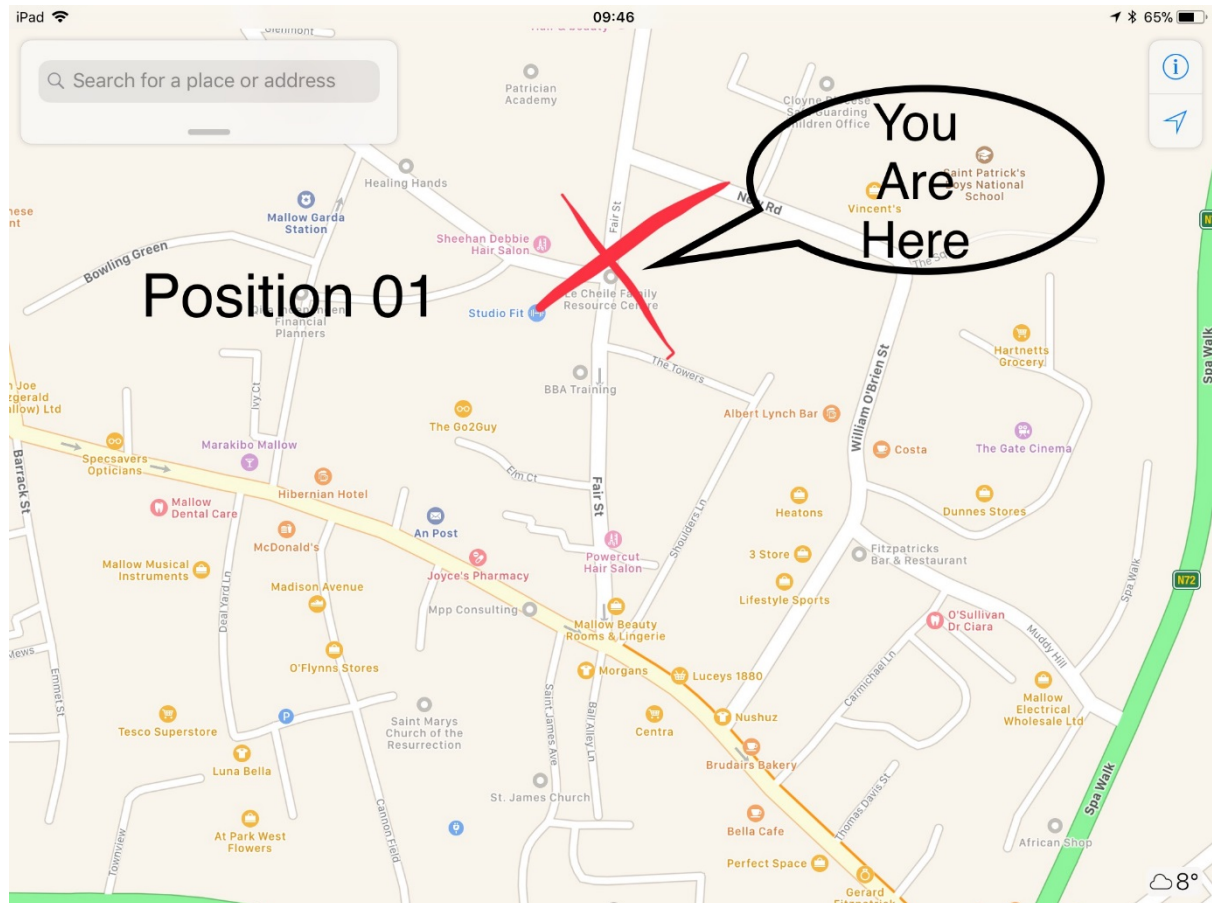


**Red Zone – Contact – Ger Buckley 085-8702101**

**Stewarding Position: 01**

**Number of Stewards: 1 & FFTM**

**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

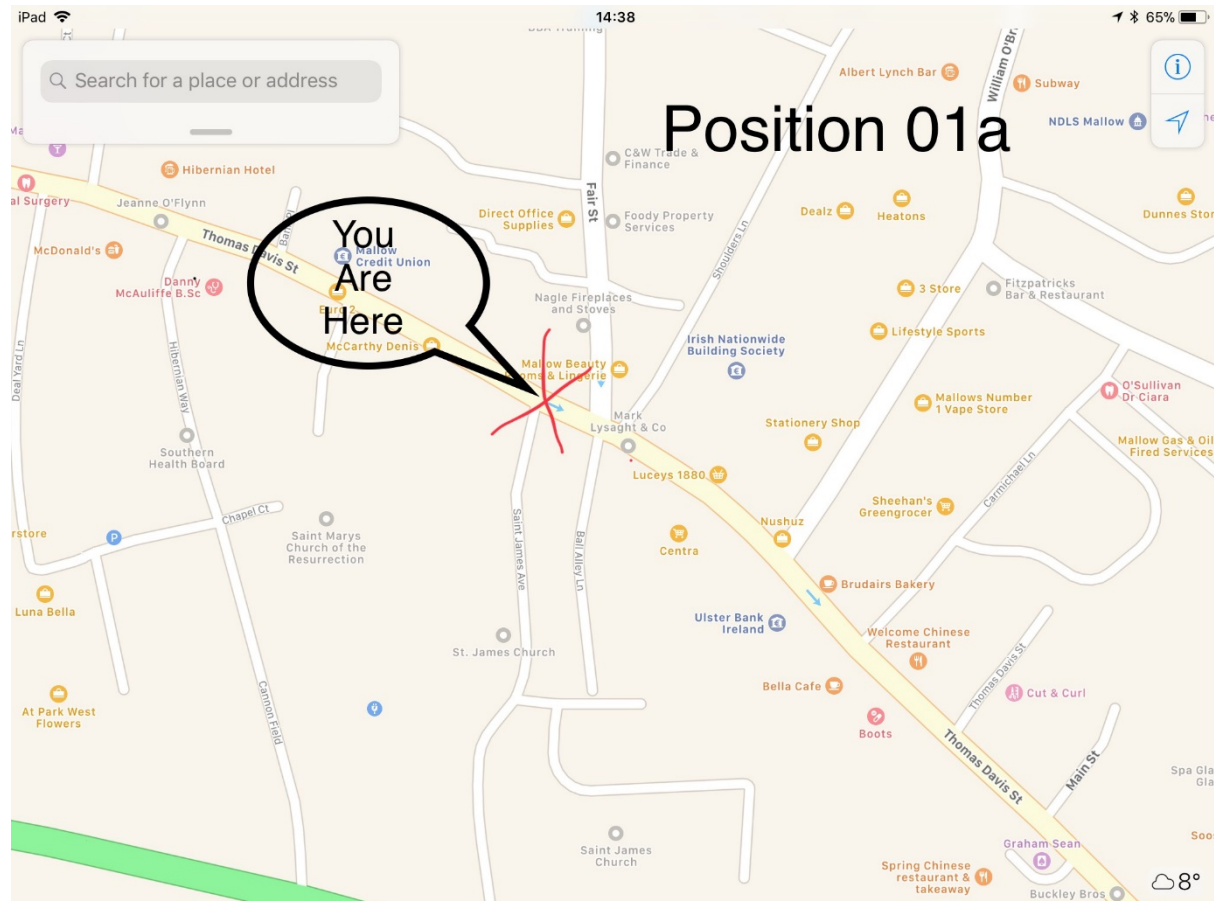
TITLE	NAME	EMAIL	PHONE	ORGANISATION
<b>Event Controller</b>	Ger Buckley	<a href="mailto:gerrbuckley@eircom.net">gerrbuckley@eircom.net</a>	085 8702101	Mallow AC
<b>Chief Steward</b>	Lorraine Bolster	<a href="mailto:bolsterlorraine2@gmail.com">bolsterlorraine2@gmail.com</a>	085 1280312	Mallow AC
<b>Safety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

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<b>Safety Officer</b>	Liam Murphy	<a href="mailto:limurphy32@hotmail.com">limurphy32@hotmail.com</a>	087 9318982	Mallow AC
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<b>Nurse 1</b>	Catriona Ryan	-	086 8847446	Mallow AC
<b>Nurse 2</b>	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

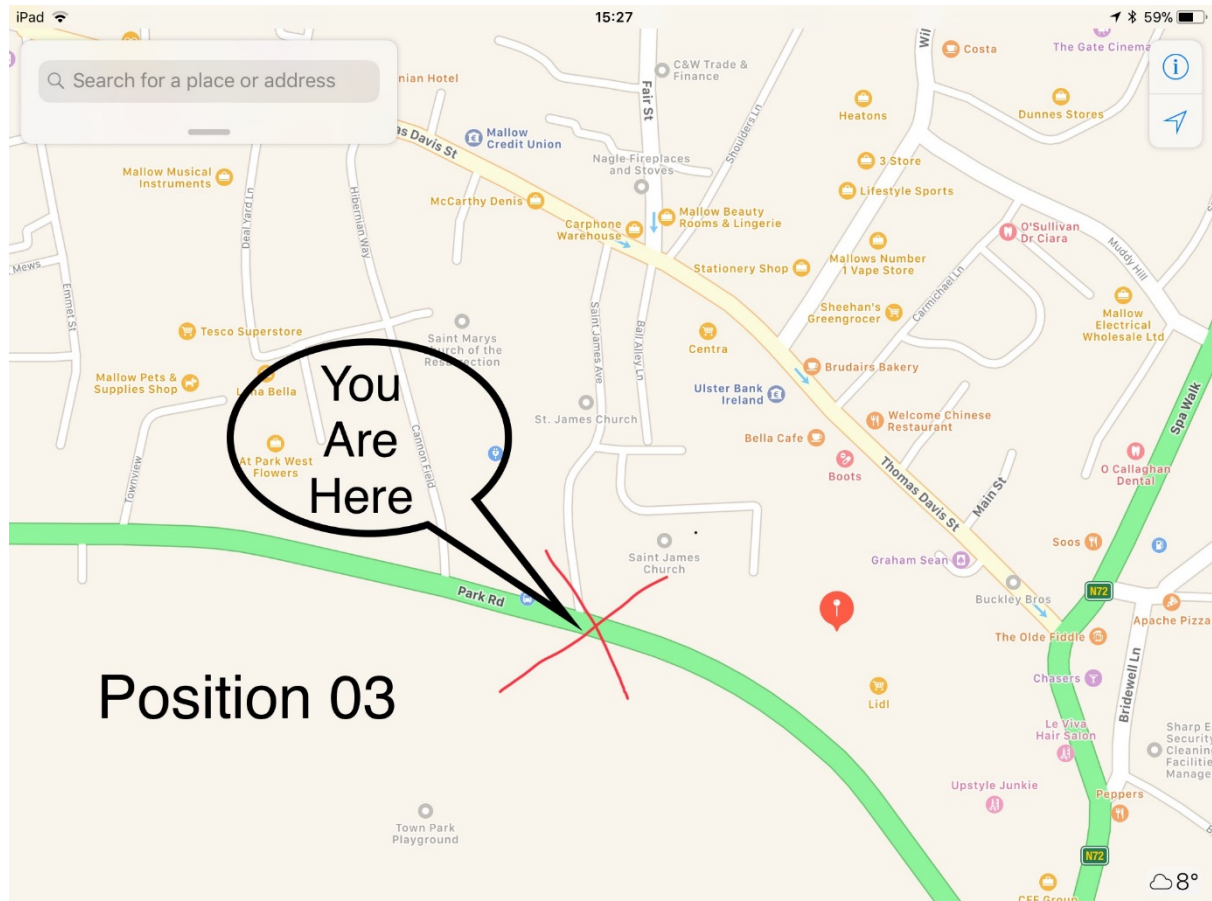
TITLE	NAME	EMAIL	PHONE	ORGANISATION
<b>Event Controller</b>	Ger Buckley	<a href="mailto:gerrbuckley@eircom.net">gerrbuckley@eircom.net</a>	085 8702101	Mallow AC
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<b>Nurse 1</b>	Catriona Ryan	-	086 8847446	Mallow AC
<b>Nurse 2</b>	Catherine Walsh O'Connor	-		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

