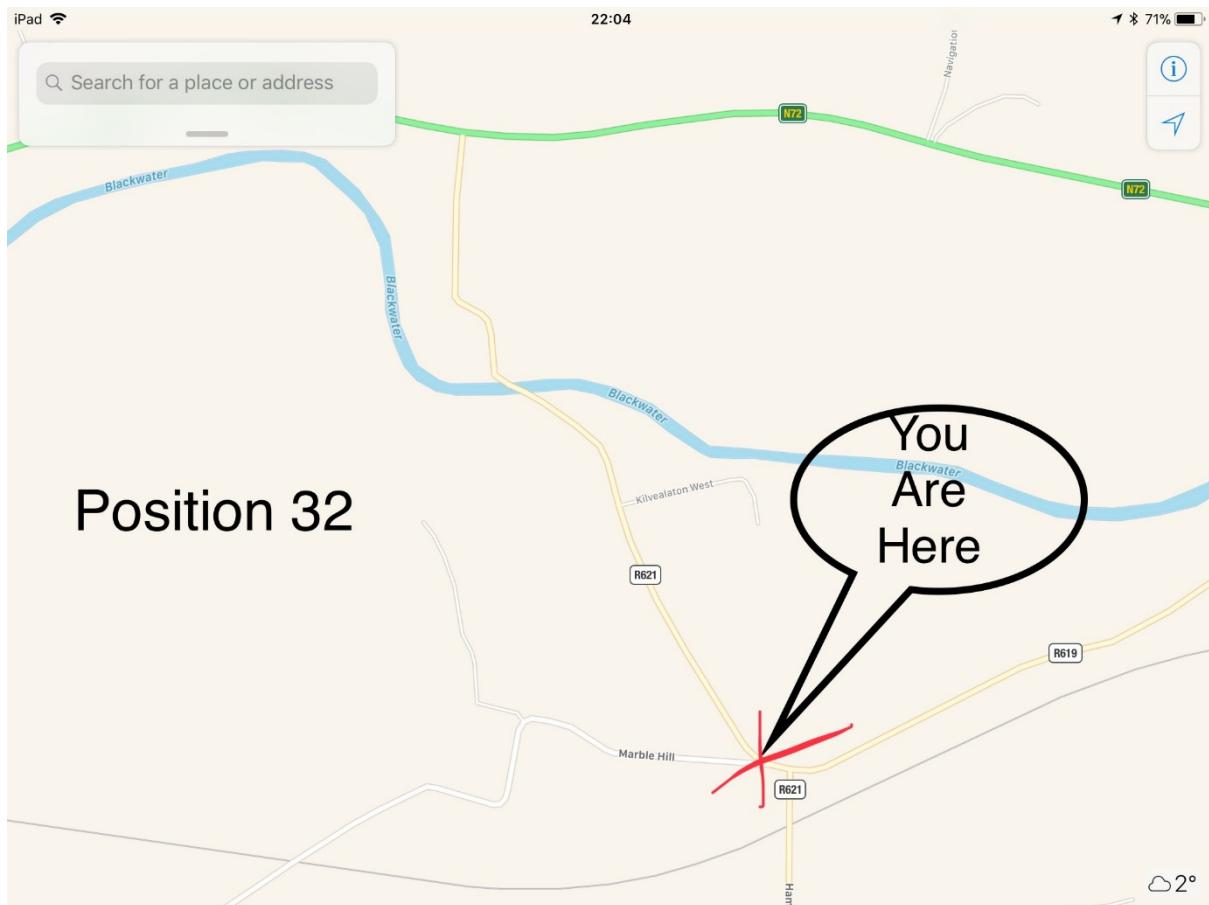
TITLE	NAME	EMAIL	PHONE	ORGANISATION
Event Controller	Ger Buckley	gerrbuckley@eircom.net	085 8702101	Mallow AC
Chief Steward	Lorraine Bolster	bolsterlorraine2@gmail.com	085 1280312	Mallow AC
Safety Officer	Liam Murphy	limurphy32@hotmail.com	087 9318982	Mallow AC
Medical Coordinator	David O'Sullivan	David.Osullivan@hse.ie	087 2156670	Irish Red Cross
Doctor	Dr. Sarah Duggan	sarahduggan@gmail.com	087 7754083	GP
Nurse 1	Catriona Ryan		086 8847446	Mallow AC
Nurse 2	Catherine Walsh O'Connor			Mallow AC

Orange Zone – Contact – Lorraine Bolster 085-1280312

Stewarding Position: 32

Number of Stewards: 2

Map Position: Glantane Junction



Instructions for Position 32:

2 Stewards at junction. (note 2 way traffic)

Note – After the race has started and runners have gone please proceed to assist Denis Sheehan at the finish line to help removing barriers.

Steward Instructions

1. Race is run on LH Lane & will never cross the road.
2. Gardai & motorbikes (civilians) will be moving from one area to another & may not always be on point.
3. Note times of when the bulk of the runners will be coming through. Do not put yourself or any runners at risk, do NOT be afraid to stop traffic.
4. There are 2 ambulances on duty following the bulk runners of the race & will be at 1/2 way.
5. There will be Red Cross, Gardai and **Mallow AC Doctors and Nurses** on duty - Contact Details Below
6. Ensure you have emergency contact numbers & Hi Viz Vest.
7. If finished in your area consider following on to another area & converge at the finish to help out.
8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

Contact Names and Details

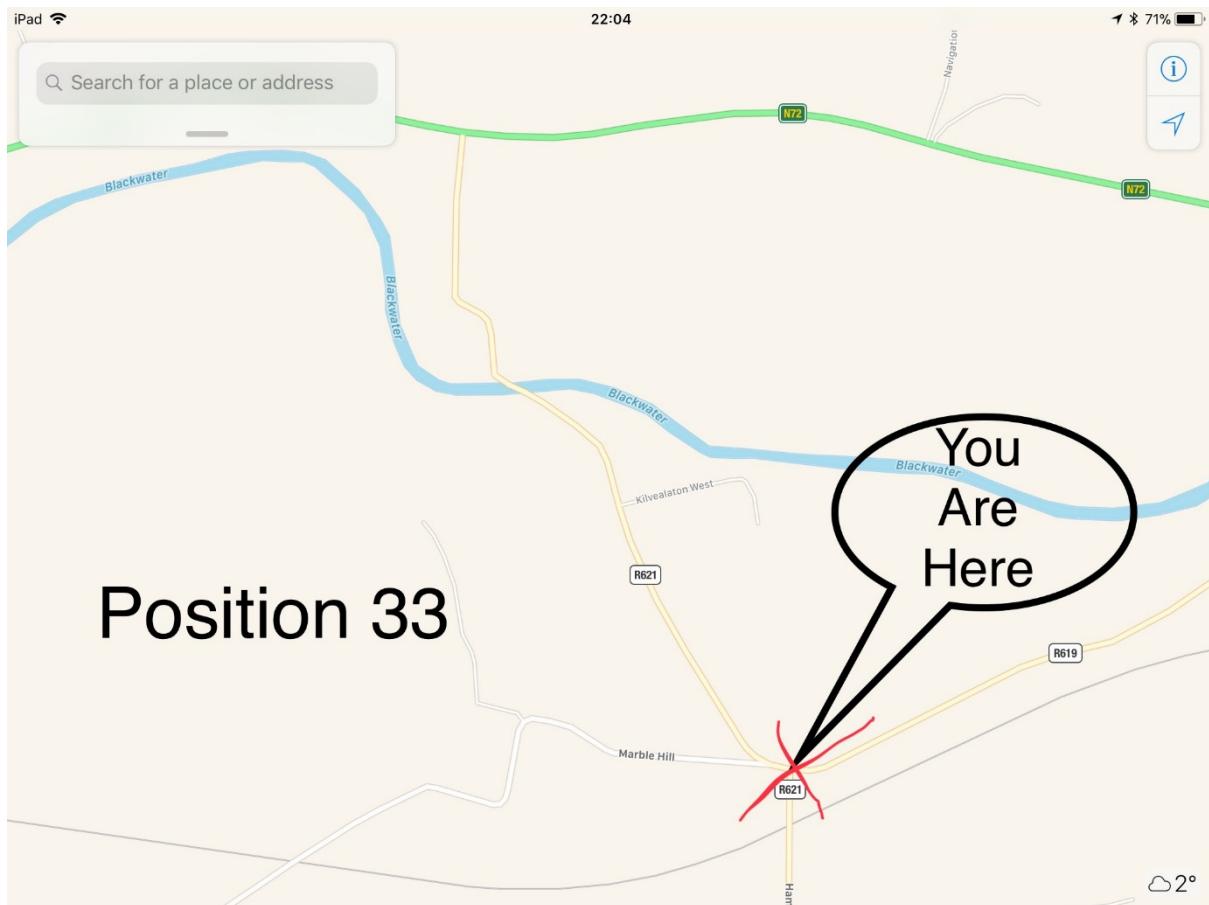
TITLE	NAME	EMAIL	PHONE	ORGANISATION
Event Controller	Ger Buckley	gerrbuckley@eircom.net	085 8702101	Mallow AC
Chief Steward	Lorraine Bolster	bolsterlorraine2@gmail.com	085 1280312	Mallow AC
Safety Officer	Liam Murphy	limurphy32@hotmail.com	087 9318982	Mallow AC
Medical Coordinator	David O'Sullivan	David.Osullivan@hse.ie	087 2156670	Irish Red Cross
Doctor	Dr. Sarah Duggan	sarahduggan@gmail.com	087 7754083	GP
Nurse 1	Catriona Ryan		086 8847446	Mallow AC
Nurse 2	Catherine Walsh O'Connor			Mallow AC

