



Your Race Pack for Stone Mad 2017!!!

Welcome to Stone Mad! This race pack explains all the need to know information for race day – schedule, transport, and safety information etc. Please take your time to read through and if you have any questions just get in touch at info@stonemadrace.com.

Happy trails from the Stone Mad Team!

Race Day Schedule: Saturday June 17, 2017

Race	Registration and Race Number	Time	Details
Ultra	Carlow Rowing Club (TBC), Carlow Town	07:30-08:45hrs	Sign-in. Optional Bag Drop (Bag Transferred to Finish)
		09:15hrs	Ultra Race Briefing at Race Start, Carlow Town Park
		09:30hrs	Ultra-Marathon Start!
Marathon	Carlow Rowing Club (TBC), Carlow Town	09:00-10:15hrs	Sign-in. Optional Bag Drop (Transferred to Finish)
		10:45hrs	Marathon Race Briefing at Race Start, Carlow Town Park
		11:00hrs	Marathon Start!
Half-Marathon	Carlow Rowing Club (TBC), Carlow Town Start is at Fenniscourt Lock **, Bagenalstown, Co. Carlow	11:00-12:15hrs	Sign-in. Optional Bag Drop (Transferred to Finish)
		12:30hrs	Half-Marathon Race Briefing and bus transfer to race start at Fenniscourt Lock.
		13:00hrs	Half-Marathon Start!
Finishing Schedule:	Graiguenamanagh, Co. Kilkenny Scout Hall, The Quay	14:00 onwards:	Tea/coffee, refreshments, snacks & cakes for all finishers
			Bag Collection available at Finish
		16:00	Shuttle Bus back to Carlow Rowing Club (Remember to PRE BOOK your seat)

**** NOTE:** Registration for the Half-Marathon is at Carlow Rowing Club (TBC). You can park at Registration and you will be shuttled to the start along the River at Fenniscourt Lock, South of Bagenalstown.

Parking

There is limited public parking at Barrow Track car park €3/day which is right beside the race registration, however there is ample parking in Carlow Town.

[Google Maps Link](#)

Registration, Race Numbers, and Bag Drop

You must sign-in at registration to receive your race number. Emergency contact details will be on the back of race numbers. Race number must be visible at all times, front or back is acceptable.

You may leave a bag (clothes, towel, etc.), for collection at the finish.

Route Maps (See Appendix)

StoneMad is a self-navigating race, but it is an easy course to follow. Most of the route follows a clear trodden way. Any deviation, significant landmarks and turns will be highlighted at Race Briefing. All routes are online on www.stonemadrace.com.

Each entrant has responsibility for his or her own navigation.

Getting Lost

The route is easily navigable however, if at any time you become lost:

Stop. Make your way back to your last known position on the course.

If you cannot find your last known position on the course, pick up your GPS from your watch or phone and contact event HQ on 086 609 0002. If you miss a CP a search will be initiated for you. It is very important that you notify us if you think you are going to miss or be late for one.

Race Briefing

A mandatory race briefing will take place prior to each race start. This will cover daily route details, weather forecasts and other relevant updates.

Checkpoints

All checkpoints (CPs) are readily identifiable on the maps, approximately every 10 km. While you are not obliged to stop, **your Race Number must be visible at each CP**. Please note that simply passing through and expecting your details to be captured, without communicating with the officials may result in a failure to log you.

If you need assistance or decide to drop out from the race, you must inform us through a race crew member at a checkpoint or phone the race director (contact details on the back of race number). We will try get you back to Race HQ as soon as possible but you may wish to arrange your own transport if that is quicker.

Please note: If at any stage during the event, our crew deem you to be in an unfit state to continue, you may be asked to stop and recuperate. If necessary, for your safety a medical official will assess your condition.

Supporters and spectators may access the course along the route. Some nice places for viewing are near the checkpoints.

Food and Drink

CPs drinks on the day are water, squash and soft drinks. Food will consist of fruit, jellies, and other snacks.

Race Timing

Timings will be taken at all CPs.