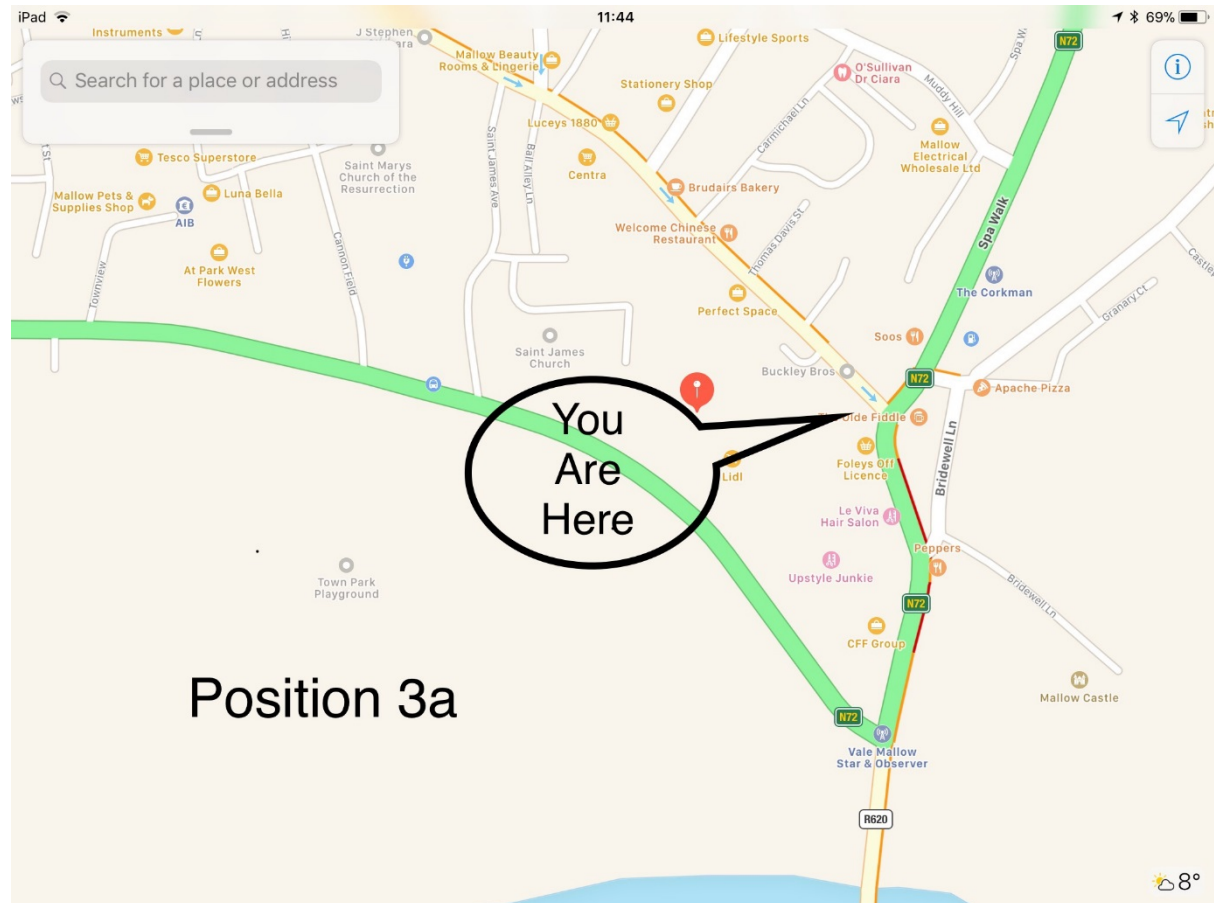
TITLE	NAME	EMAIL	PHONE	ORGANISATION
<b>Event Controller</b>	Ger Buckley	<a href="mailto:gerrbuckley@eircom.net">gerrbuckley@eircom.net</a>	085 8702101	Mallow AC
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<b>Nurse 1</b>	Catriona Ryan	-	086 8847446	Mallow AC
<b>Nurse 2</b>	Catherine Walsh O'Connor	-		Mallow AC

**Red Zone – Contact – Ger Buckley 085-8702101**

**Stewarding Position: 03A**

**Number of Stewards: 2**

**Map Position: Broadview/Park Road Junction**



**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

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<b>Nurse 1</b>	Catriona Ryan	-	086 8847446	Mallow AC
<b>Nurse 2</b>	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

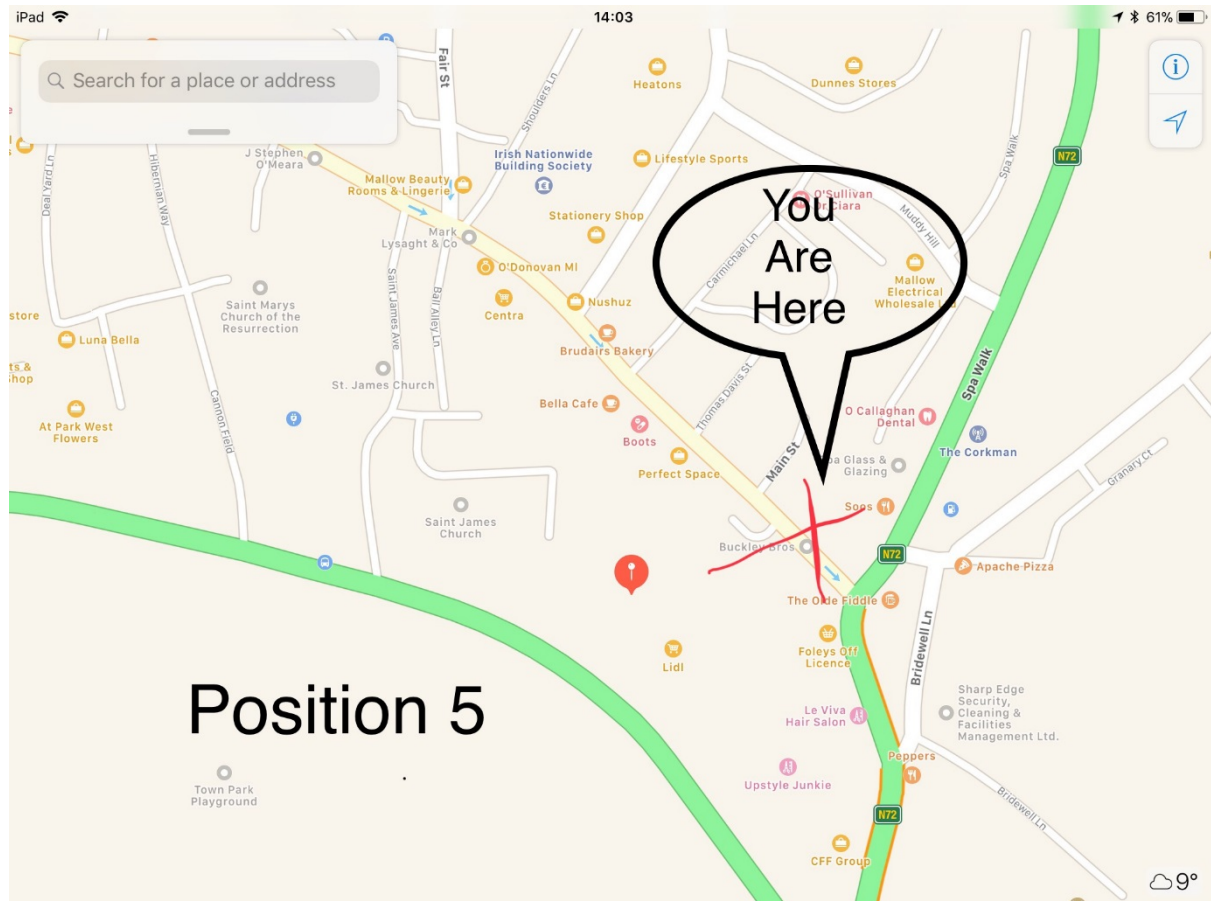
TITLE	NAME	EMAIL	PHONE	ORGANISATION
<b>Event Controller</b>	Ger Buckley	<a href="mailto:gerrbuckley@eircom.net">gerrbuckley@eircom.net</a>	085 8702101	Mallow AC
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<b>Nurse 1</b>	Catriona Ryan	-	086 8847446	Mallow AC
<b>Nurse 2</b>	Catherine Walsh O'Connor	-		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

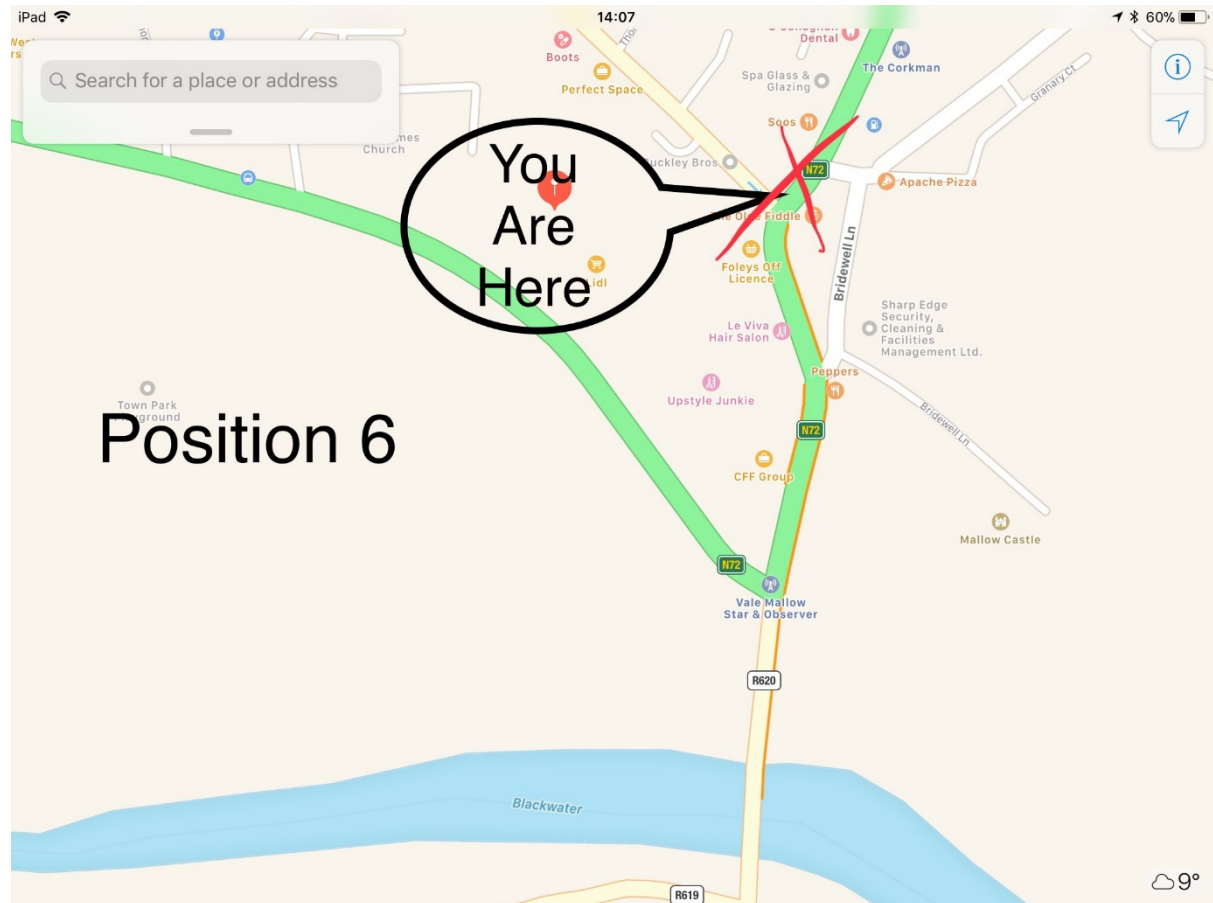
TITLE	NAME	EMAIL	PHONE	ORGANISATION
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<b>Nurse 1</b>	Catriona Ryan	-	086 8847446	Mallow AC
<b>Nurse 2</b>	Catherine Walsh O'Connor	-		Mallow AC

**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

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<b>Nurse 2</b>	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

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<b>Nurse 2</b>	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

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<b>Nurse 2</b>	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

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<b>Event Controller</b>	Ger Buckley	<a href="mailto:gerrbuckley@eircom.net">gerrbuckley@eircom.net</a>	085 8702101	Mallow AC
<b>Chief Steward</b>	Lorraine Bolster	<a href="mailto:bolsterlorraine2@gmail.com">bolsterlorraine2@gmail.com</a>	085 1280312	Mallow AC
<b>Safety Officer</b>	Liam Murphy	<a href="mailto:limurphy32@hotmail.com">limurphy32@hotmail.com</a>	087 9318982	Mallow AC
<b>Medical Coordinator</b>	David O'Sullivan	<a href="mailto:David.Osullivan@hse.ie">David.Osullivan@hse.ie</a>	087 2156670	Irish Red Cross
<b>Doctor</b>	Dr. Sarah Duggan	<a href="mailto:sarahduggan@gmail.com">sarahduggan@gmail.com</a>	087 7754083	GP
<b>Nurse 1</b>	Catriona Ryan	-	086 8847446	Mallow AC
<b>Nurse 2</b>	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