Orange Zone – Contact – Lorraine Bolster 085-1280312

Stewarding Position: 33

Number of Stewards: 2

Map Position: Dromohane Junction



Instructions for Position 33:

2 Stewards at junction. (note 2 way traffic)

Note – After the race has started and runners have gone please proceed to assist Denis Sheehan at the finish line to help removing barriers.

Steward Instructions

1. Race is run on LH Lane & will never cross the road.
2. Gardai & motorbikes (civilians) will be moving from one area to another & may not always be on point.
3. Note times of when the bulk of the runners will be coming through. Do not put yourself or any runners at risk, do NOT be afraid to stop traffic.
4. There are 2 ambulances on duty following the bulk runners of the race & will be at 1/2 way.
5. There will be Red Cross, Gardai and **Mallow AC Doctors and Nurses** on duty - Contact Details Below
6. Ensure you have emergency contact numbers & Hi Viz Vest.
7. If finished in your area consider following on to another area & converge at the finish to help out.
8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

Contact Names and Details

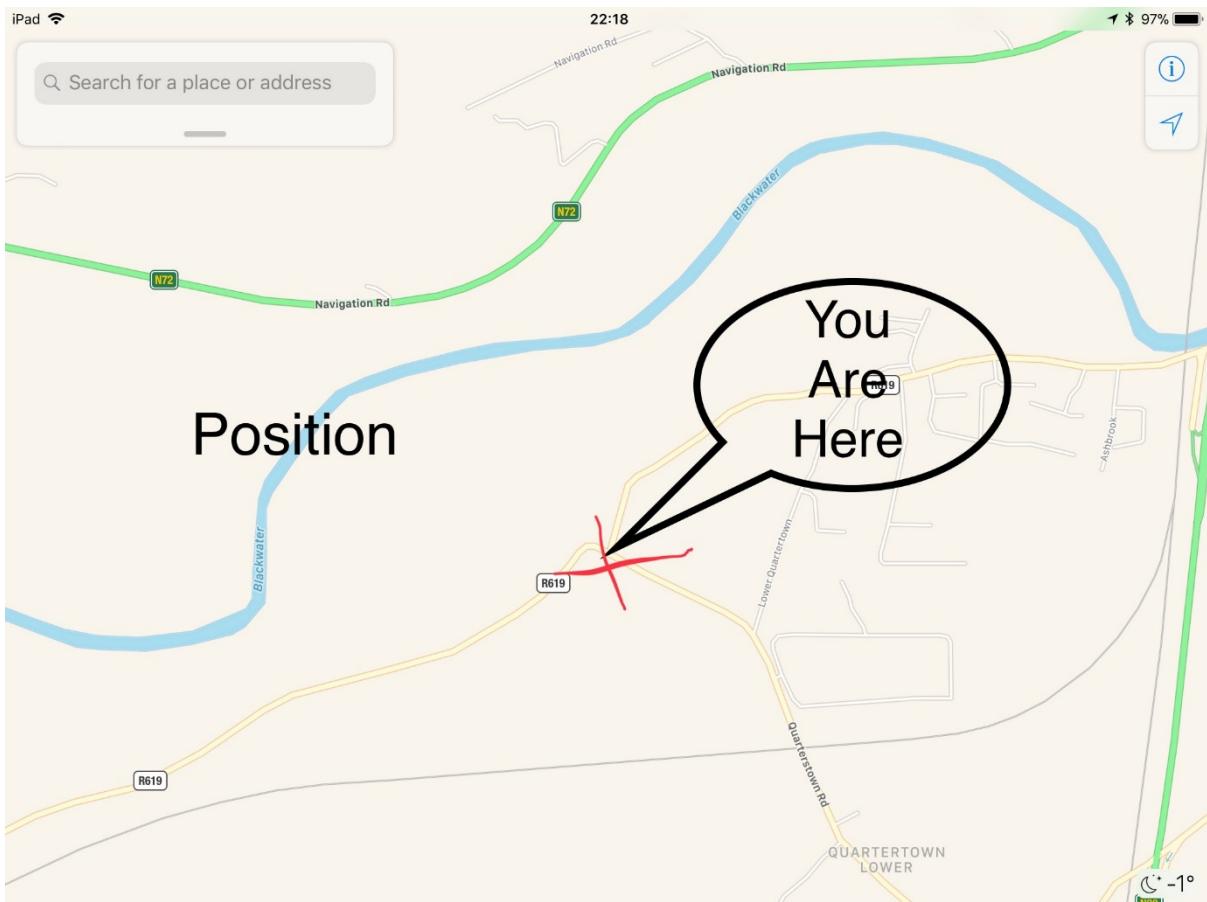
TITLE	NAME	EMAIL	PHONE	ORGANISATION
Event Controller	Ger Buckley	gerrbuckley@eircom.net	085 8702101	Mallow AC
Chief Steward	Lorraine Bolster	bolsterlorraine2@gmail.com	085 1280312	Mallow AC
Safety Officer	Liam Murphy	limurphy32@hotmail.com	087 9318982	Mallow AC
Medical Coordinator	David O'Sullivan	David.Osullivan@hse.ie	087 2156670	Irish Red Cross
Doctor	Dr. Sarah Duggan	sarahduggan@gmail.com	087 7754083	GP
Nurse 1	Catriona Ryan		086 8847446	Mallow AC
Nurse 2	Catherine Walsh O'Connor			Mallow AC

Orange Zone – Contact – Lorraine Bolster 085-1280312

Stewarding Position: 34

Number of Stewards: 10

Map Position: Clyda Bridge A,B,C,D



Instructions for Position 34:

Bollards X15 At O'Mearas entrance prior to bridge.

IMPORTANT VERBALLY INSTRUCT RUNNERS TO KEEP TO LEFT HAND SIDE DO NOT ALLOW THEM TO CUT THE CORNER.

At the T junction (Quartertown side) Stewards to marshall traffic & restrict traffic from turning right into the path of runners. Immediately beyond Clyda bridge approaching bend (Park House) VERBALLY INSTRUCT RUNNERS TO KEEP TO LEFT HAND SIDE DO NOT ALLOW THEM TO CUT THE CORNER

Note – After the race has started and runners have gone please proceed to assist Denis Sheehan at the finish line to help removing barriers.

