



Eddie Murphy Memorial 2016

BMOH AC

Dear Entrant,

Thank you for registering on line for one of the Eddie Murphy Memorial Races.

Please be advised of the following Race Day information.

Race Number and Chip collection

Race Nos and Chips can be collected on Sunday morning from 6.30am onwards at the grounds of The Bridge Complex (located across from the soccer pitch) please ensure you collect your race number and chip at least 40 min before the start time.

Race Start Time and Start Point

Double marathon 07.00 (On Heartbreak hill alongside Primary School)
Marathon Walk 09:00 (Far end of Cappa Road opposite Beachwood grove on map)
30 Miler 11.00 (Crèche Car Park)
Marathon 12.00 (Far end of Cappa Road opposite Beachwood grove on map)
Half Marathon 2pm (Cappa Road)

Races will start on time please arrive in plenty of time to avoid disappointment

**** HEAD TORCH AND HI VIS VEST FOR 07.00 START IS MANDATORY*****

Changing Rooms and Showers

These are available at the GAA Facility on the Cappa Road (please note Sixmilebridge has 2 GAA facilities)

PARKING

Parking is available at the local train station which is only 2 min walk from the finish area, please make it a priority to park here in order to keep the traffic away from the course...Please also note that we would request to enter sixmilebridge from the Shannon road as again this will keep traffic to a minimum near the course.

AID Stations

This is located on the start of each lap at the marquee. The Double marathon runners will have a designated Tent for gear, etc.

Race Briefing

This takes place 15 mins before the start of each race and all participants are requested to attend.

Winner's Presentations

Trophies will be presented to male & female winners of each race at 5.30 pm at the finish line.

About Eddie Murphy

For those of us lucky enough to have known Eddie, he represented what endurance running is all about for many of us. Pushing towards new running goals, seeking to improve performances and making new friendships along the way. before his untimely death in 2011 had completed over 45 marathons.

A big thank you to Eddie's family who have been hugely supportive of the event .

On behalf of the organizers may I wish all participants's the very best of luck on Sunday. BMOH Athletics Club are delighted to welcome runners coming from NEAR AND FAR to Sixmilebridge to take part.

Please also familiarize yourself with the attached map of the course,the location of all the amenities and the 8 main junctions to be aware of.

Roll on Sunday November 20th.

Thank You

On behalf of the organizing Committee.

Kate Flynn
Paul Conway
Richie O' Donnell
Ger Donohue
Billy Cronin
Olive Liddane