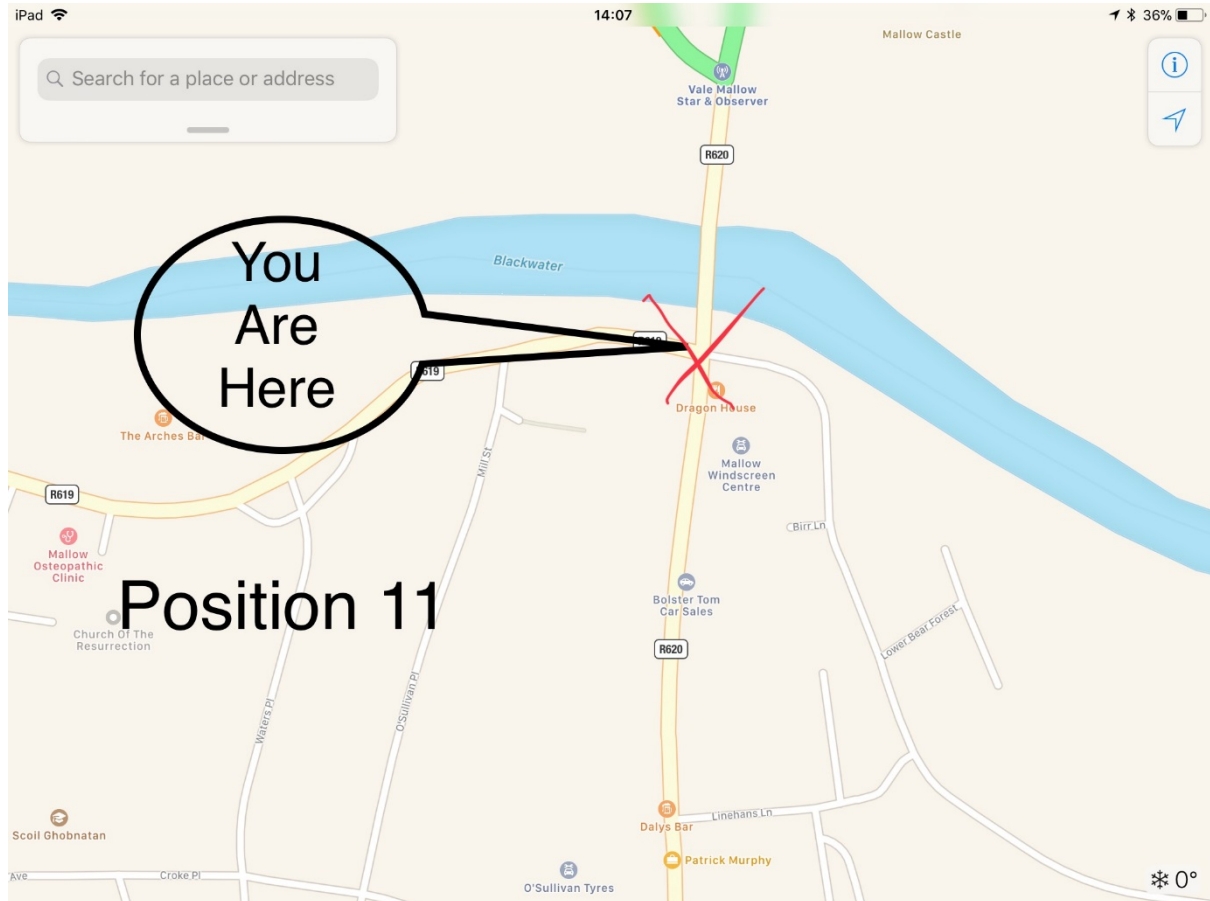
TITLE	NAME	EMAIL	PHONE	ORGANISATION
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<b>Nurse 2</b>	Catherine Walsh O'Connor	-		Mallow AC

**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.

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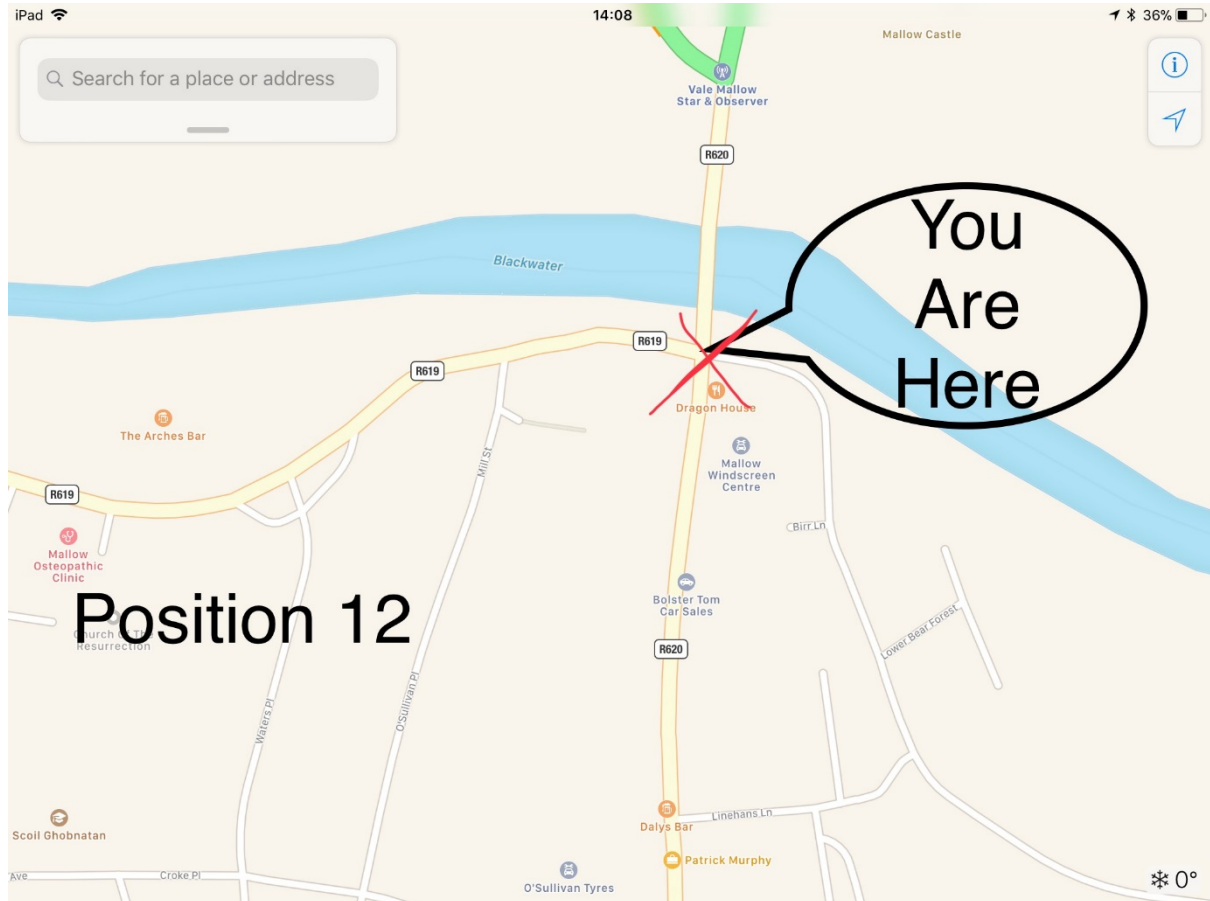
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<b>Nurse 1</b>	Catriona Ryan	-	086 8847446	Mallow AC
<b>Nurse 2</b>	Catherine Walsh O'Connor	-		Mallow AC

**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

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<b>Nurse 1</b>	Catriona Ryan	-	086 8847446	Mallow AC
<b>Nurse 2</b>	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

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<b>Nurse 1</b>	Catriona Ryan	-	086 8847446	Mallow AC
<b>Nurse 2</b>	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

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<b>Nurse 2</b>	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

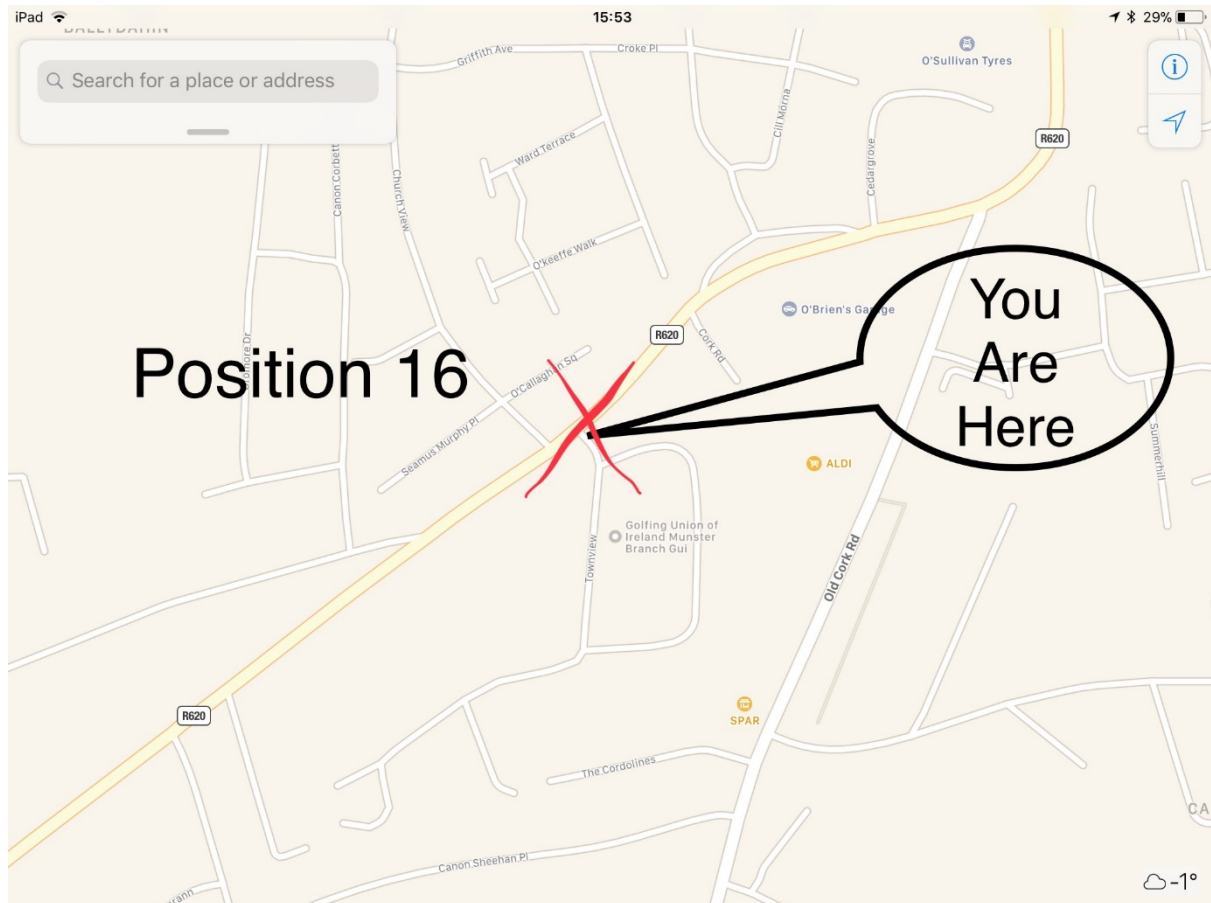
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<b>Nurse 1</b>	Catriona Ryan	-	086 8847446	Mallow AC
<b>Nurse 2</b>	Catherine Walsh O'Connor	-		Mallow AC

**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

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<b>Nurse 1</b>	Catriona Ryan	-	086 8847446	Mallow AC
<b>Nurse 2</b>	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.
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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

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<b>Nurse 2</b>	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.
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<b>Nurse 2</b>	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.
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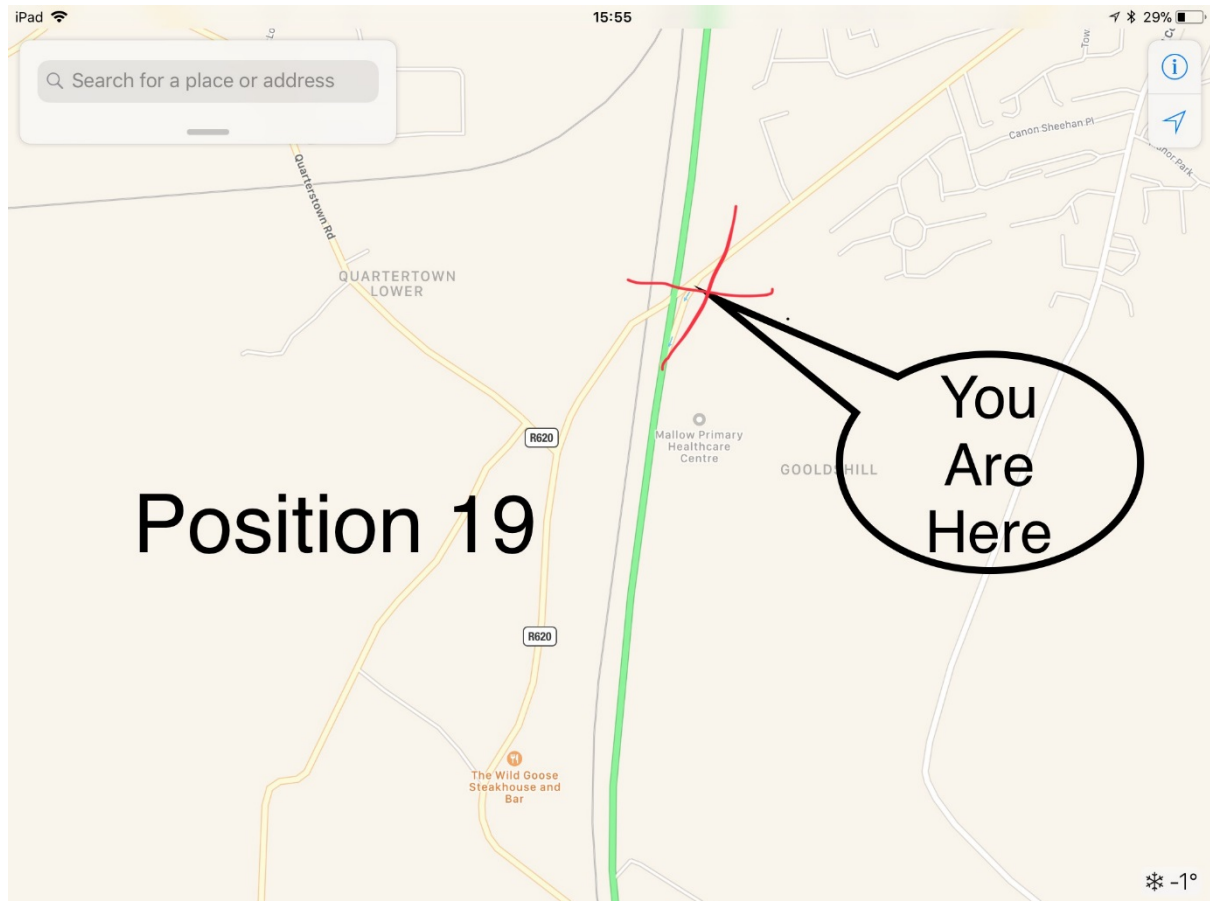
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**Red Zone – Contact – Ger Buckley 085-8702101**

**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.
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## Contact Names and Details

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

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<b>Event Controller</b>	Ger Buckley	<a href="mailto:gerrbuckley@eircom.net">gerrbuckley@eircom.net</a>	085 8702101	Mallow AC
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<b>Nurse 1</b>	Catriona Ryan	-	086 8847446	Mallow AC
<b>Nurse 2</b>	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.