Steward Instructions

1. Race is run on LH Lane & will never cross the road.
2. Gardai & motorbikes (civilians) will be moving from one area to another & may not always be on point.
3. Note times of when the bulk of the runners will be coming through. Do not put yourself or any runners at risk, do NOT be afraid to stop traffic.
4. There are 2 ambulances on duty following the bulk runners of the race & will be at 1/2 way.
5. There will be Red Cross, Gardai and **Mallow AC Doctors and Nurses** on duty - Contact Details Below
6. Ensure you have emergency contact numbers & Hi Viz Vest.
7. If finished in your area consider following on to another area & converge at the finish to help out.
8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

Contact Names and Details

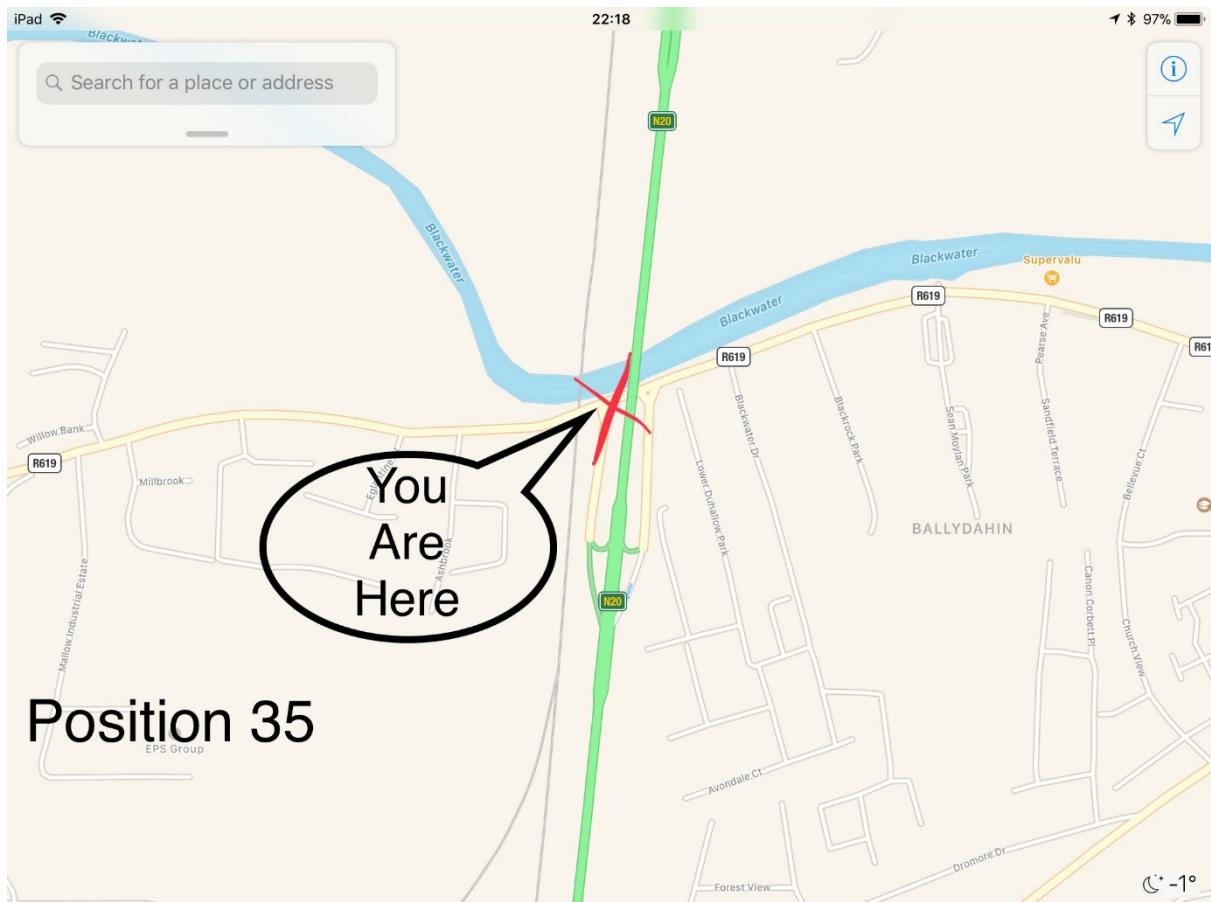
TITLE	NAME	EMAIL	PHONE	ORGANISATION
Event Controller	Ger Buckley	gerrbuckley@eircom.net	085 8702101	Mallow AC
Chief Steward	Lorraine Bolster	bolsterlorraine2@gmail.com	085 1280312	Mallow AC
Safety Officer	Liam Murphy	limurphy32@hotmail.com	087 9318982	Mallow AC
Medical Coordinator	David O'Sullivan	David.Osullivan@hse.ie	087 2156670	Irish Red Cross
Doctor	Dr. Sarah Duggan	sarahduggan@gmail.com	087 7754083	GP
Nurse 1	Catriona Ryan		086 8847446	Mallow AC
Nurse 2	Catherine Walsh O'Connor			Mallow AC

Orange Zone – Contact – Lorraine Bolster 085-1280312

Stewarding Position: 35

Number of Stewards: 1

Map Position: 10 Arches Slips Bottom A



Instructions for Position 35:

Close Slip Roads -No traffic turning right towards Dano's/ Allow traffic filter left as required; Steward on each slip road.

Note – After the race has started and runners have gone please proceed to assist Denis Sheehan at the finish line to help removing barriers.

Steward Instructions

1. Race is run on LH Lane & will never cross the road.
2. Gardai & motorbikes (civilians) will be moving from one area to another & may not always be on point.
3. Note times of when the bulk of the runners will be coming through. Do not put yourself or any runners at risk, do NOT be afraid to stop traffic.
4. There are 2 ambulances on duty following the bulk runners of the race & will be at 1/2 way.
5. There will be Red Cross, Gardai and **Mallow AC Doctors and Nurses** on duty - Contact Details Below
6. Ensure you have emergency contact numbers & Hi Viz Vest.
7. If finished in your area consider following on to another area & converge at the finish to help out.
8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

Contact Names and Details

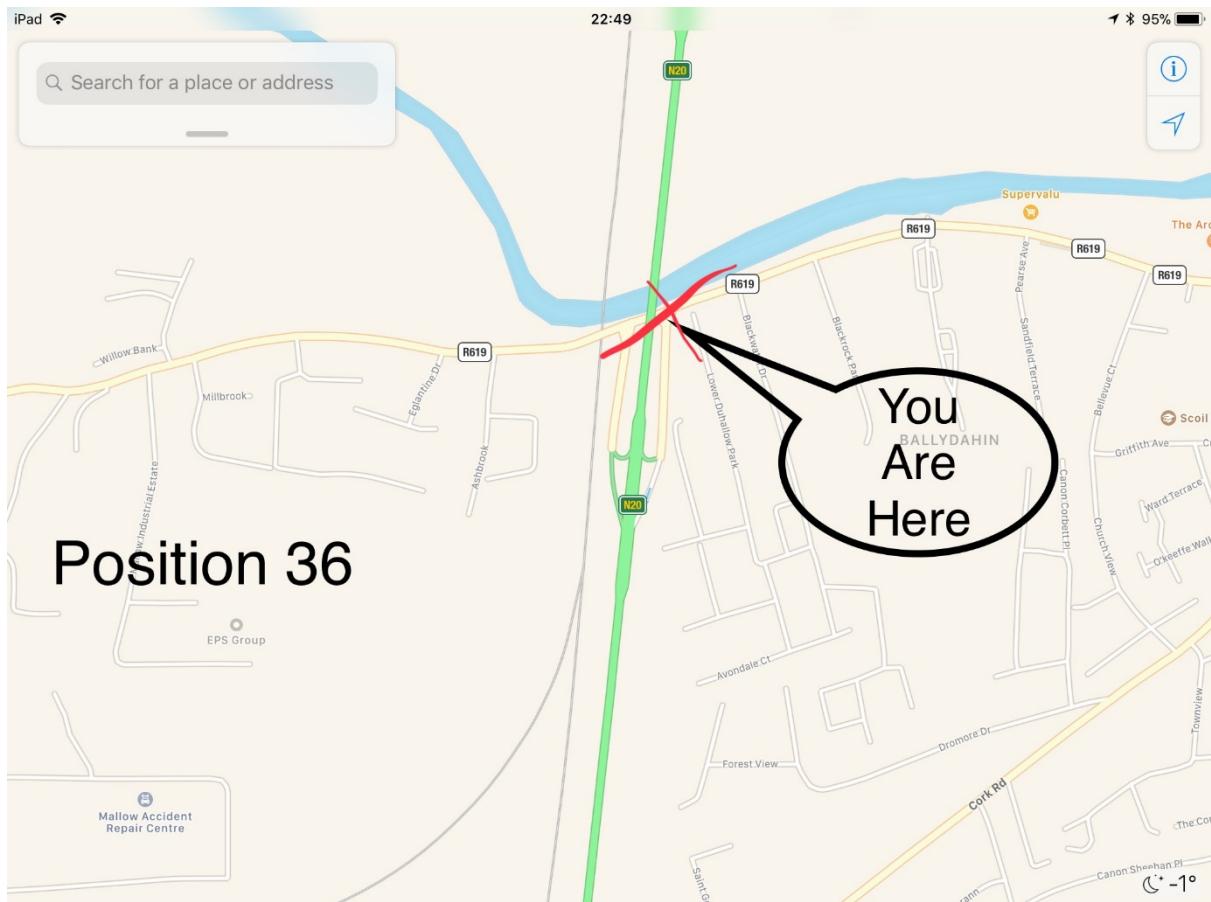
TITLE	NAME	EMAIL	PHONE	ORGANISATION
Event Controller	Ger Buckley	gerrbuckley@eircom.net	085 8702101	Mallow AC
Chief Steward	Lorraine Bolster	bolsterlorraine2@gmail.com	085 1280312	Mallow AC
Safety Officer	Liam Murphy	limurphy32@hotmail.com	087 9318982	Mallow AC
Medical Coordinator	David O'Sullivan	David.Osullivan@hse.ie	087 2156670	Irish Red Cross
Doctor	Dr. Sarah Duggan	sarahduggan@gmail.com	087 7754083	GP
Nurse 1	Catriona Ryan		086 8847446	Mallow AC
Nurse 2	Catherine Walsh O'Connor			Mallow AC