Cut-Off Times

We have set aside ample time to allow joggers and fast walkers to finish the course, however we will be closing down CPs at designated times. **Late arrival to any checkpoint will result in participants being retired from the race.**

Check Point Locations	Race*	Cut-Off Times	Ultra	Full	Half
Carlow, CW	U, F	Start Ultra: 09:30 Start Full: 11:00	Start: 0km	Start: 0km	
Leighlinbridge, CW	U, F	Ultra: 11:30 Full: 13:00	12.0km	12.0km	
Bagnalstown, CW	U, F	Ultra: 12:30 Full: 14:00 Start Half: 13:00	18.3km	18.3km	Start: 0km (Fenniscourt Lock)
Goresbridge, KK	U, F, H	Ultra: 14:00 Full: 15:30 Half: 14:30	27.0km	27.0km	6.0km
Borris, CW	U, F, H	Ultra: 15:00 Full: 16:30 Half: 15:30	32.1km	32.1km	11.1km
Graiguenamanagh, KK	U, F, H	Ultra: 16:30 Finish Full: 18:30 Finish Half: 17:00	42.2km	42.2km (Finish)	21.1km (Finish)
St Mullins, CW	U	Ultra: 18:00	51.0km		
Graiguenamanagh, KK	U	Finish Ultra: 19:30	60km (finish)		

Emergency Procedures & HQ Contact Number

Emergency contact details will be on the back of your race number. Please save the number to your phone.

HQ Emergency number: 086 609 0002

National Emergency Number: 112

In an emergency, if you have to retire in between CPs, you must contact HQ via the emergency number, and we will try to arrange collection. Please note that transport is not guaranteed to be available and in non-emergency situations, and you may still have to wait several hours before being transported. As a back-up, it is recommended that you carry some cash with you.

Please note that failure to notify a member of crew of a retirement may result in a Search & Rescue taking place, for which you will be charged.

Weather & Route Change

In the unlikely event of extreme weather conditions, the Race Organisers may re-route the course to avoid potential hazards. Should this happen, it will be notified to you at race briefing and you will be provided with route maps.

Mandatory Kit - ULTRA and MARATHON only

StoneMad is a self-sufficient race. We will be enforcing the policy of: **no kit, no run**. You should be able to carry all of your mandatory kit in a modest sized waist or back pack.

- Suitable Running/Walking Footwear. Please refer to the weather when considering underfoot conditions/running shoes.
- Hydration system (bottle or pack).
- Minimum 400ml fluids and 2 energy bars or equivalent.
- Fully charged phone (water-proofed) with emergency race HQ number saved).
- Race number visible at all times.
- A lightweight, waterproof piece of warm clothing is recommended.

Please note, subject to local weather conditions and Met Eireann forecasts, we may require participants to carry additional items of clothing including; gloves, hat and long tights (waterproofed).

Post-Race Transportation

Shuttle buses will be available to bring you back to race registration in Carlow. Please book your seat before race day. **Buses will operate from 16:00hrs. They will leave when they are full. You may be waiting for a while after you finish, so it is strongly recommended that you send a bag to the finishing line with warm clothes in it.**

Accommodation List

Below are Failte Ireland approved accommodation providers in the locality of the StoneMad event. Please let the accommodation provider know that you are an event participant when you book. You might get a discount for the referral.

B&B	GUESTHOUSES	HOTELS
Avlon House B&B Green Lane, Dublin Road, Carlow t: 059-9174222 info@avlonhouse.com www.avlonhouse.com	The RedseOer Guesthouse 14 Dublin Street, Carlow t: 059-9141848/087-6872293 info@redseOerguesthouse.ie www.redseOerguesthouse.ie	Talbot Carlow Portlaoise Road, Carlow t: 059-915 3000 sales@talbothotelcarlow.ie
Barrow Lodge The Quay, Carlow t: 059-9141173 reservaUons@barrowlodge.com www.barrowlodge.com	Barrowville Townhouse Kilkenny Road, Carlow t: 059-9143324 barrowvilletownhouse@eircom.net www.barrowville.com	The Dolmen Hotel Kilkenny Road, Carlow t: 059-9142002 info@dolmenhotel.ie www.dolmenhotel.ie
Green Lane House Green Lane, Dublin Road, Carlow t: 059-9142670 greenlanehse@hotmail.com www.greenlanehouse.ie	Carlow Guesthouse Green Lane, Dublin Road, Carlow t: 059-9136033 info@carlowguesthouse.com www.carlowguesthouse.com	Seven Oaks Hotel Athy Road, Carlow t: 059-9131308 info@sevenoakshotel.com www.sevenoakshotel.com