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<b>Nurse 1</b>	Catriona Ryan	-	086 8847446	Mallow AC
<b>Nurse 2</b>	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

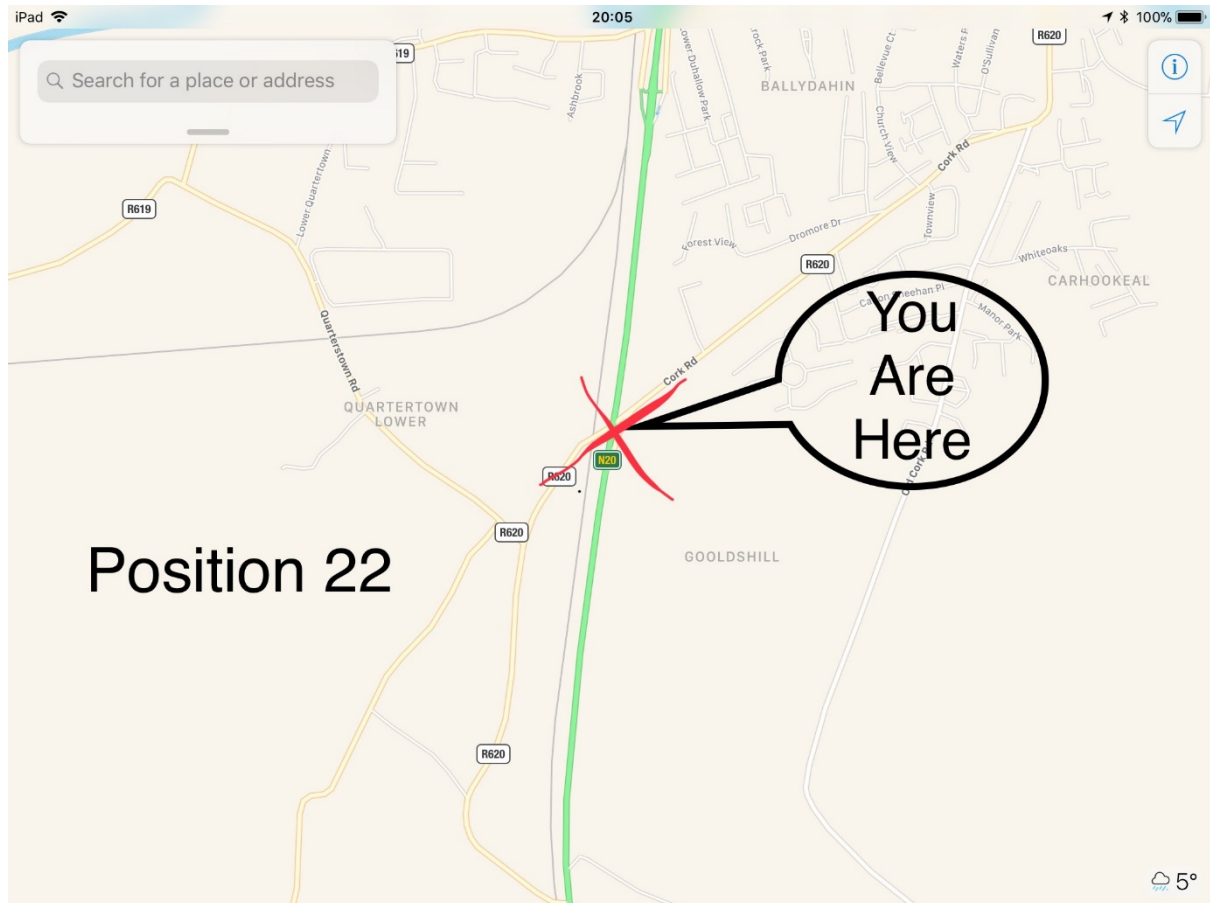
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<b>Nurse 1</b>	Catriona Ryan	-	086 8847446	Mallow AC
<b>Nurse 2</b>	Catherine Walsh O'Connor	-		Mallow AC

## 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

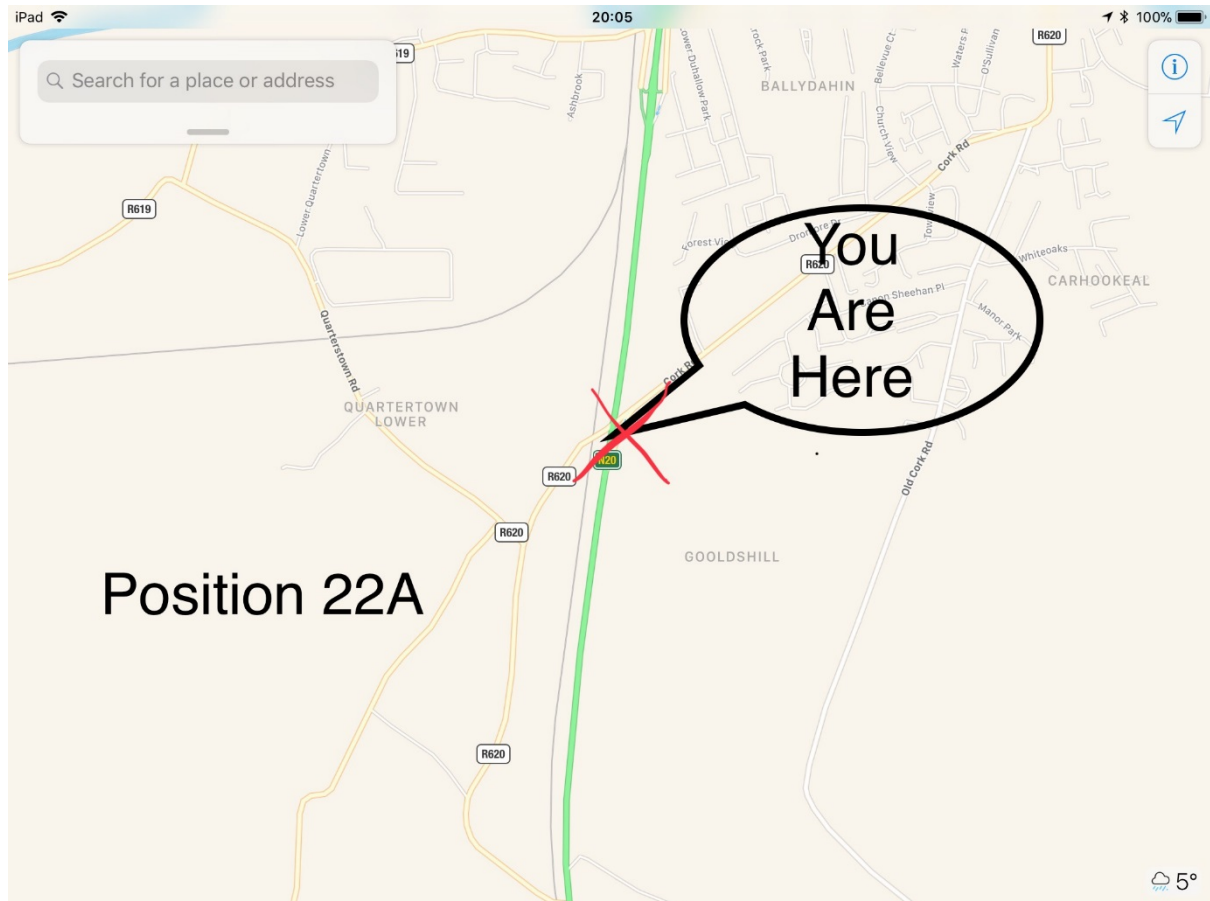
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<b>Nurse 1</b>	Catriona Ryan	-	086 8847446	Mallow AC
<b>Nurse 2</b>	Catherine Walsh O'Connor	-		Mallow AC

## Blue Zone – Contact – Liam Murphy 087-9318982

**Stewarding Position: 22a**

**Number of Stewards: 2 - FFTM Controlled Zone**

**Map Position: Mallow South Bridge Fly Over**



### 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
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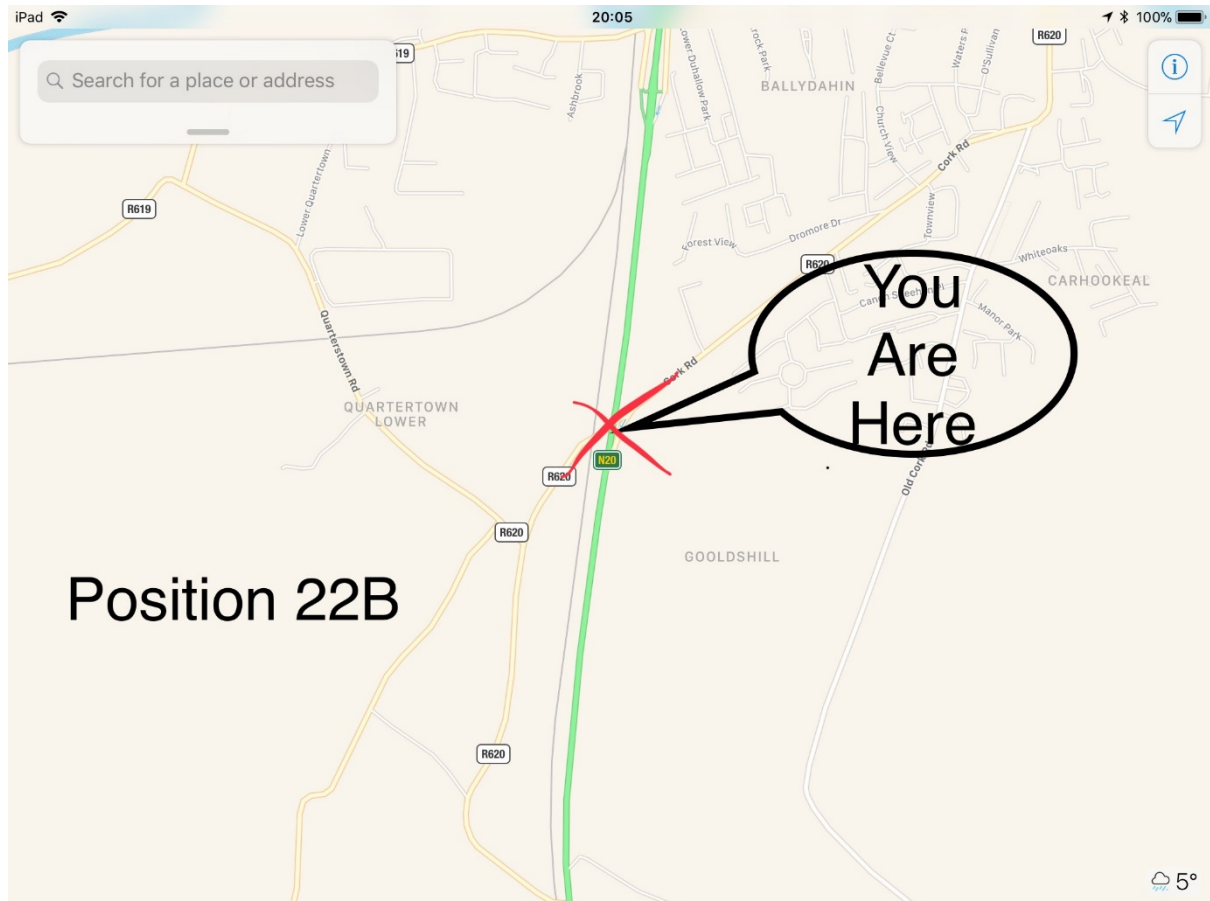
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<b>Nurse 1</b>	Catriona Ryan	-	086 8847446	Mallow AC
<b>Nurse 2</b>	Catherine Walsh O'Connor	-		Mallow AC