Orange Zone – Contact – Lorraine Bolster 085-1280312

Stewarding Position: 36

Number of Stewards: 1

Map Position: 10 Arches Slips Bottom B



Instructions for Position 36:

Close Slip Roads -No traffic turning right towards Dano's/ Allow traffic filter left as required; Steward on each slip road.

Note – After the race has started and runners have gone please proceed to assist Denis Sheehan at the finish line to help removing barriers.

Steward Instructions

1. Race is run on LH Lane & will never cross the road.
2. Gardai & motorbikes (civilians) will be moving from one area to another & may not always be on point.
3. Note times of when the bulk of the runners will be coming through. Do not put yourself or any runners at risk, do NOT be afraid to stop traffic.
4. There are 2 ambulances on duty following the bulk runners of the race & will be at 1/2 way.
5. There will be Red Cross, Gardai and **Mallow AC Doctors and Nurses** on duty - Contact Details Below
6. Ensure you have emergency contact numbers & Hi Viz Vest.
7. If finished in your area consider following on to another area & converge at the finish to help out.
8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

Contact Names and Details

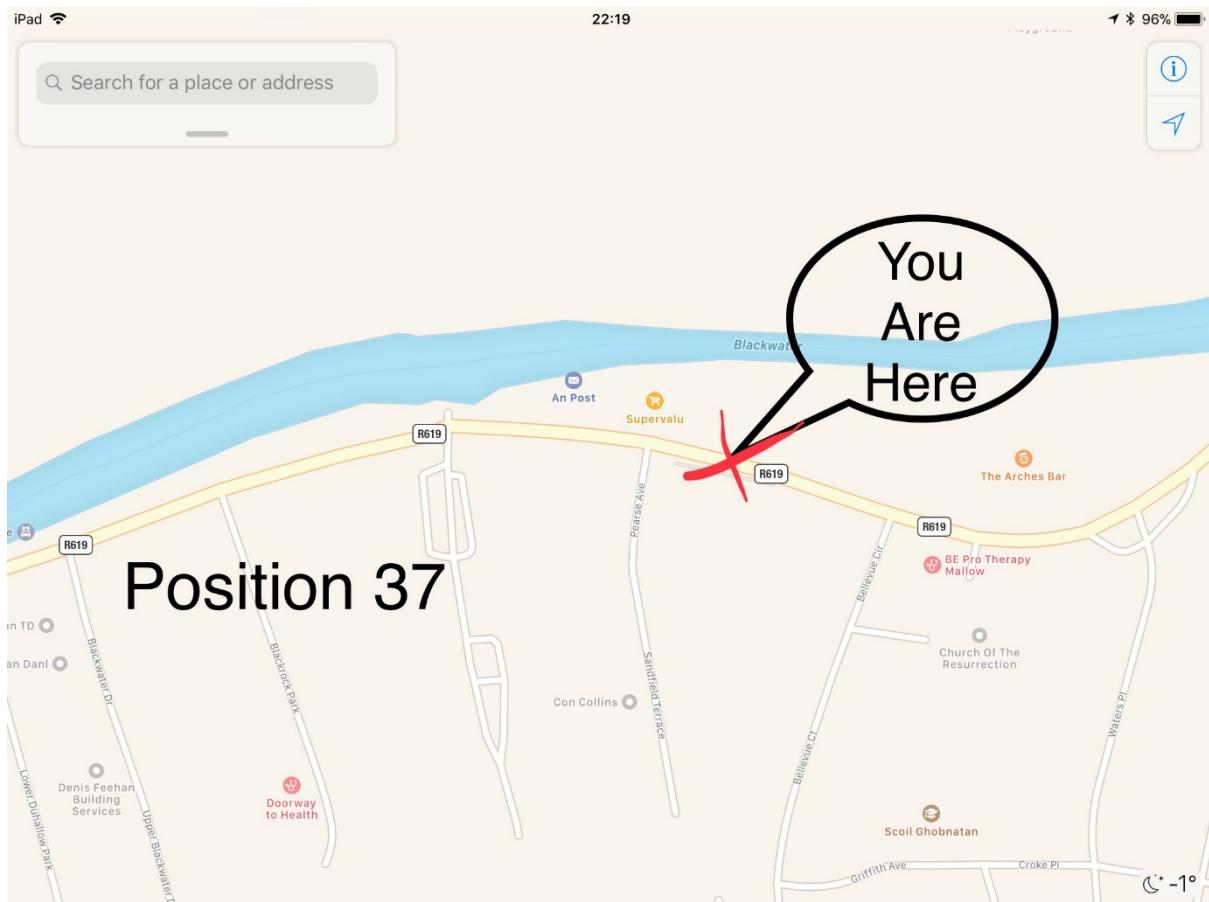
TITLE	NAME	EMAIL	PHONE	ORGANISATION
Event Controller	Ger Buckley	gerrbuckley@eircom.net	085 8702101	Mallow AC
Chief Steward	Lorraine Bolster	bolsterlorraine2@gmail.com	085 1280312	Mallow AC
Safety Officer	Liam Murphy	limurphy32@hotmail.com	087 9318982	Mallow AC
Medical Coordinator	David O'Sullivan	David.Osullivan@hse.ie	087 2156670	Irish Red Cross
Doctor	Dr. Sarah Duggan	sarahduggan@gmail.com	087 7754083	GP
Nurse 1	Catriona Ryan		086 8847446	Mallow AC
Nurse 2	Catherine Walsh O'Connor			Mallow AC

Orange Zone – Contact – Lorraine Bolster 085-1280312

Stewarding Position: 37

Number of Stewards: 2

Map Position: Dano's Supervalue



Instructions for Position 37:

Stewards required as traffic may cross runners route. GARDA required if possible.

Note – After the race has started and runners have gone please proceed to assist Denis Sheehan at the finish line to help removing barriers.

