**Race Day Information:**

* The Race Starts at 11.00am on Saturday 18th May 2024 on a Forest Trail close to the registration area.  Approx 4km of the route is on scenic roads round the Forest with the last 1km going through the village towards the main Forest Entrance on Seskinore Road.
* Please follow the advice of all race organisers to ensure the safety of everyone involved.
* Race parking will be available within the Forest grounds using the main Forest Entrance on the Seskinore Road. Car Parking marshals will be in attendance. Additional car parking is available beside YFC Hall & St Malachy’s Church in the village. Please park safely and give yourself time to get to the Forest (see Race Parking Map below).
* We encourage people to car share if possible.
* Race Numbers can be collected from 9.30am to 10.30am on race morning and on Friday 17th May from 7pm to 8pm at the registration desk in the Old Courtyard Area beside the Main Forest Car Park.
* Toilets will be available at the event location.
* Participants are asked to make their way to the start line for 10.50am. In the interests of Safety participants will not be allowed to progress to start line after 10.50am.
* The Race will be chip timed.
* There will be qualified first aiders at the event.
* The Race will be marshalled. Please follow marshal’s instructions.
* U12s must be accompanied by an Adult.
* First 400 Entrants will receive Seskinore Forest 5K Snoods.
* Participants will receive a special wooden finishers medal.
* Race results will be posted on the Seskinore Forest 5K Facebook page and Athletics NI website.
* There will be a presentation post race -   Unique Wooden Trophies for male/female Junior/Open plus VETs (O40/O50/O60/O70). ***\*\*NEW THIS YEAR\*\**** 1st to 3rd places in all Vet Categories!!!
* Refreshments will be served afterwards.

Any questions please contact [seskinorercg@gmail.com](mailto:seskinorercg@gmail.com) and further updates will be posted on Seskinore Forest 5K Facebook & Instagram Pages.

We look forward to welcoming you to the 2024 Seskinore Forest 5k Run and Walk!!

The Seskinore Forest 5k Committee

A map of a forest

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