## Blue Zone – Contact – Liam Murphy 087-9318982

**Stewarding Position: 22b**

**Number of Stewards: 4 - FFTM Controlled Zone**

**Map Position: Mallow South Bridge Fly Over**



### 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

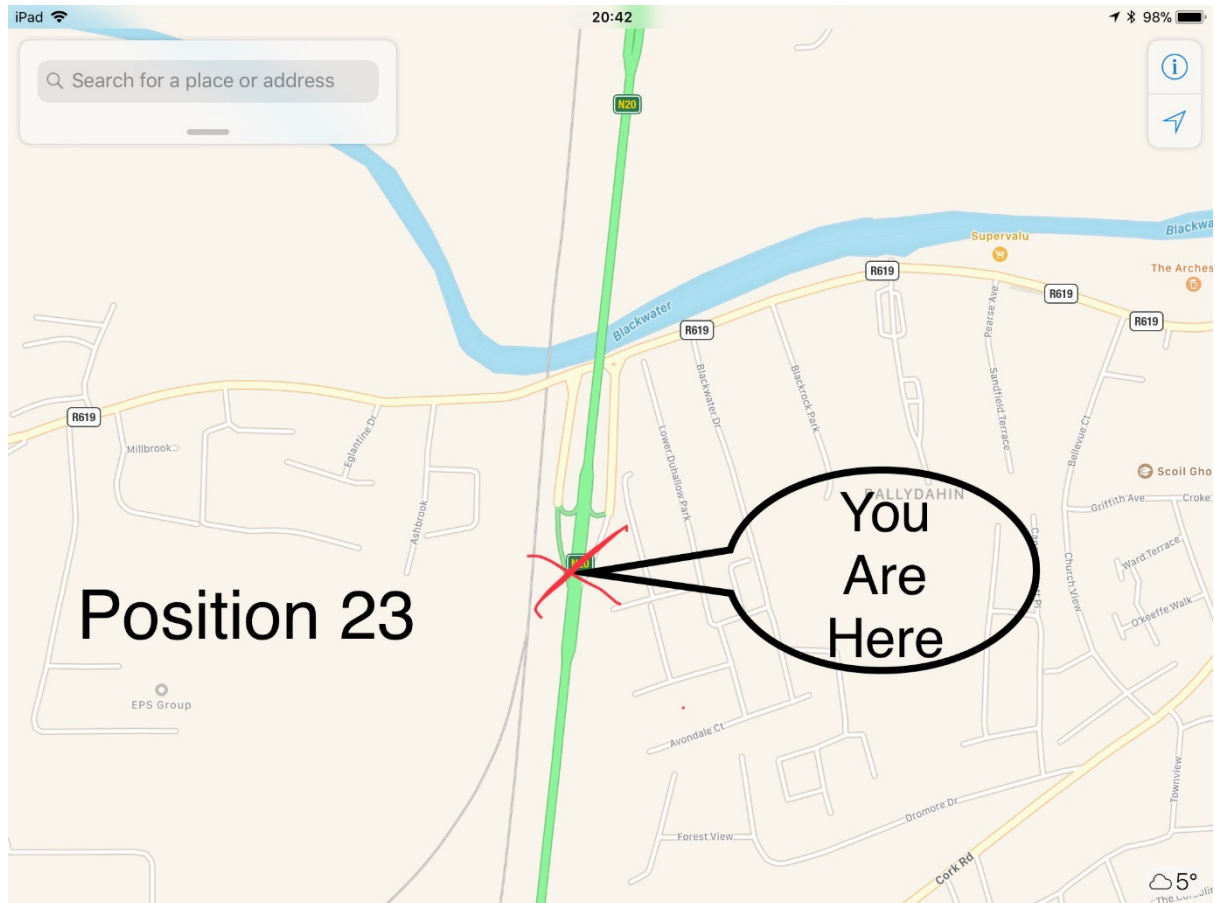
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<b>Nurse 2</b>	Catherine Walsh O'Connor	-		Mallow AC

**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

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<b>Nurse 1</b>	Catriona Ryan	-	086 8847446	Mallow AC
<b>Nurse 2</b>	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

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<b>Nurse 2</b>	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
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7. If finished in your area consider following on to another area & converge at the finish to help out.
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## Contact Names and Details

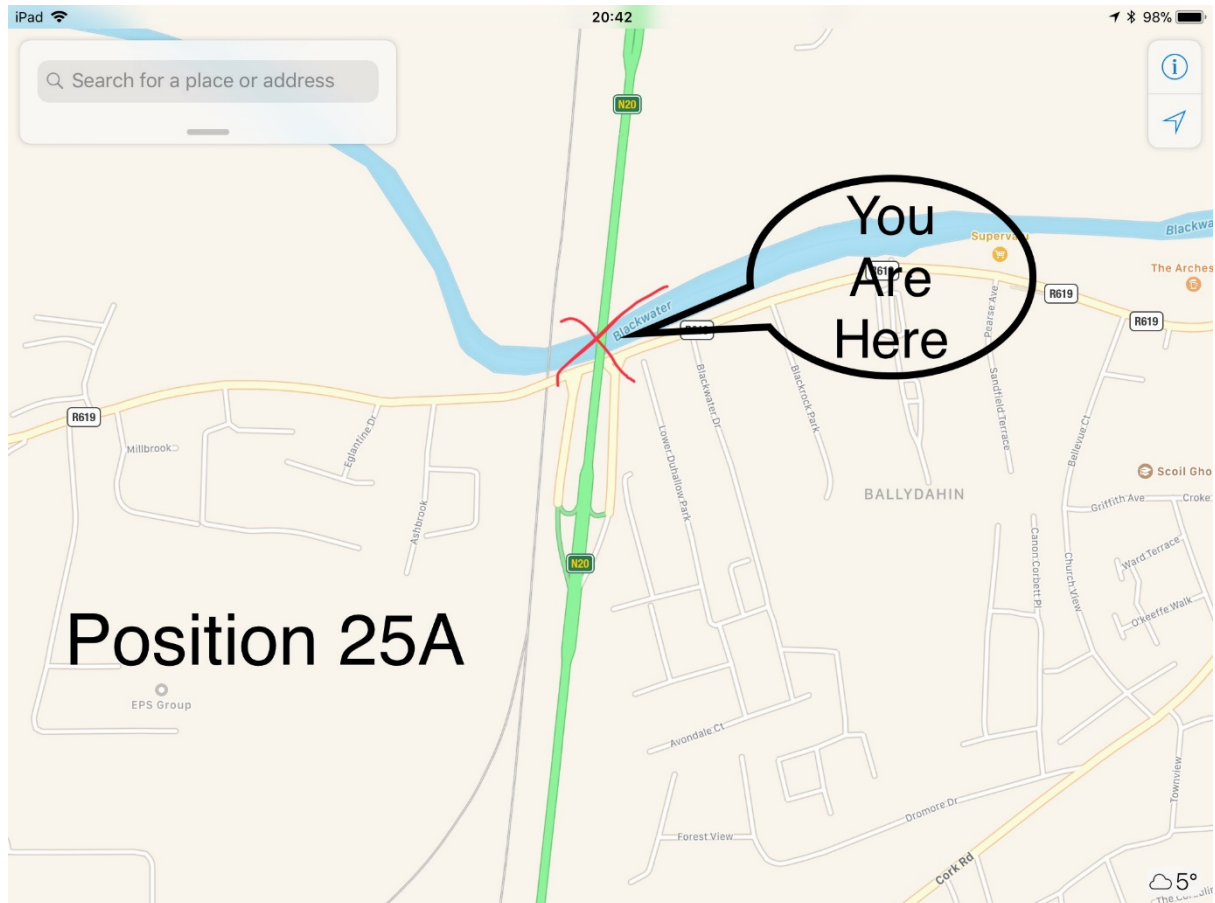
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<b>Nurse 2</b>	Catherine Walsh O'Connor	-		Mallow AC

## 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.
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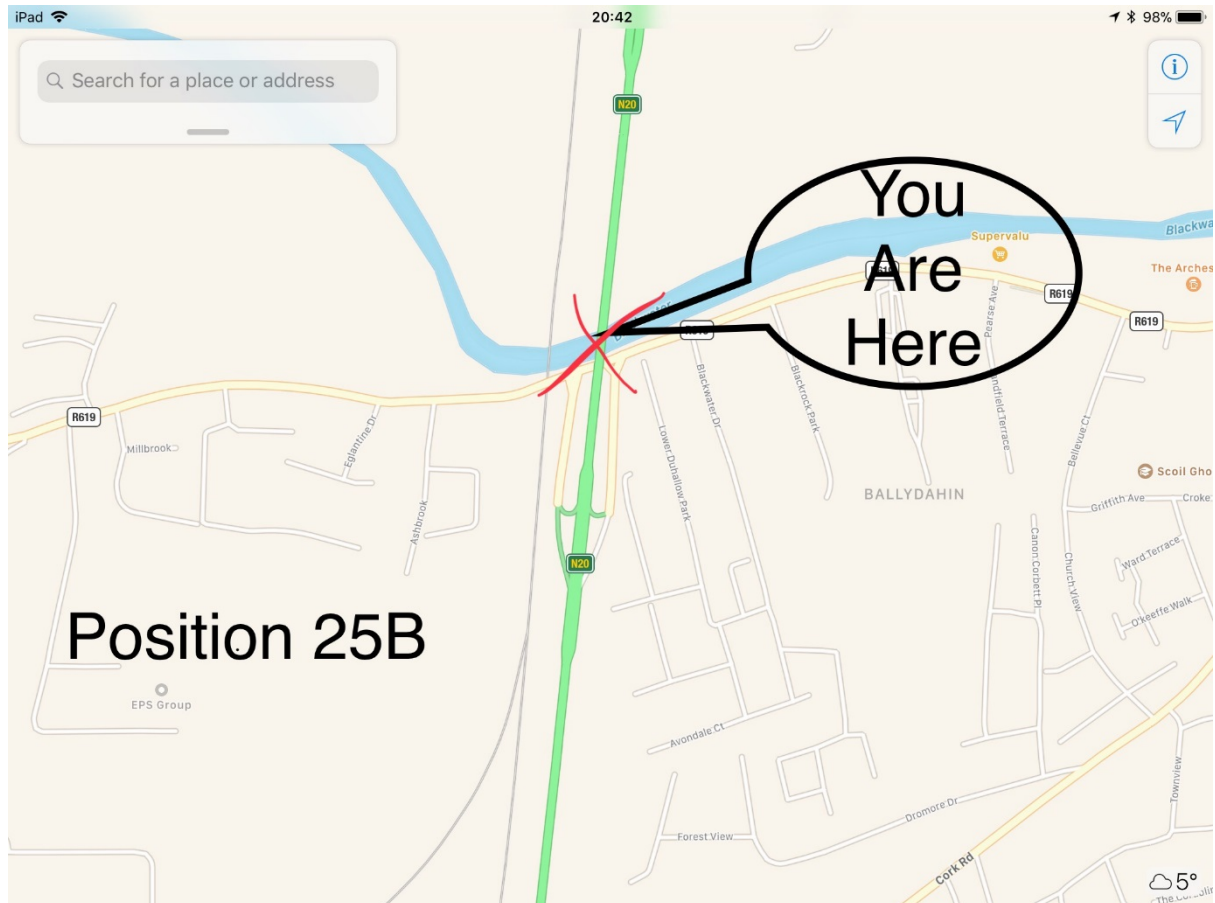
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<b>Nurse 2</b>	Catherine Walsh O'Connor	-		Mallow AC

## 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.
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7. If finished in your area consider following on to another area & converge at the finish to help out.
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## Contact Names and Details

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

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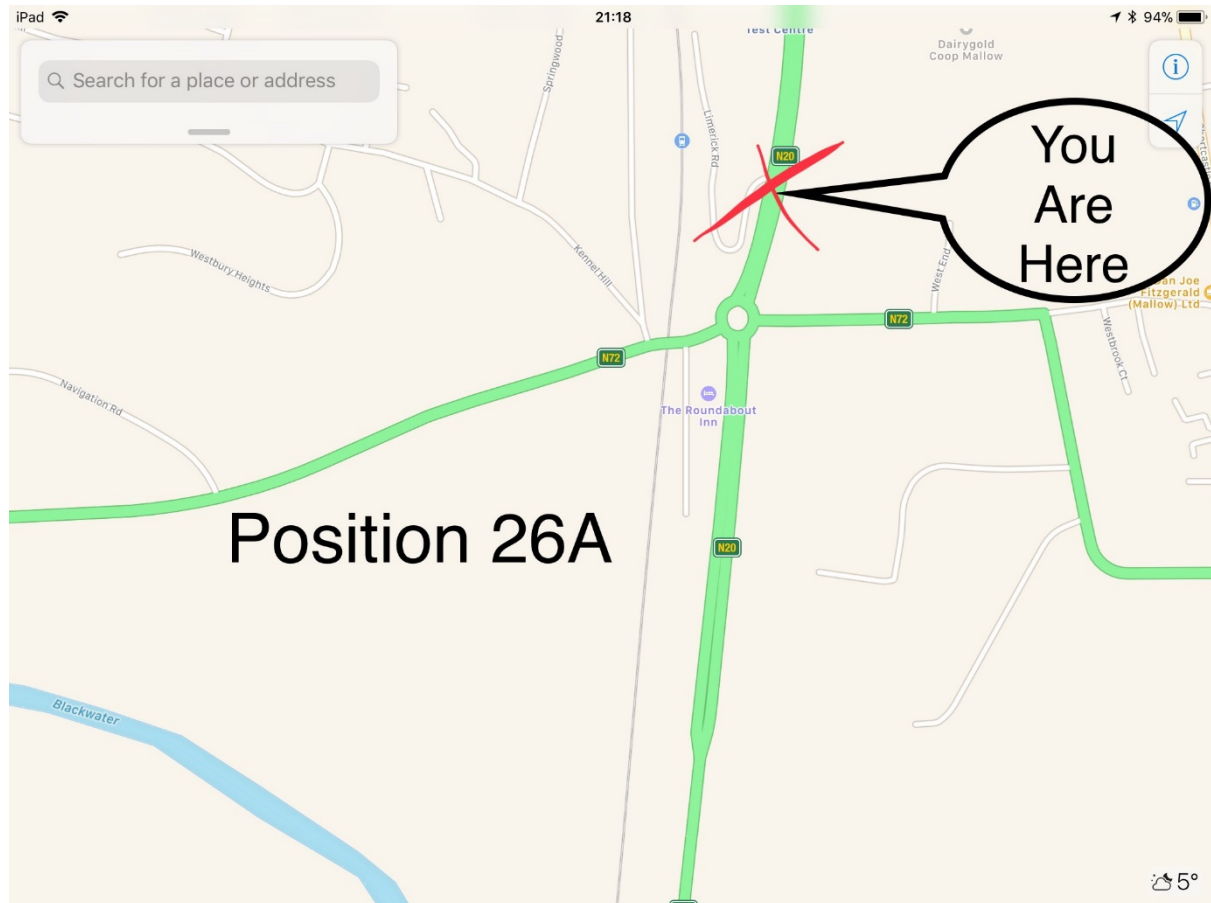


**Blue Zone – Contact – Liam Murphy 087-9318982**

**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.
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<b>Nurse 1</b>	Catriona Ryan	-	086 8847446	Mallow AC
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## 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 cars 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.