Steward Instructions

1. Race is run on LH Lane & will never cross the road.
2. Gardai & motorbikes (civilians) will be moving from one area to another & may not always be on point.
3. Note times of when the bulk of the runners will be coming through. Do not put yourself or any runners at risk, do NOT be afraid to stop traffic.
4. There are 2 ambulances on duty following the bulk runners of the race & will be at 1/2 way.
5. There will be Red Cross, Gardai and **Mallow AC Doctors and Nurses** on duty - Contact Details Below
6. Ensure you have emergency contact numbers & Hi Viz Vest.
7. If finished in your area consider following on to another area & converge at the finish to help out.
8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

Contact Names and Details

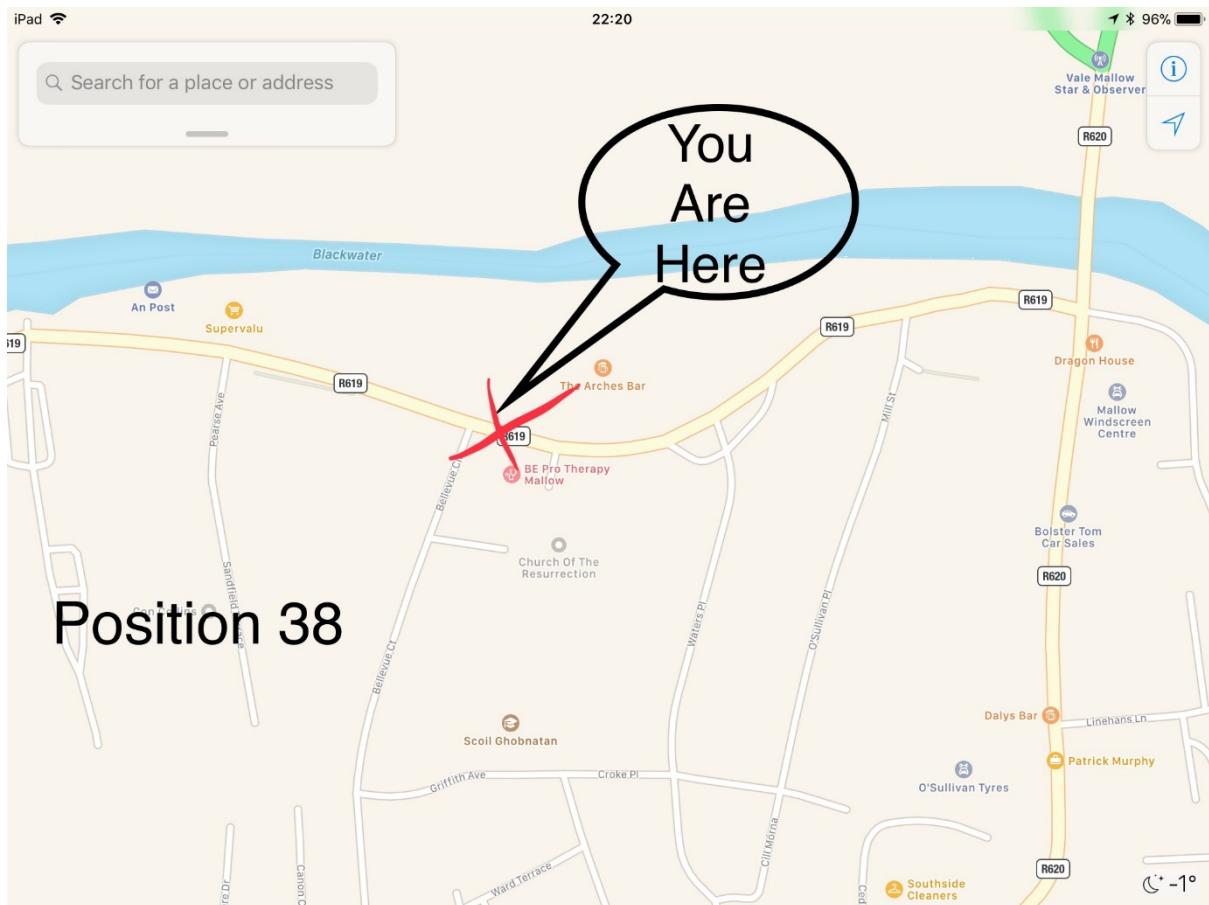
TITLE	NAME	EMAIL	PHONE	ORGANISATION
Event Controller	Ger Buckley	gerrbuckley@eircom.net	085 8702101	Mallow AC
Chief Steward	Lorraine Bolster	bolsterlorraine2@gmail.com	085 1280312	Mallow AC
Safety Officer	Liam Murphy	limurphy32@hotmail.com	087 9318982	Mallow AC
Medical Coordinator	David O'Sullivan	David.Osullivan@hse.ie	087 2156670	Irish Red Cross
Doctor	Dr. Sarah Duggan	sarahduggan@gmail.com	087 7754083	GP
Nurse 1	Catriona Ryan		086 8847446	Mallow AC
Nurse 2	Catherine Walsh O'Connor			Mallow AC

Orange Zone – Contact – Lorraine Bolster 085-1280312

Stewarding Position: 38

Number of Stewards: 2

Map Position: Churchview - FFTM Controlled Zone



Instructions for Position 38:

Stewards with Hi Visibility Vests at Junction to advise motorists of road closure & diversion with all traffic from Danos to be diverted up Church View.

Adequate signage 'Road Closure' will be deployed in advance.

Traffic management in place from 13:00 to last runner home.

Note – After the race has started and runners have gone please proceed to assist Denis Sheehan at the finish line to help removing barriers.

Steward Instructions

1. Race is run on LH Lane & will never cross the road.
2. Gardai & motorbikes (civilians) will be moving from one area to another & may not always be on point.
3. Note times of when the bulk of the runners will be coming through. Do not put yourself or any runners at risk, do NOT be afraid to stop traffic.
4. There are 2 ambulances on duty following the bulk runners of the race & will be at 1/2 way.
5. There will be Red Cross, Gardai and **Mallow AC Doctors and Nurses** on duty - Contact Details Below
6. Ensure you have emergency contact numbers & Hi Viz Vest.
7. If finished in your area consider following on to another area & converge at the finish to help out.
8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

Contact Names and Details

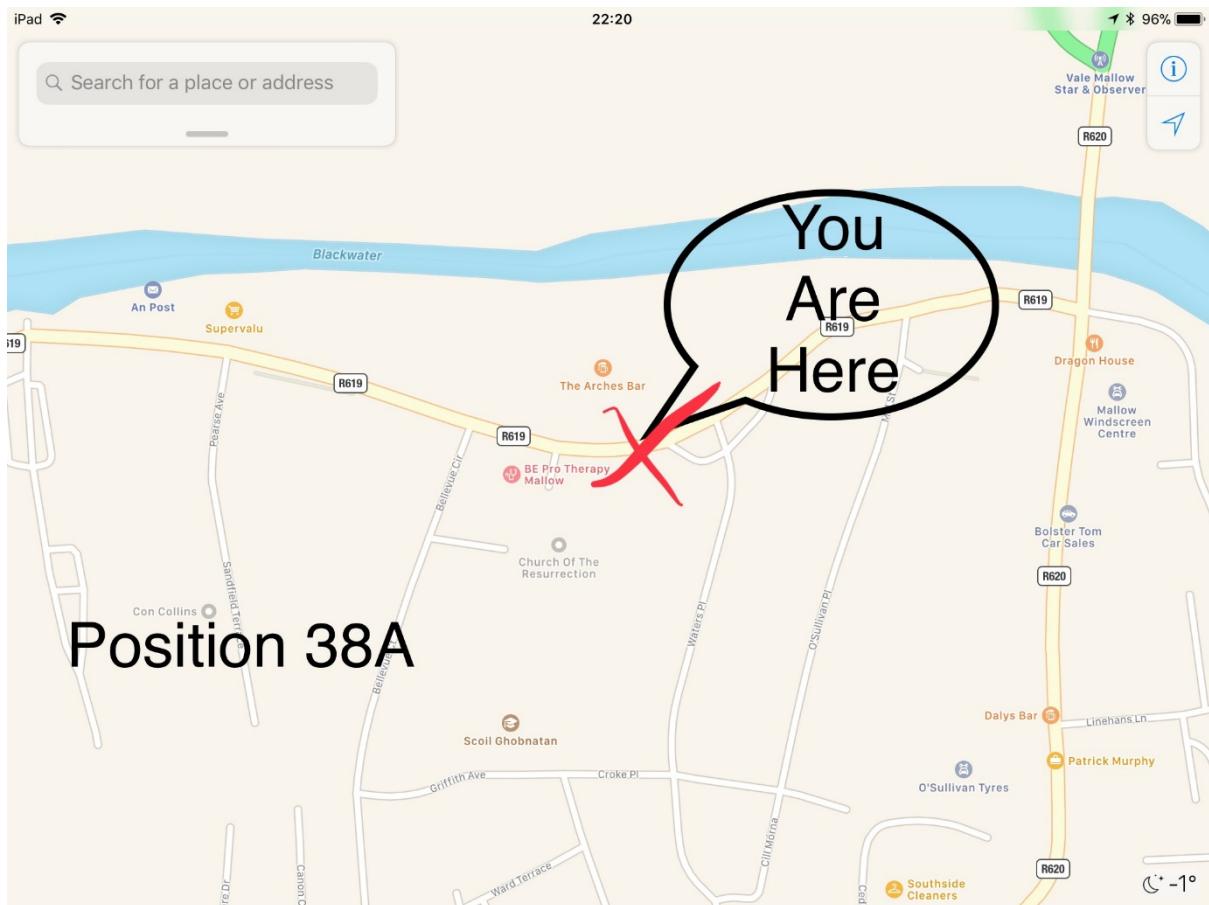
TITLE	NAME	EMAIL	PHONE	ORGANISATION
Event Controller	Ger Buckley	gerrbuckley@eircom.net	085 8702101	Mallow AC
Chief Steward	Lorraine Bolster	bolsterlorraine2@gmail.com	085 1280312	Mallow AC
Safety Officer	Liam Murphy	limurphy32@hotmail.com	087 9318982	Mallow AC
Medical Coordinator	David O'Sullivan	David.Osullivan@hse.ie	087 2156670	Irish Red Cross
Doctor	Dr. Sarah Duggan	sarahduggan@gmail.com	087 7754083	GP
Nurse 1	Catriona Ryan		086 8847446	Mallow AC
Nurse 2	Catherine Walsh O'Connor			Mallow AC