Appendix

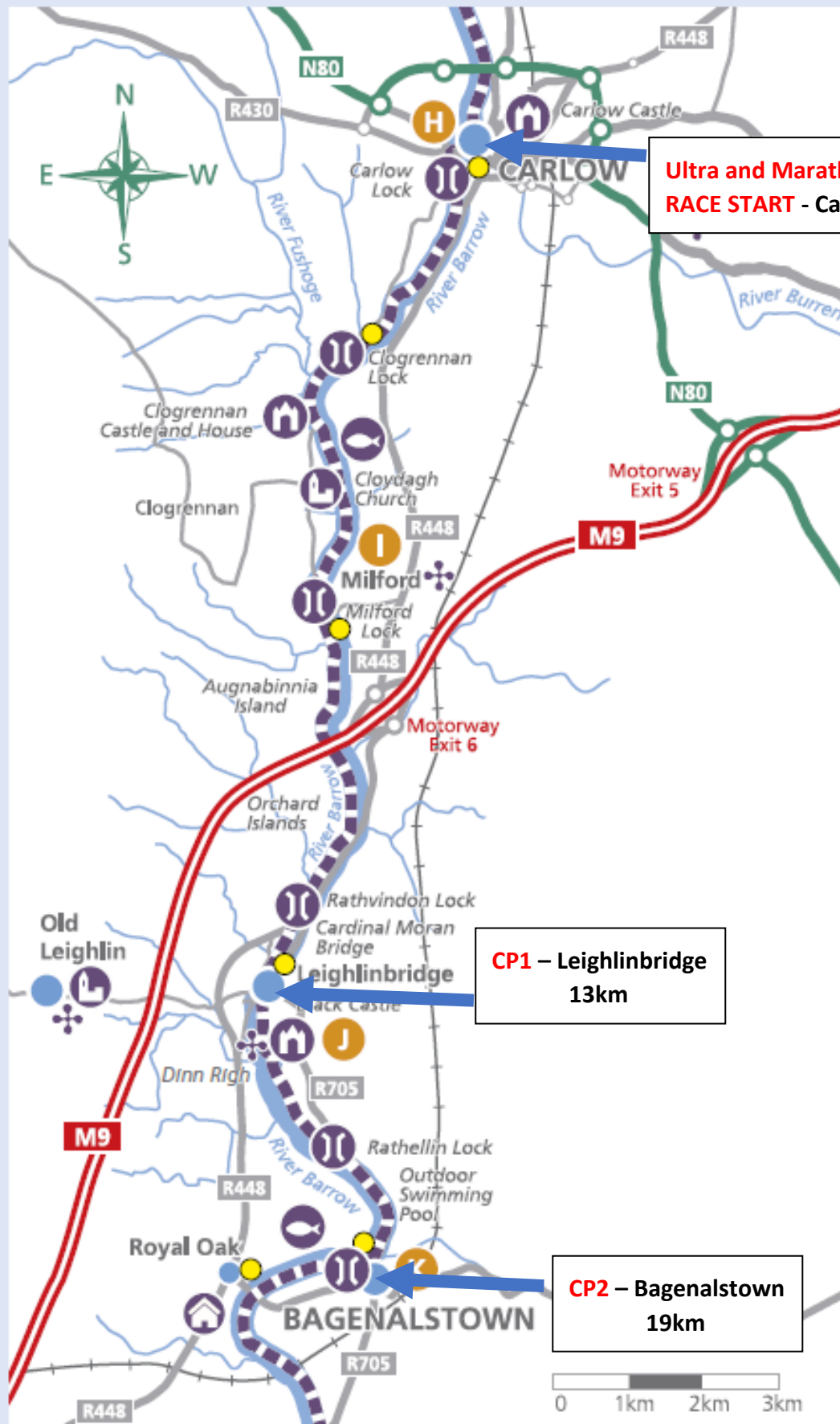
Registration Location – ALL distances – Carlow Rowing Club (TBC)

