

## 2010 FLORA WOMEN'S MINI MARATHON INFORMATION SHEET

**Please Note - this Event is strictly for FEMALES ONLY - MALES ARE NOT ALLOWED**

- Date/Time:** Bank Holiday Monday, 7<sup>th</sup> June 2010 at 3.00pm.
- Distance:** 10K.
- Start:** Fitzwilliam Square, Dublin 2.
- Finish:** St. Stephen's Green, Dublin 2.
- First Entry Form:** The first Entry Form will be in the Evening Herald on **Wednesday 3<sup>rd</sup> March 2010**.
- Closing Date:** **Tuesday 27<sup>th</sup> April 2010 or when maximum number of entries is reached.**
- Age Limit:** Participants must be at least 14 on Mini Marathon Day.
- Timing Chip:** All participants who enter as Runners or Fast Joggers must wear a Timing Chip. Elite Runners have to produce official results from other races, during last two years, showing they are capable of a 10K time under 45 minutes. Runners must do likewise to prove a time under 60 mins. Fast Joggers must show they are capable of jogging below 100 mins. *Other Joggers and Walkers have the option of purchasing a Timing Chip if they wish but will remain in the jogging and walking sections at the Start.*
- Fee:** **€22** - Runners/Fast Joggers under 85 minutes/Racing Visually Impaired/Racing Wheelchairs (to include Timing Tag) and Joggers/Walkers who elect to receive a Timing Tag.  
**€15** - Joggers/Walkers (without Timing Tag)  
(On-line entries will incur an extra €1 Bank processing charge)
- Entry Process:** **All participants must enter either on the official Entry Form which will appear in the Evening Herald every Wednesday and Saturday from Wednesday 3<sup>rd</sup> March 2010 or online at [www.florawomensminimarathon.ie](http://www.florawomensminimarathon.ie) from 4<sup>th</sup> March 2010**
- Acceptance Letter:** This letter is sent to you after your completed Entry Form and fee is received. Keep it safe and bring it to your Collection Point. It entitles you and a friend to free admission to the Womens World Show in the RDS on Friday, Saturday or Sunday of June Bank Holiday weekend. When you enter online, you will be asked to print off this Acceptance Letter.

- Race Pack** Please collect your **Friends of the Coombe Race Pack** from the main hospital reception. Alternatively email [friends@coombe.ie](mailto:friends@coombe.ie) or phone **01 408 5539**.
- Collection Point:** This is where you bring your Acceptance Letter to collect your Race Number prior to the Mini Marathon. The Bar Code on your letter will be scanned and one Number only will be given for that letter. When you collect your Number, please keep it safe as it cannot be replaced.
- Race Number:** Should be worn on **front** of your t-shirt after you have filled in the details on the reverse.  
**No Race Number, No Entry to the Race Start Area and No Medal**
- Medal:** Each properly entered participant wearing a Race Number will receive a medal at the finish. Males wearing Race Numbers will not receive a medal. Race Numbers are not transferable.
- Mini Marathon Magazine** A Mini Marathon Magazine is given free to each participant at the Collection Point. This contains all information regarding the Mini Marathon, map of course, location of toilets, baggage area, water stations, First Aid, assembly areas and meeting points.
- Time of Arrival:** Arrange to be at the assembly area (St. Stephen's Green) about 1 p.m. so you can enjoy the atmosphere and familiarise yourself with the location of the baggage area, toilets, etc. All runners/joggers should locate their starting positions at least 45 minutes before start time.
- At Finish:** Once you receive your medal, continue moving towards the water station and baggage area. Arrange to meet family/friends at one of the numerous meeting points listed in the Mini Marathon Magazine. It will not be possible to have reunions at or around the Finish Area.
- Training Programmes:** Will appear in Evening Herald with the Entry Form on Wednesdays from 3<sup>rd</sup> March and on the Women's Mini Marathon web site - [www.florawomensminimarathon.ie](http://www.florawomensminimarathon.ie) from 4<sup>th</sup> March.



Friends of the Coombe  
Cork Street  
Dublin 8

Tel: (353 1) 408 5539  
Email: [friends@coombe.ie](mailto:friends@coombe.ie)  
[www.friendsofthecoombe.ie](http://www.friendsofthecoombe.ie)

**Meet & Train  
Groups**

Details will appear in Evening Herald with Entry Form on Wednesdays.

**Remitting your  
Sponsorship**

Please remit your sponsorship cards as soon as possible. All cheques, drafts and postal orders should be made payable to “**Friends of the Coombe**” and posted to **Friends of the Coombe, Coombe Women & Infants University Hospital, Cork Street, Dublin 8**

**Enquiries:**

Women’s Mini Marathon Office, 27 Sandyford Office Park,  
Sandyford Industrial Estate, Dublin 18.

Tel 01 2930 984

Email: [info@womensminimarathon.ie](mailto:info@womensminimarathon.ie)