Orange Zone – Contact – Lorraine Bolster 085-1280312

Stewarding Position: 38A

Number of Stewards: 2

Map Position: Harolds Place/Waters Place/Arches



Instructions for Position 38A:

Local Access Only, No access to finish area, signage and diversion in place.

Note – After the race has started and runners have gone please proceed to assist Denis Sheehan at the finish line to help removing barriers.

Steward Instructions

1. Race is run on LH Lane & will never cross the road.
2. Gardai & motorbikes (civilians) will be moving from one area to another & may not always be on point.
3. Note times of when the bulk of the runners will be coming through. Do not put yourself or any runners at risk, do NOT be afraid to stop traffic.
4. There are 2 ambulances on duty following the bulk runners of the race & will be at 1/2 way.
5. There will be Red Cross, Gardai and **Mallow AC Doctors and Nurses** on duty - Contact Details Below
6. Ensure you have emergency contact numbers & Hi Viz Vest.
7. If finished in your area consider following on to another area & converge at the finish to help out.
8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

Contact Names and Details

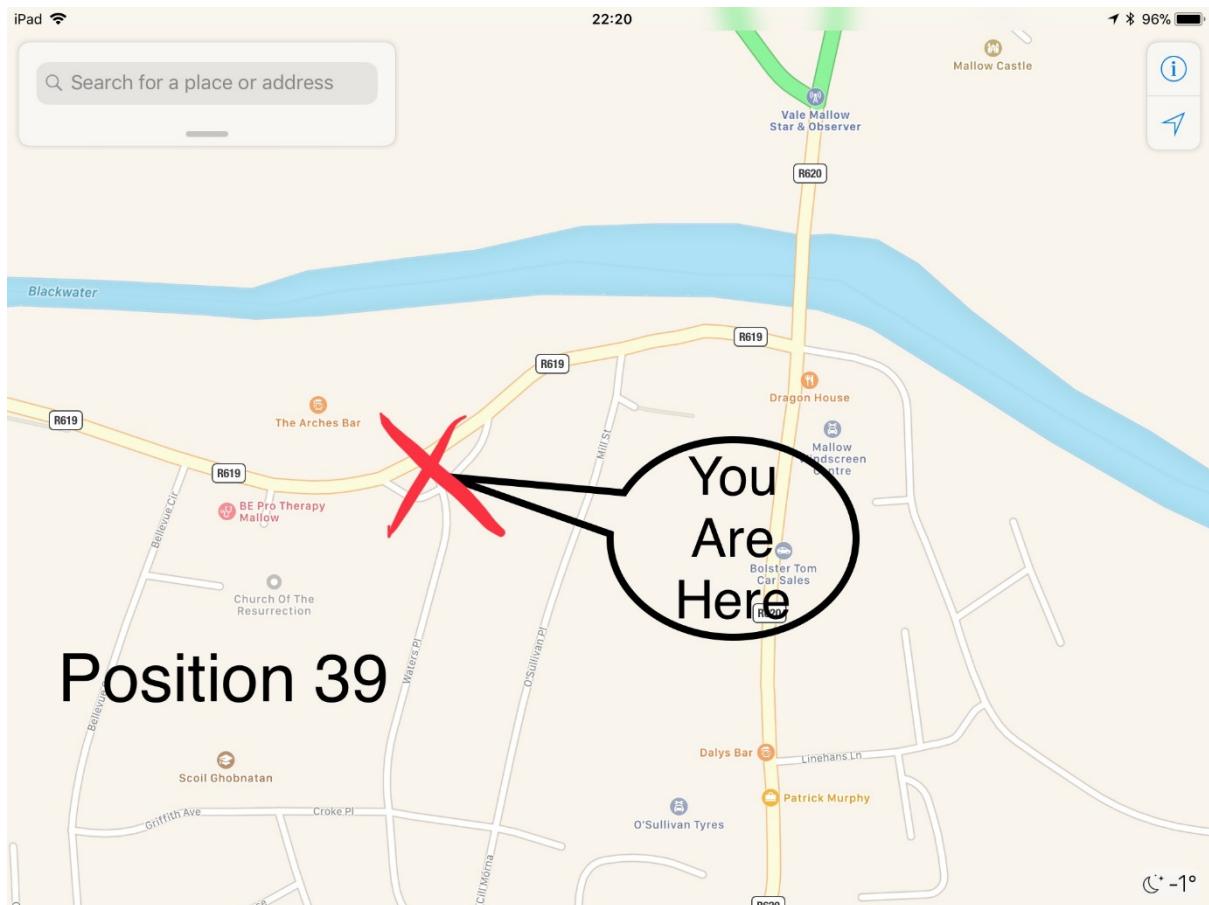
TITLE	NAME	EMAIL	PHONE	ORGANISATION
Event Controller	Ger Buckley	gerrbuckley@eircom.net	085 8702101	Mallow AC
Chief Steward	Lorraine Bolster	bolsterlorraine2@gmail.com	085 1280312	Mallow AC
Safety Officer	Liam Murphy	limurphy32@hotmail.com	087 9318982	Mallow AC
Medical Coordinator	David O'Sullivan	David.Osullivan@hse.ie	087 2156670	Irish Red Cross
Doctor	Dr. Sarah Duggan	sarahduggan@gmail.com	087 7754083	GP
Nurse 1	Catriona Ryan		086 8847446	Mallow AC
Nurse 2	Catherine Walsh O'Connor			Mallow AC

Orange Zone – Contact – Lorraine Bolster 085-1280312

Stewarding Position: 39

Number of Stewards: 7

Map Position: FINISH -Mallow Search & Rescue



Instructions for Position 39:

ROAD CLOSED from 12:50 to last runner. (Road leading to main bridge)

Note – After the race has started and runners have gone please proceed to assist Denis Sheehan at the finish line to help removing barriers.

Steward Instructions

1. Race is run on LH Lane & will never cross the road.
2. Gardai & motorbikes (civilians) will be moving from one area to another & may not always be on point.
3. Note times of when the bulk of the runners will be coming through. Do not put yourself or any runners at risk, do NOT be afraid to stop traffic.
4. There are 2 ambulances on duty following the bulk runners of the race & will be at 1/2 way.
5. There will be Red Cross, Gardai and **Mallow AC Doctors and Nurses** on duty - Contact Details Below
6. Ensure you have emergency contact numbers & Hi Viz Vest.
7. If finished in your area consider following on to another area & converge at the finish to help out.
8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