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<b>Nurse 1</b>	Catriona Ryan	-	086 8847446	Mallow AC
<b>Nurse 2</b>	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.
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## 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.
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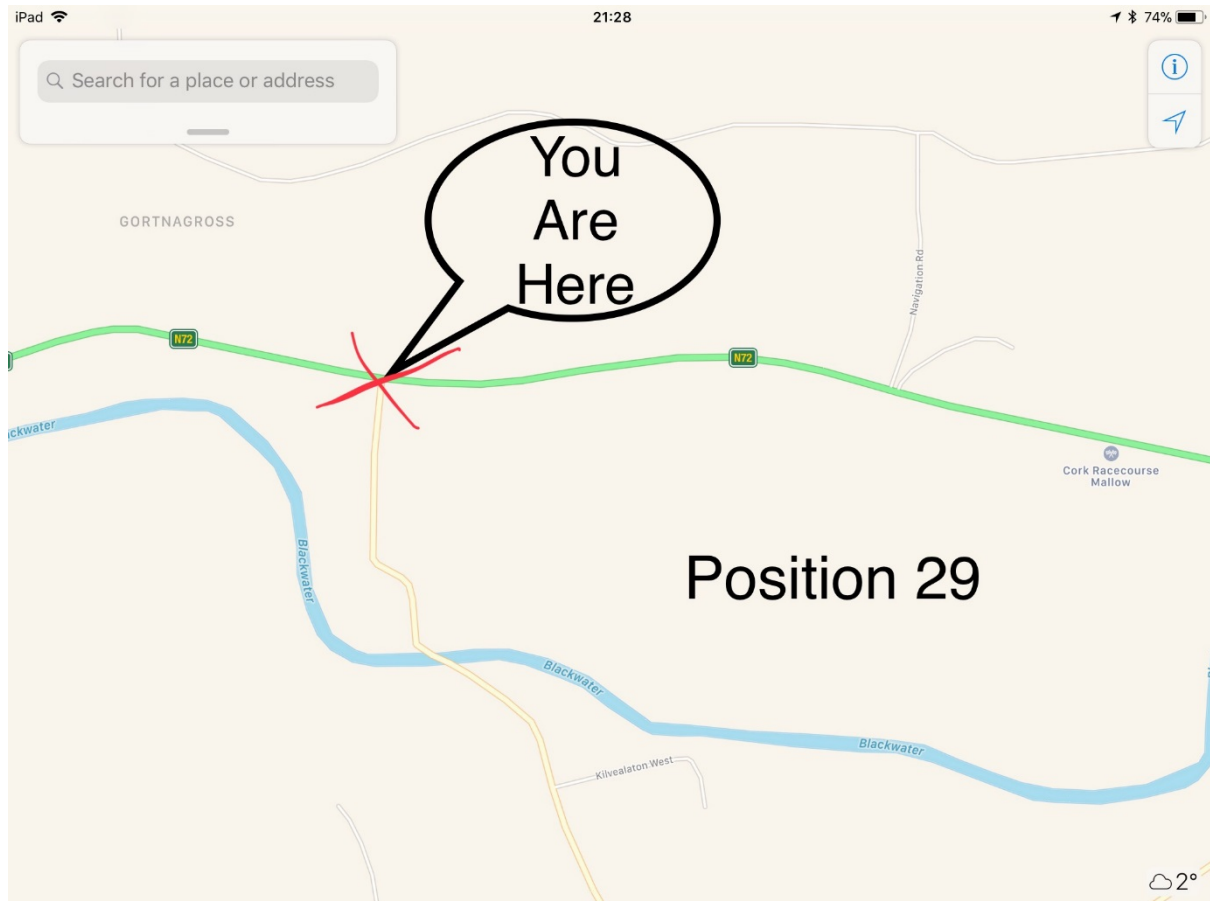


## Orange Zone – Contact – Lorraine Bolster 085-1280312

**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.
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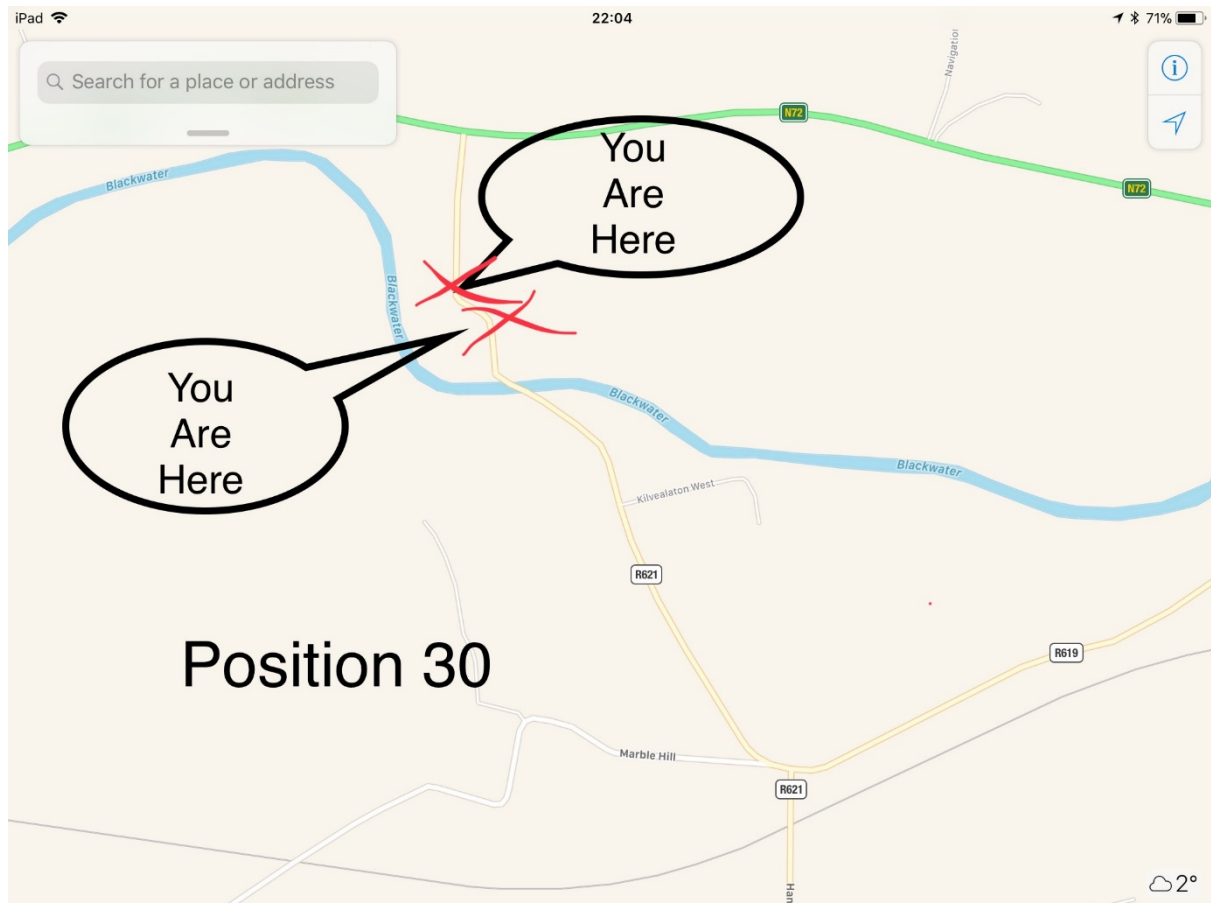
## Orange Zone – Contact – Lorraine Bolster 085-1280312

**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.
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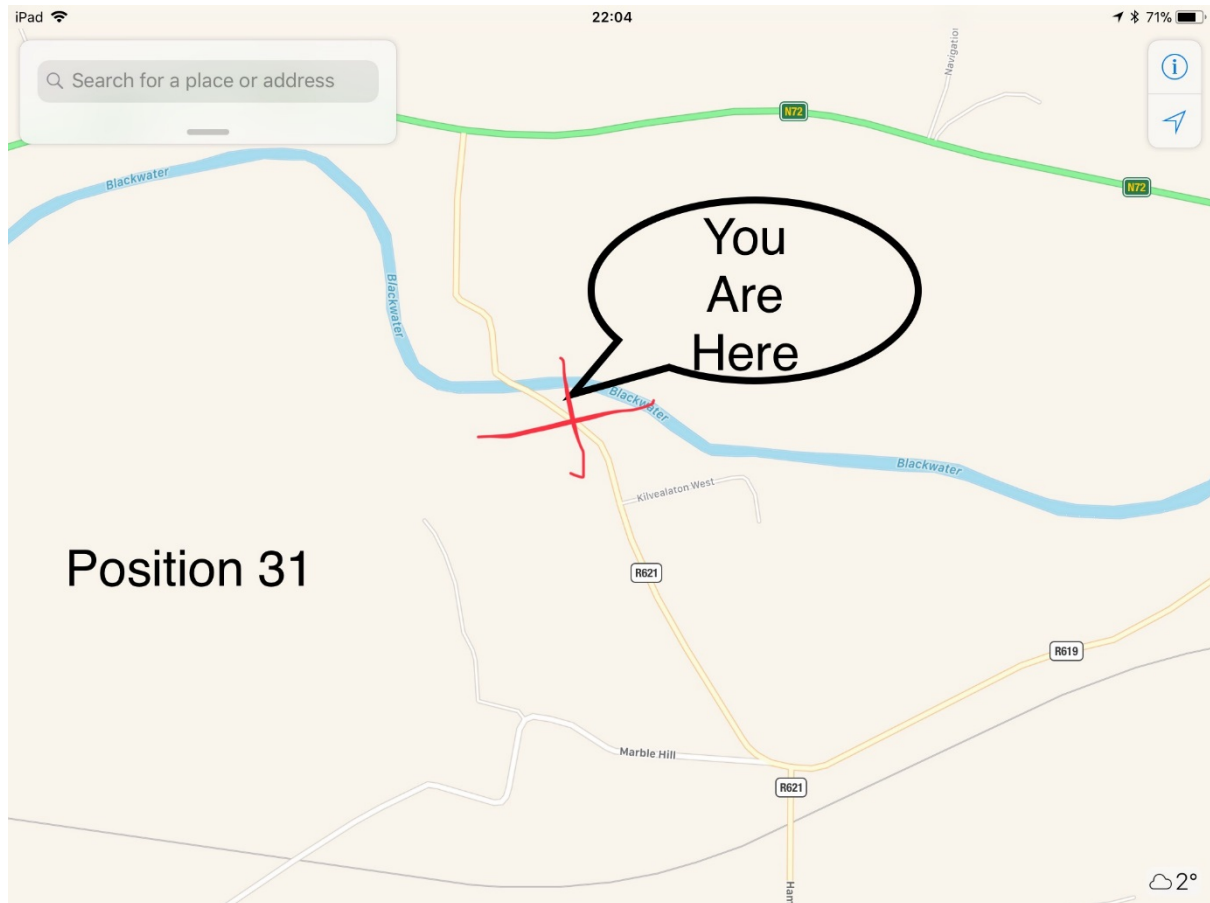
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<b>Nurse 2</b>	Catherine Walsh O'Connor	-		Mallow AC