[Google Maps Link](#)



Race Maps

carlow - bagenalstown



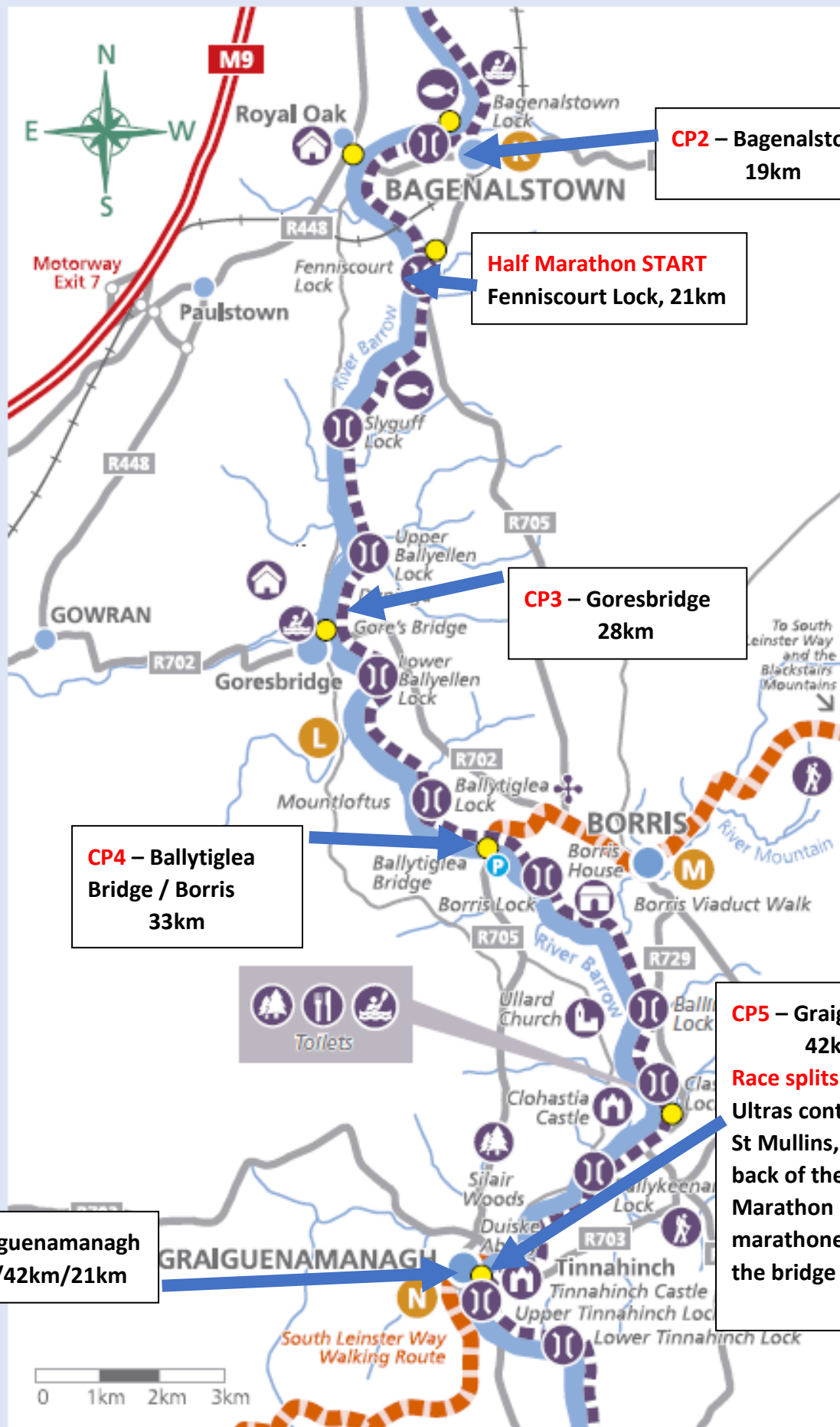
**Ultra and Marathon
RACE START - Carlow**