Contact Names and Details

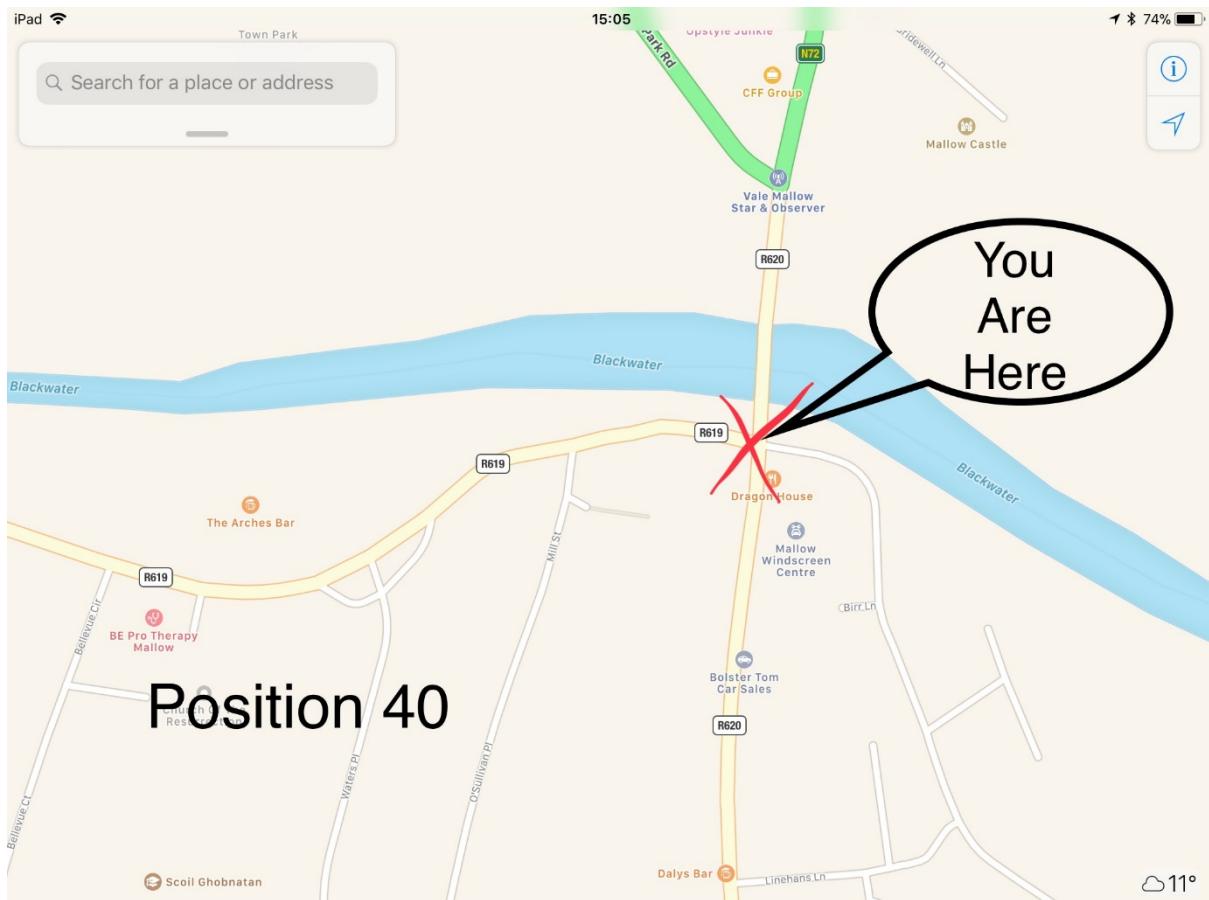
TITLE	NAME	EMAIL	PHONE	ORGANISATION
Event Controller	Ger Buckley	gerrbuckley@eircom.net	085 8702101	Mallow AC
Chief Steward	Lorraine Bolster	bolsterlorraine2@gmail.com	085 1280312	Mallow AC
Safety Officer	Liam Murphy	limurphy32@hotmail.com	087 9318982	Mallow AC
Medical Coordinator	David O'Sullivan	David.Osullivan@hse.ie	087 2156670	Irish Red Cross
Doctor	Dr. Sarah Duggan	sarahduggan@gmail.com	087 7754083	GP
Nurse 1	Catriona Ryan		086 8847446	Mallow AC
Nurse 2	Catherine Walsh O'Connor			Mallow AC

Orange Zone – Contact – Lorraine Bolster 085-1280312

Stewarding Position: 40

Number of Stewards: 3

Map Position: FINISH -Mallow Bridge



Instructions for Position 40:

Stewards with Hi Visibility Vests at junction to advise motorists of Road closure in direction of Danos.

Traffic management / Road closed/ Diversion - All traffic from town to be diverted up & via Church View if required. From 13:00 to last runner

Note – After the race has started and runners have gone please proceed to assist Denis Sheehan at the finish line to help removing barriers.

Steward Instructions

1. Race is run on LH Lane & will never cross the road.
2. Gardai & motorbikes (civilians) will be moving from one area to another & may not always be on point.
3. Note times of when the bulk of the runners will be coming through. Do not put yourself or any runners at risk, do NOT be afraid to stop traffic.
4. There are 2 ambulances on duty following the bulk runners of the race & will be at 1/2 way.
5. There will be Red Cross, Gardai and **Mallow AC Doctors and Nurses** on duty - Contact Details Below
6. Ensure you have emergency contact numbers & Hi Viz Vest.
7. If finished in your area consider following on to another area & converge at the finish to help out.
8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

Contact Names and Details

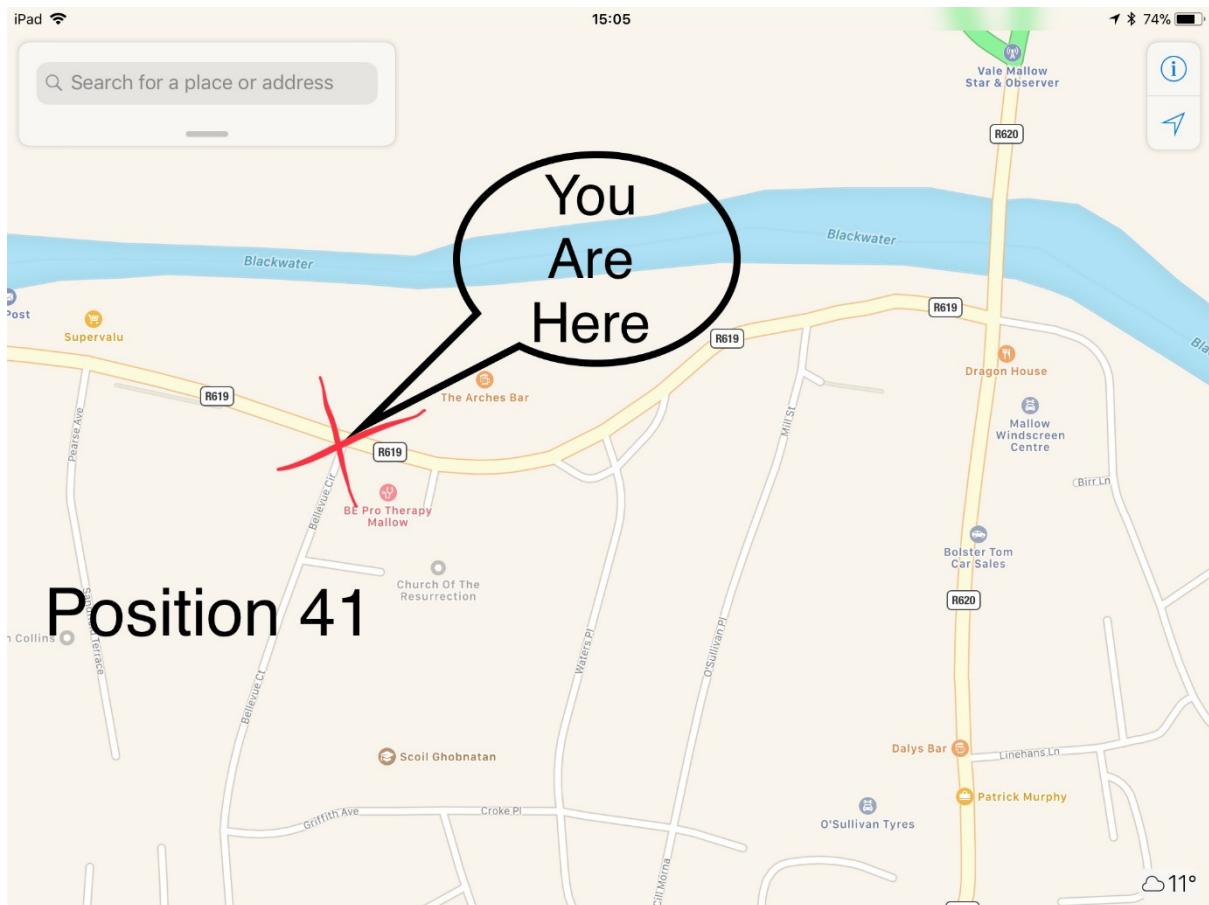
TITLE	NAME	EMAIL	PHONE	ORGANISATION
Event Controller	Ger Buckley	gerrbuckley@eircom.net	085 8702101	Mallow AC
Chief Steward	Lorraine Bolster	bolsterlorraine2@gmail.com	085 1280312	Mallow AC
Safety Officer	Liam Murphy	limurphy32@hotmail.com	087 9318982	Mallow AC
Medical Coordinator	David O'Sullivan	David.Osullivan@hse.ie	087 2156670	Irish Red Cross
Doctor	Dr. Sarah Duggan	sarahduggan@gmail.com	087 7754083	GP
Nurse 1	Catriona Ryan		086 8847446	Mallow AC
Nurse 2	Catherine Walsh O'Connor			Mallow AC