## 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.
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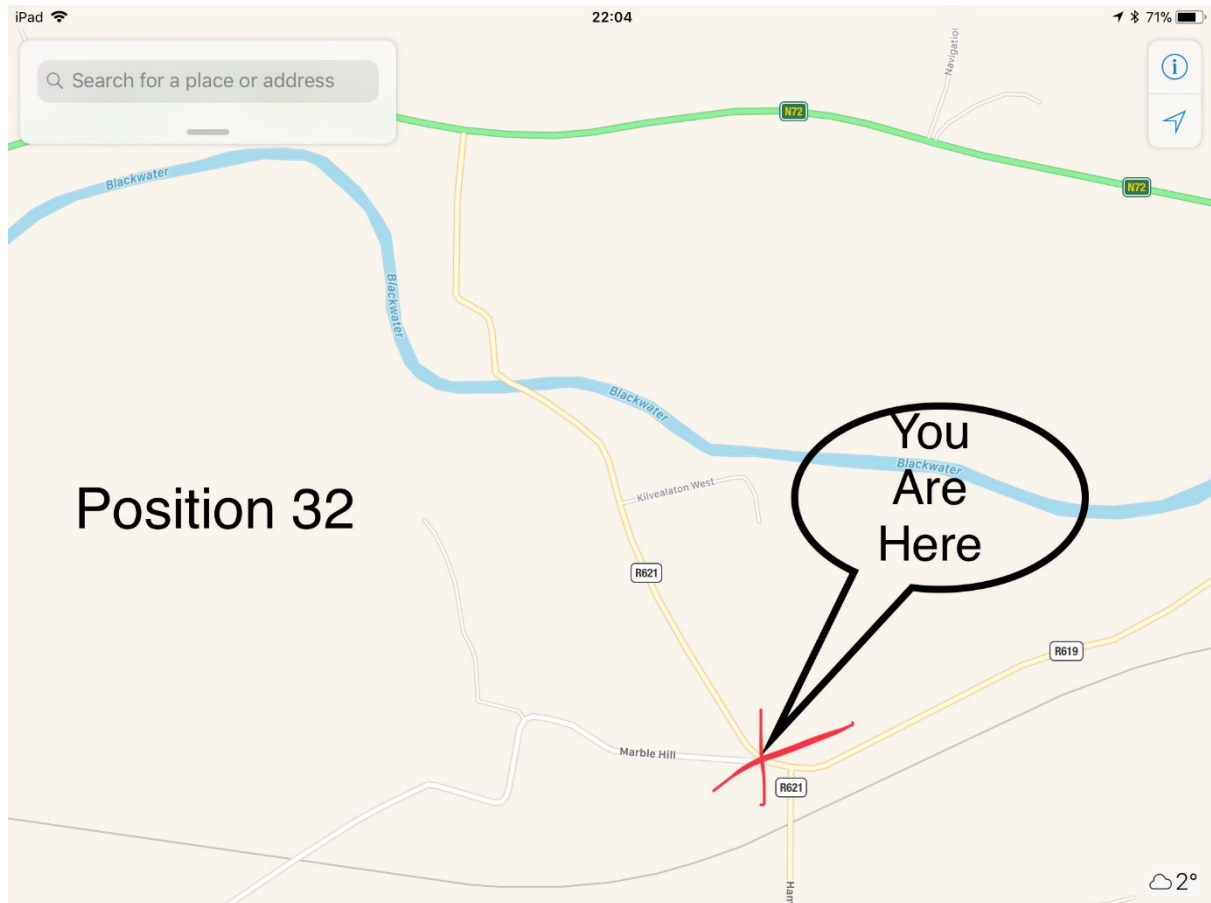
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<b>Nurse 2</b>	Catherine Walsh O'Connor	-		Mallow AC

## 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.
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## 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.
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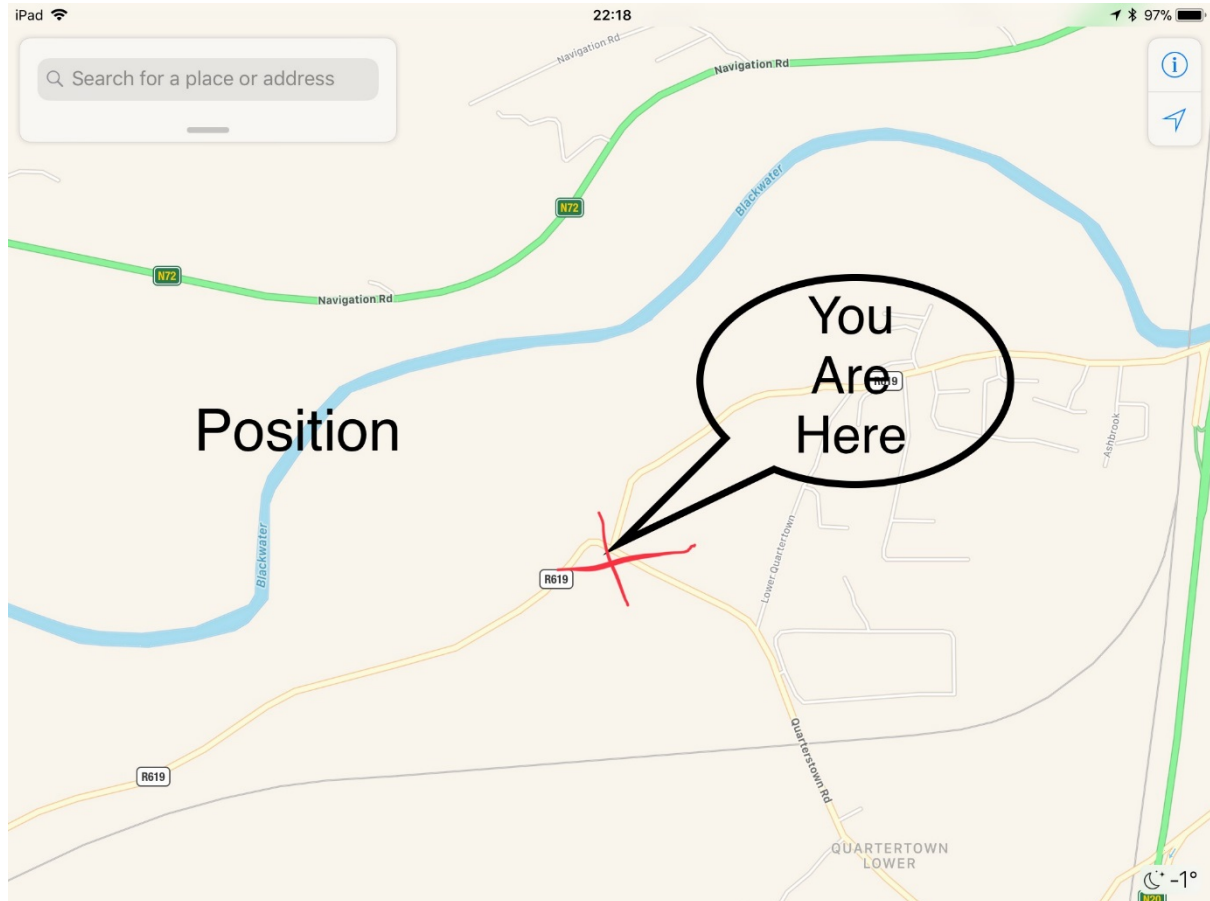
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## Orange Zone – Contact – Lorraine Bolster 085-1280312

**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 (Quarternstown 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.
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8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

## Contact Names and Details

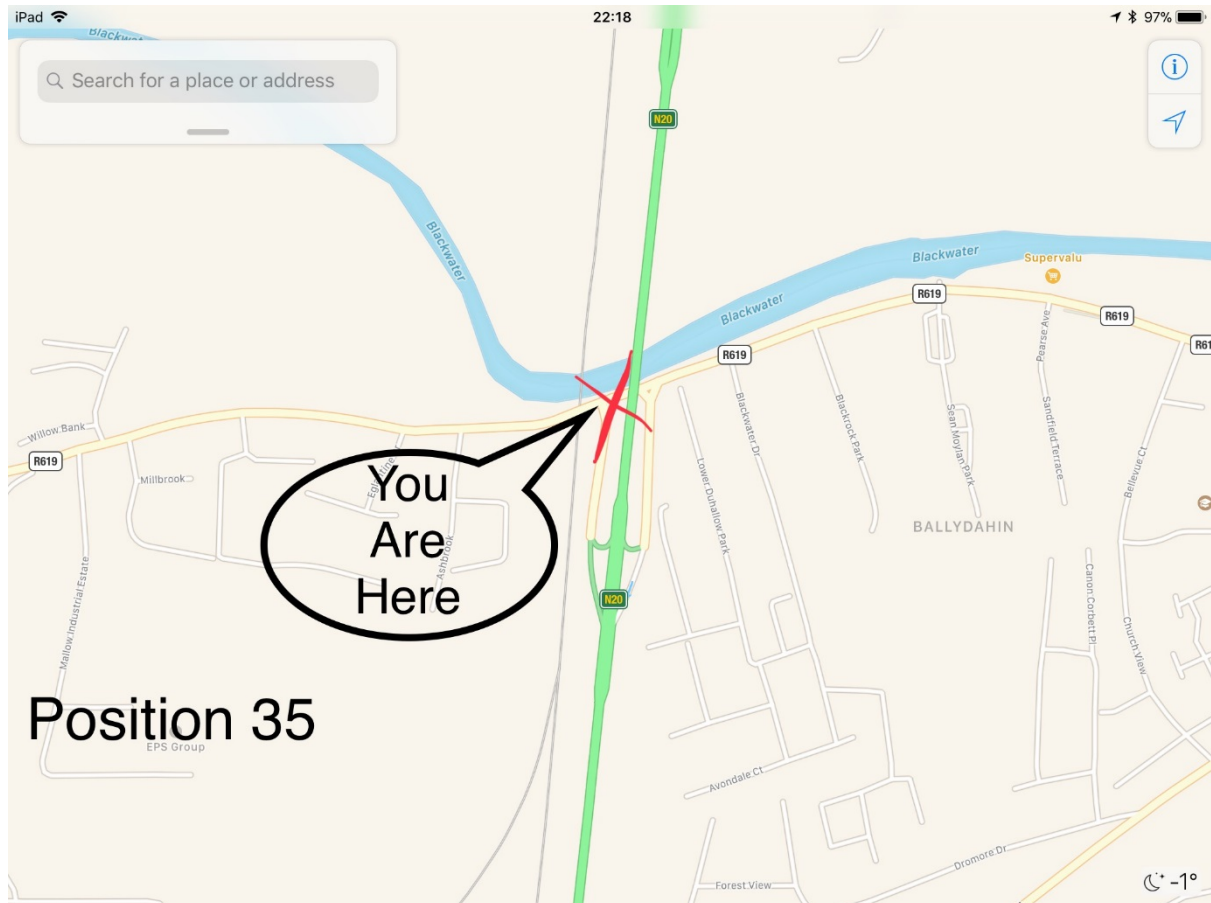
TITLE	NAME	EMAIL	PHONE	ORGANISATION
<b>Event Controller</b>	Ger Buckley	<a href="mailto:gerrbuckley@eircom.net">gerrbuckley@eircom.net</a>	085 8702101	Mallow AC
<b>Chief Steward</b>	Lorraine Bolster	<a href="mailto:bolsterlorraine2@gmail.com">bolsterlorraine2@gmail.com</a>	085 1280312	Mallow AC
<b>Safety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

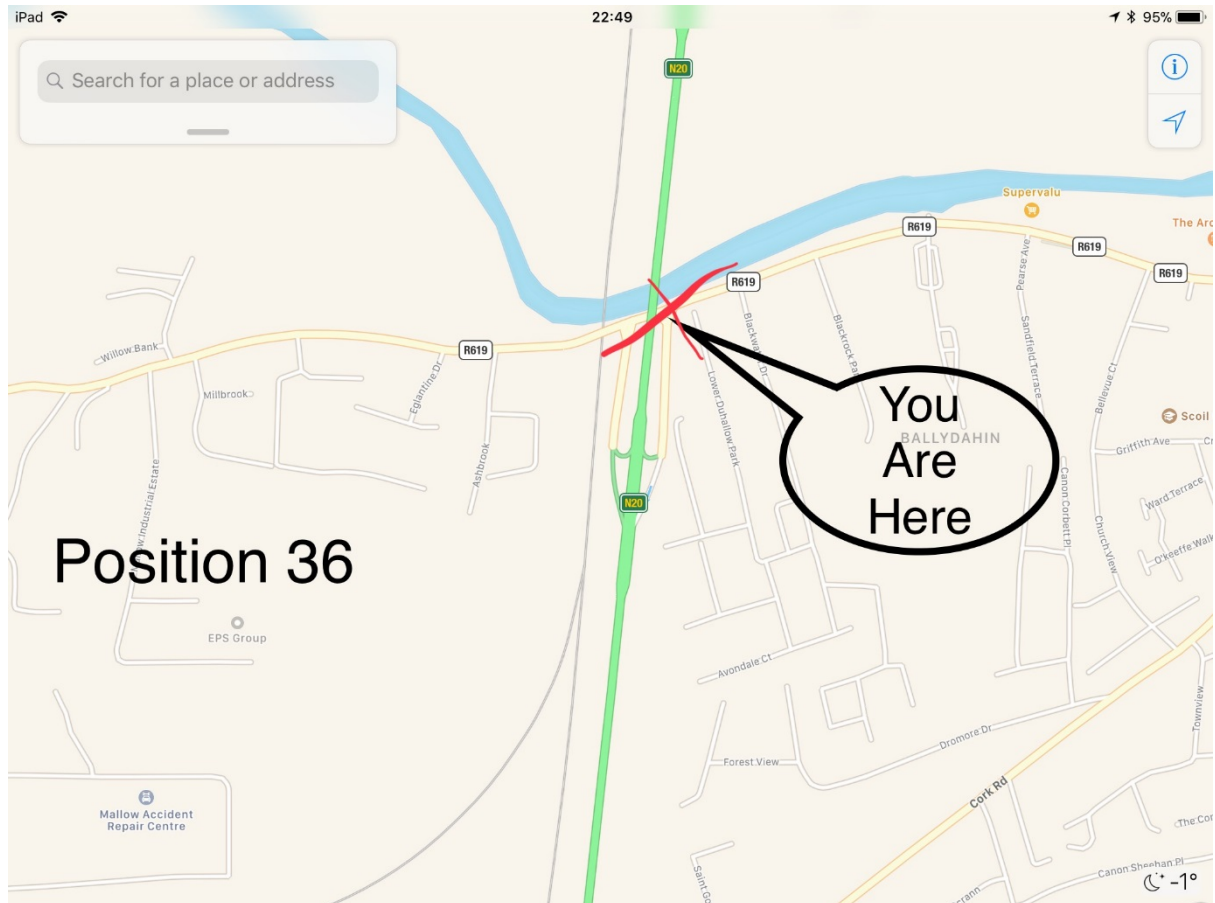
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<b>Nurse 2</b>	Catherine Walsh O'Connor	-		Mallow AC

