



## St Coca's AC Kilcock 10 mile road race - "The 10 from 10"

### Dear Runner

Welcome to the 3rd annual Kilcock 10 mile road race and thank you so much for taking part in what promises to be a great event. Please read the information below which has details of everything you need to know on the day.

### Getting here

**By Car:** The start, from our track in Kilcock, is located just off the M4 motorway. GPS coordinates for Race HQ are 53.3992344, -6.6775675 or search for St Coca's Athletic Club in Google Maps.

Our Eircode is W23 P2DF.

**Public Transport:** The 9:05 train from Dublin Connolly is scheduled to arrive in Kilcock at 09:43 and Kilcock is also serviced by Bus Éireann route 115. The start line is 900m away giving you plenty of time to warm up and arrive at the start line. Pick-up can be arranged from the train station. Just send the team a message on Messenger.

### Parking

Parking will be available close to Kilcock Primary Care Centre beside the race headquarters and at the St. Coca's AC track. There will be parking stewards on hand so please follow their instructions.

**Registration** on the day is available and will take place at Race Headquarters in Scoil Uí Riada, Kilcock from 8am - 9:30am.

**Toilets** are available in the school (x2) and at the St Coca's track (x6).

The race **Start** time is 10:10 am on the main road outside the club track. Please follow the instructions of the road marshals, line up according to your pace and keep an eye out for our pacers!

**Timing** is chip timed from the start!

The **Race Route** is held on partially closed roads. Please always keep left and adhere to the directions of race marshals.

**Water Stations** are available at miles 3 and 6. Please keep an eye out for bins provided to dispose of your cups! We take matters of the environment very seriously so please support us in keeping a clean environment and dispose of your cups and gels in the bins provided.

The **Finish Line** is located at the harbour in Kilcock. Once you finish, please keep moving through and make your way back to race headquarters for the post-race refreshments and presentation of prizes.

Thank you for your amazing support; we can't wait to see you on Sunday 20th August. The very best of luck to all participants!

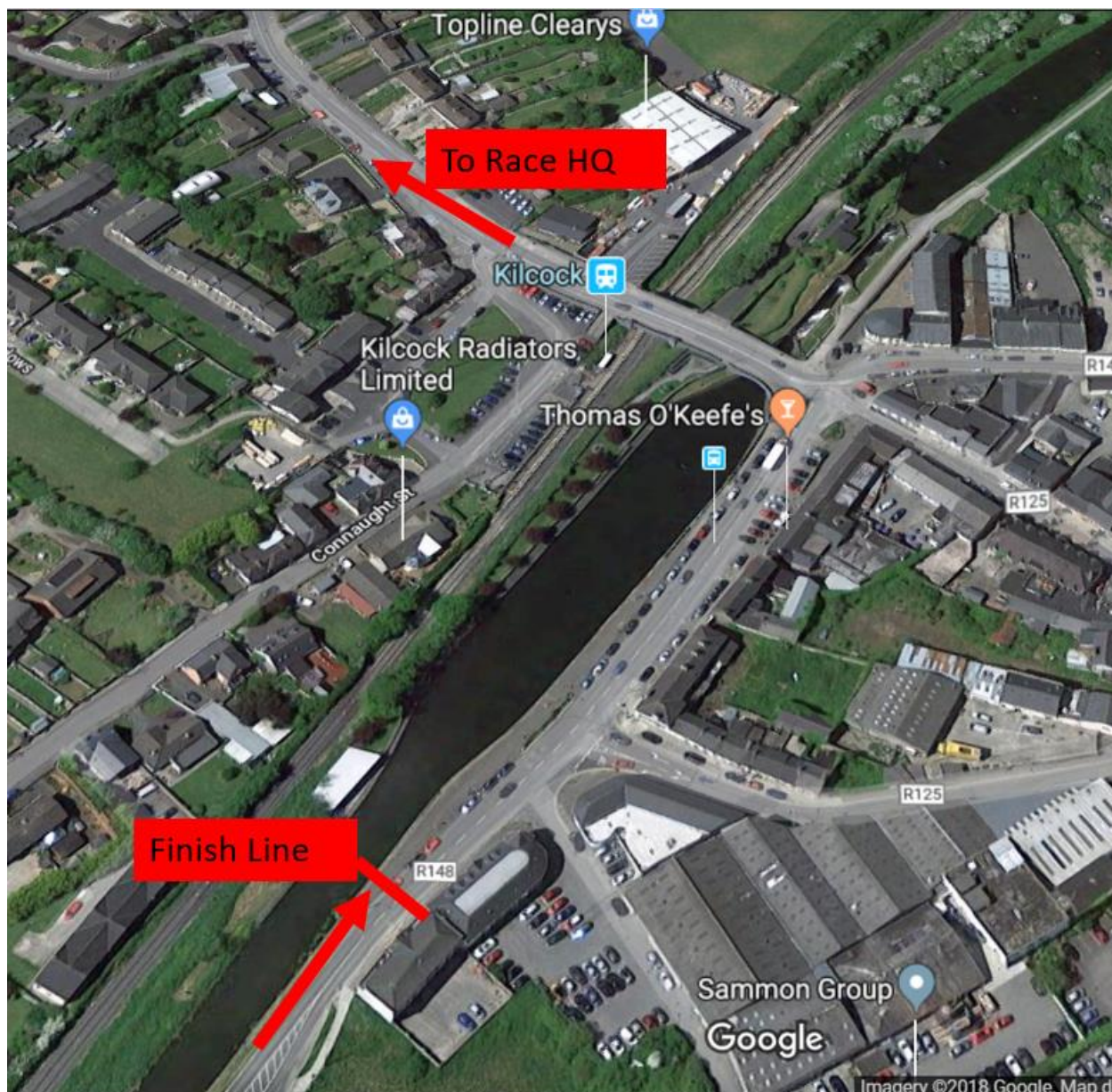
The 10 Mile organising committee, St Coca's AC.

# The Course

**Kilcock 10 Mile Road Race**  
St Coca's AC is proud to present the 3rd edition of the Kilcock 10 from 10.  
Sunday 20th August 2023  
Starting at 10:10am



Finish Line:



More information about the race is available on our website  
<https://www.stcocasac.com/kilcock-10-mile>