Orange Zone – Contact – Lorraine Bolster 085-1280312

Stewarding Position: 41

Number of Stewards: 1

Map Position: Churchview Junction



Instructions for Position 41:

Stewards with Hi Visibility Vests at junction to advise motorists of Road closure in direction of Bridge

Traffic management / Road closed/ Diversion - All traffic to be diverted Left UNLESS ACCESS FOR LOCAL HOUSES OR ARCHES. From 13:00 to last runner

Note – After the race has started and runners have gone please proceed to assist Denis Sheehan at the finish line to help removing barriers.

Steward Instructions

1. Race is run on LH Lane & will never cross the road.
2. Gardai & motorbikes (civilians) will be moving from one area to another & may not always be on point.
3. Note times of when the bulk of the runners will be coming through. Do not put yourself or any runners at risk, do NOT be afraid to stop traffic.
4. There are 2 ambulances on duty following the bulk runners of the race & will be at 1/2 way.
5. There will be Red Cross, Gardai and **Mallow AC Doctors and Nurses** on duty - Contact Details Below
6. Ensure you have emergency contact numbers & Hi Viz Vest.
7. If finished in your area consider following on to another area & converge at the finish to help out.
8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

Contact Names and Details

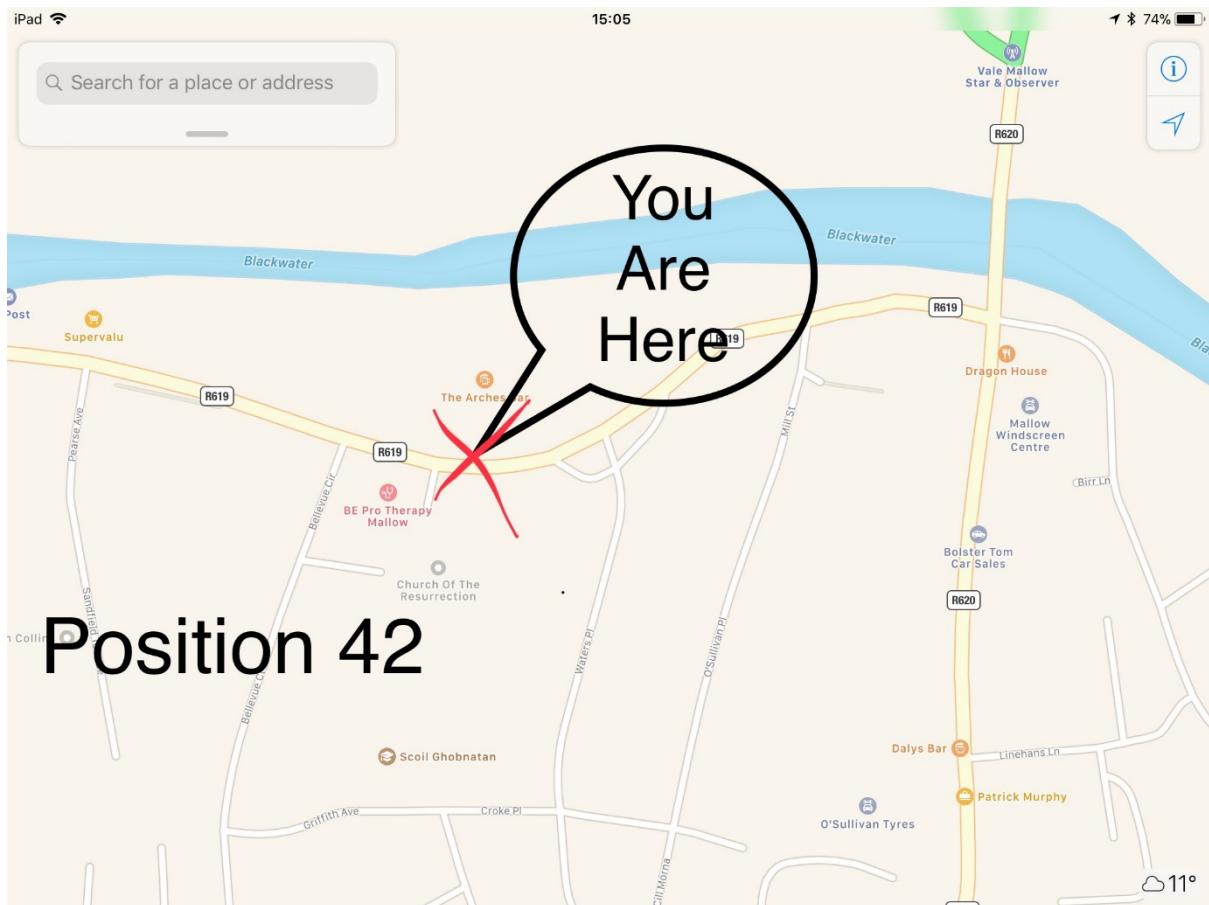
TITLE	NAME	EMAIL	PHONE	ORGANISATION
Event Controller	Ger Buckley	gerrbuckley@eircom.net	085 8702101	Mallow AC
Chief Steward	Lorraine Bolster	bolsterlorraine2@gmail.com	085 1280312	Mallow AC
Safety Officer	Liam Murphy	limurphy32@hotmail.com	087 9318982	Mallow AC
Medical Coordinator	David O'Sullivan	David.Osullivan@hse.ie	087 2156670	Irish Red Cross
Doctor	Dr. Sarah Duggan	sarahduggan@gmail.com	087 7754083	GP
Nurse 1	Catriona Ryan		086 8847446	Mallow AC
Nurse 2	Catherine Walsh O'Connor			Mallow AC

Orange Zone – Contact – Lorraine Bolster 085-1280312

Stewarding Position: 42

Number of Stewards: 1

Map Position: Arches Bar Entrance



Instructions for Position 42:

Stewards with Hi Visibility Vests at entrance to advise motorists of Road closure in direction of Bridge

Traffic management / Road closed/ Diversion - All traffic to be diverted right UNLESS ACCESS FOR LOCAL HOUSES. From 13:00 to last runner

Note – After the race has started and runners have gone please proceed to assist Denis Sheehan at the finish line to help removing barriers.

Steward Instructions

1. Race is run on LH Lane & will never cross the road.
2. Gardai & motorbikes (civilians) will be moving from one area to another & may not always be on point.
3. Note times of when the bulk of the runners will be coming through. Do not put yourself or any runners at risk, do NOT be afraid to stop traffic.
4. There are 2 ambulances on duty following the bulk runners of the race & will be at 1/2 way.
5. There will be Red Cross, Gardai and **Mallow AC Doctors and Nurses** on duty - Contact Details Below
6. Ensure you have emergency contact numbers & Hi Viz Vest.
7. If finished in your area consider following on to another area & converge at the finish to help out.
8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

Contact Names and Details

TITLE	NAME	EMAIL	PHONE	ORGANISATION
Event Controller	Ger Buckley	gerrbuckley@eircom.net	085 8702101	Mallow AC
Chief Steward	Lorraine Bolster	bolsterlorraine2@gmail.com	085 1280312	Mallow AC
Safety Officer	Liam Murphy	limurphy32@hotmail.com	087 9318982	Mallow AC
Medical Coordinator	David O'Sullivan	David.Osullivan@hse.ie	087 2156670	Irish Red Cross
Doctor	Dr. Sarah Duggan	sarahduggan@gmail.com	087 7754083	GP
Nurse 1	Catriona Ryan		086 8847446	Mallow AC
Nurse 2	Catherine Walsh O'Connor			Mallow AC