## 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

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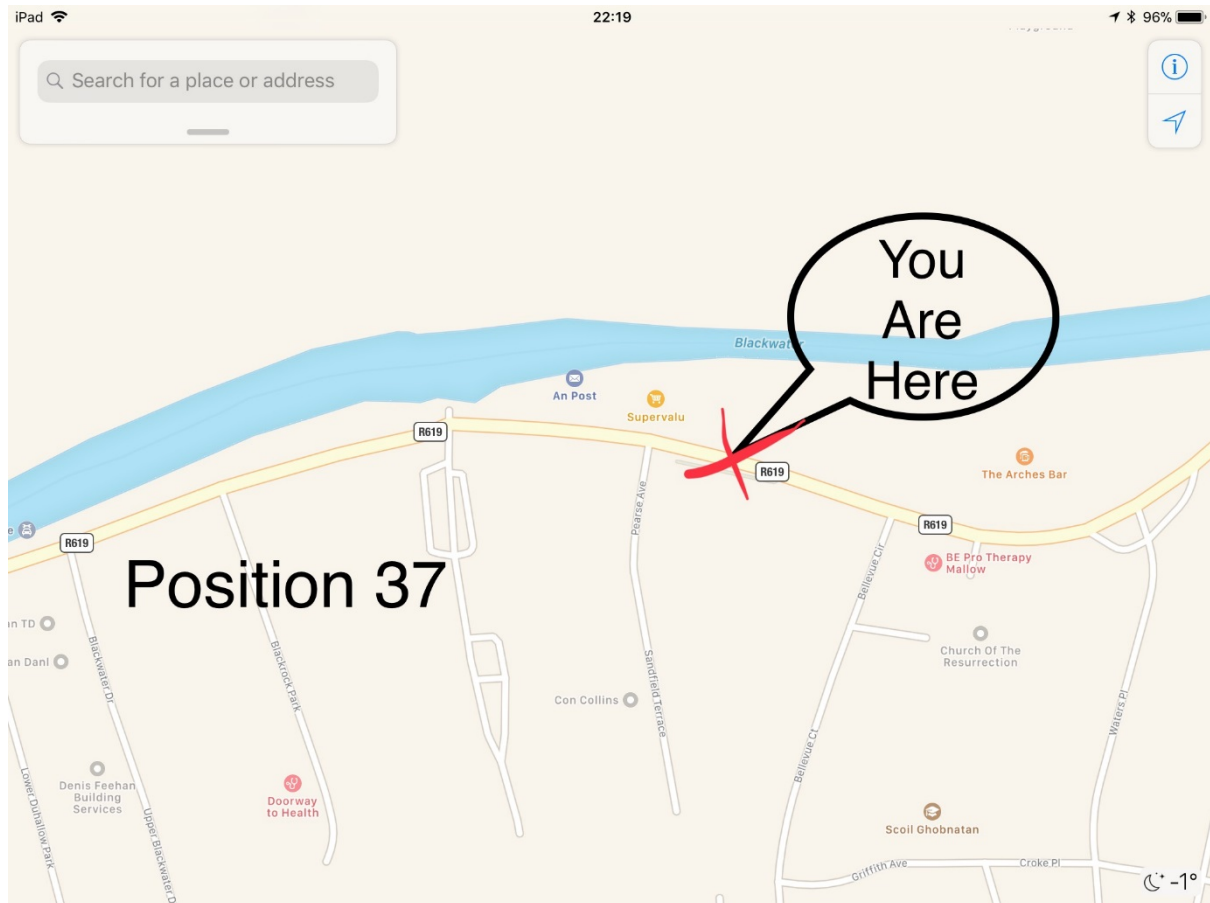


## Orange Zone – Contact – Lorraine Bolster 085-1280312

**Stewarding Position: 37**

**Number of Stewards: 2**

**Map Position: Dano's Supervalu**



### 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.

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<b>Nurse 1</b>	Catriona Ryan	-	086 8847446	Mallow AC
<b>Nurse 2</b>	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.
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<b>Nurse 1</b>	Catriona Ryan	-	086 8847446	Mallow AC
<b>Nurse 2</b>	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.
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<b>Nurse 2</b>	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.
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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.

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<b>Nurse 1</b>	Catriona Ryan	-	086 8847446	Mallow AC
<b>Nurse 2</b>	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.

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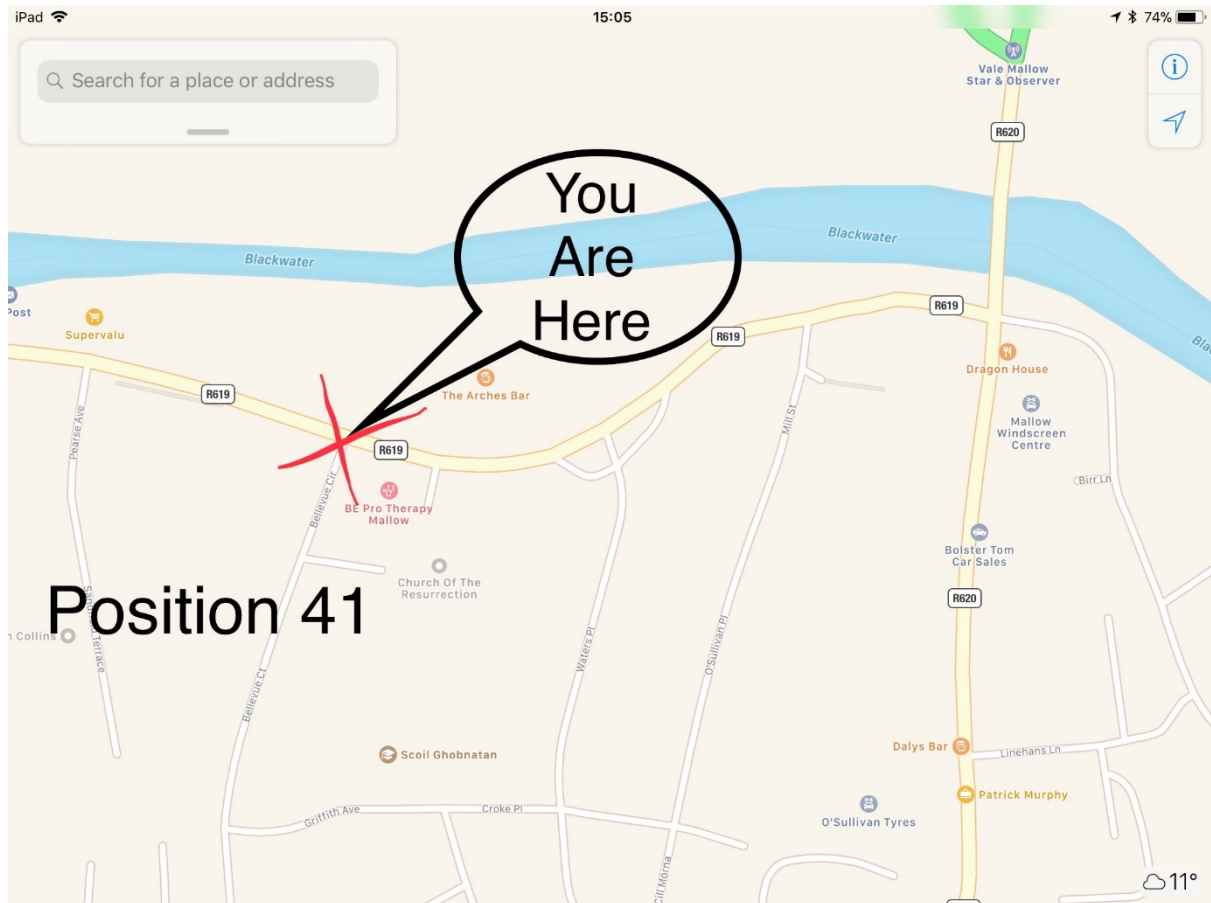
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<b>Nurse 2</b>	Catherine Walsh O'Connor	-		Mallow AC

## 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

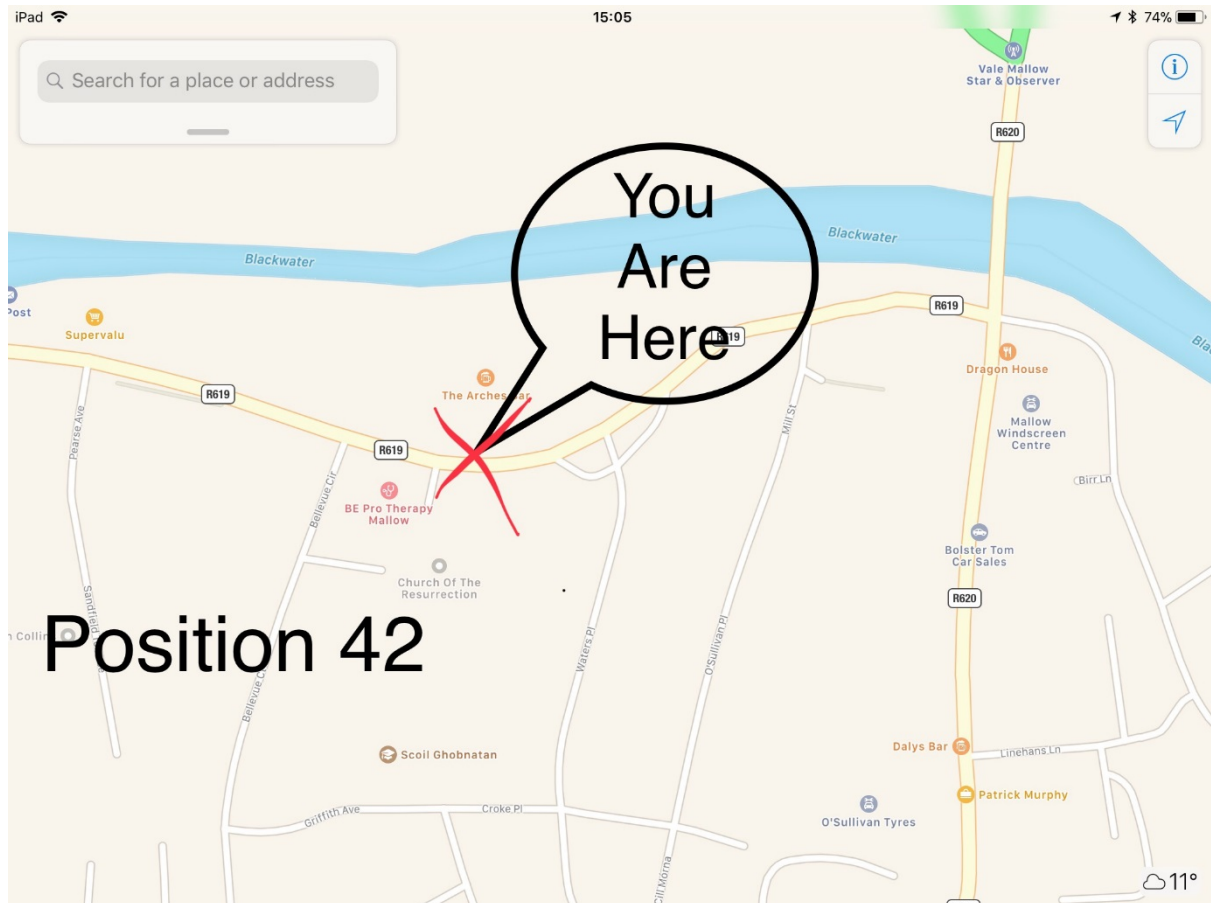
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## Orange Zone – Contact – Lorraine Bolster 085-1280312

**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.
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6. Ensure you have emergency contact numbers & Hi Viz Vest.
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