**CP1 – Leighlinbridge
13km**

**CP2 – Bagenalstown
19km**

bagenalstown - graiguenamanagh

19



22

grauguenamanagh - st. mullins

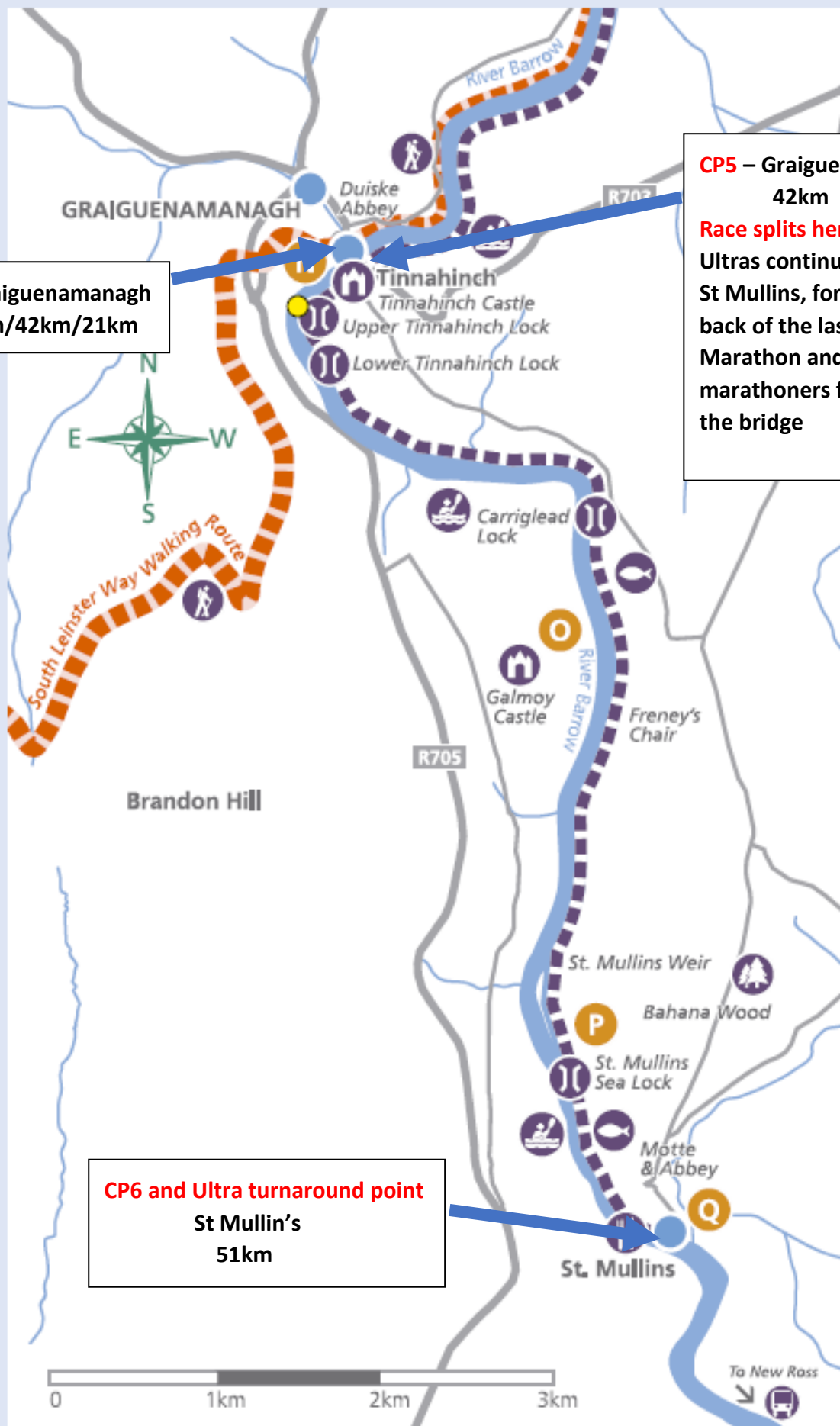
FINISH – Graiguenamanagh
60km/42km/21km

CP5 – Graiguenamanagh
42km

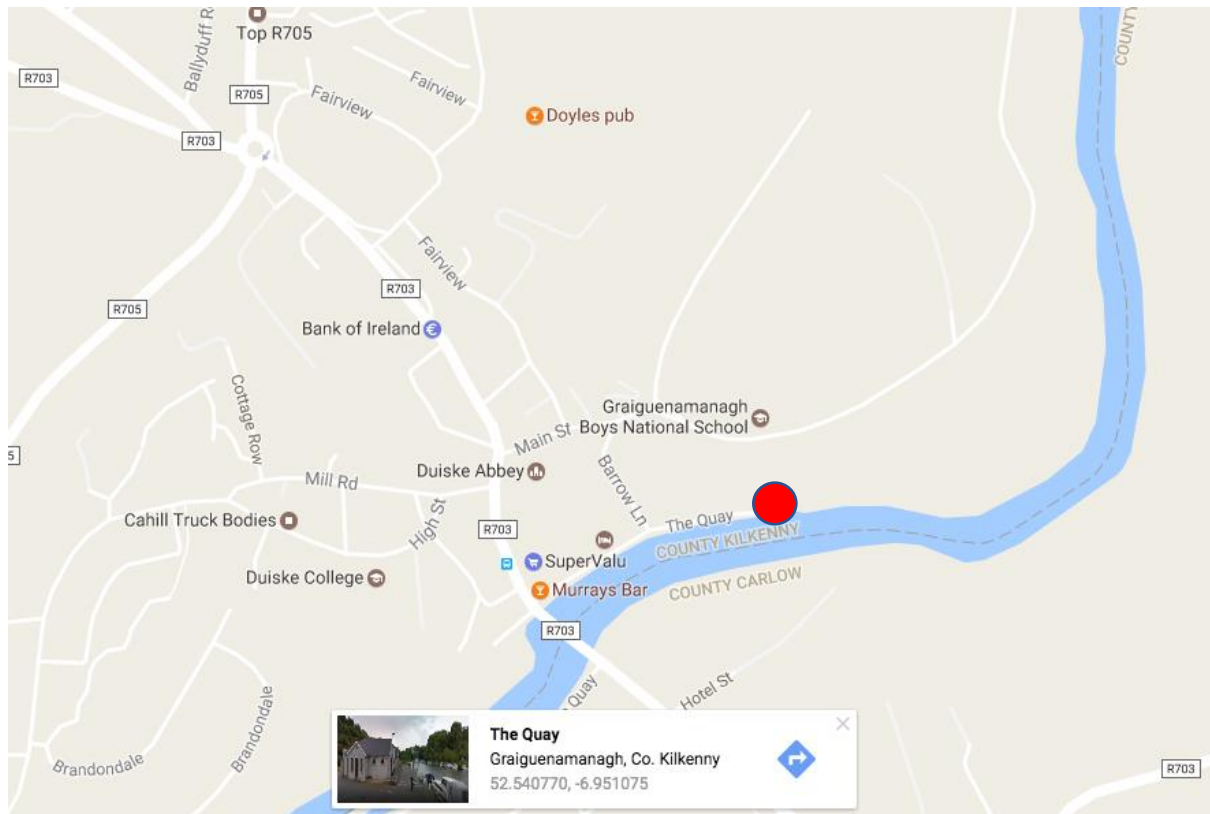
Race splits here

Ultras continue straight to
St Mullins, for out-and –
back of the last leg.
Marathon and Half-
marathoners finish across
the bridge

CP6 and Ultra turnaround point
St Mullin's
51km



Finish Line (All Distances): The Quay, Graiguenamanagh



[Google Maps Link](#)

BEST OF LUCK!!!

