

About the event

The An Ríocht Athletic Club once again host the Kingdom Come Run

The annual Kingdom Come 10 miler and 5k run is in its seventh year. This year the events will take place on Sunday 22nd April starting near the An Ríocht Athletic Track for the 10 miler and 5k both starting at 10am. The events have grown in popularity over the years and attracts competitors from all over Munster.

Backed by the experience of the An Ríocht Athletic Club it is sure to be a fantastic and enjoyable event again this year. Both the 10 miler 5K are both looped routes. We have changed the 10 miler route for this year based on feedback; the course we have planned is a very flat and fast route which we think competitors will really enjoy!

The 5k route is the same as last year

Both event always attract a high standard of athletes each year, but as always events are open to all levels of athletes for fun runners to advanced athletes who are setting out to achieve a personal best in their chosen distance. The event is:

√ New fast flat route for the 10 miler event

√ Chip Timed

√ Food and refreshments provided afterwards

√ Water aid stations on the course

√ Medals for all finishers

√ T-shirts provided for 10 miler finishers

√ Souvenir provided to all 5k finishers

√ Prizes provided for top 3 men and women and winners of each age category

For more information please click on the links below:

HOW TO ENTER

5KM ROUTE

10 MILER ROUTE

FREQUENTLY ASKED QUESTIONS

HOW TO ENTER

Entries are available online through primo events please click on the link below:

<https://register.primoevents.com/ps/event/KingdomCome10miler5k> Cost

of entries:

5k run: €12 plus transaction fee (includes medal and souvenir)

10 miler: €25 plus transaction fee (includes t-shirt and medal)

Please note that t-shirt sizes will be allocated on a first come first served basis

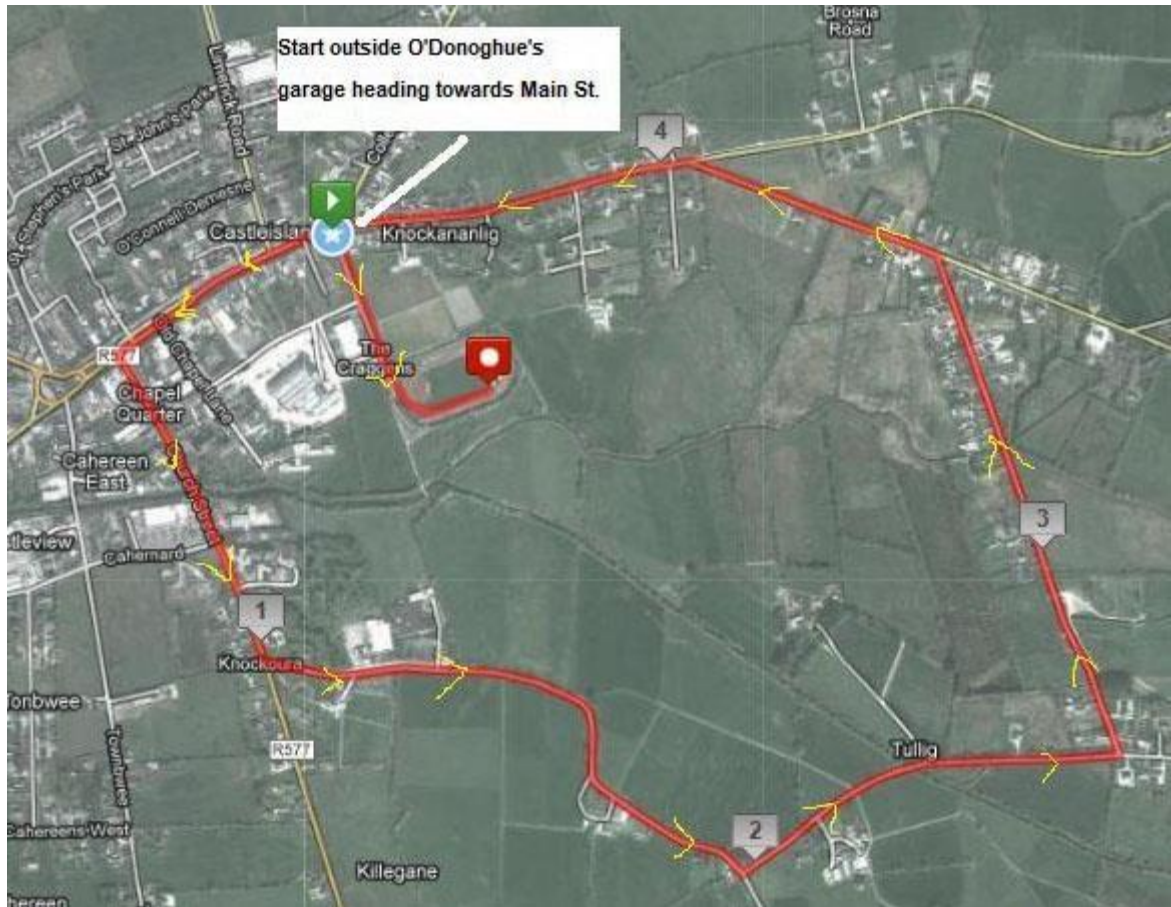
Food and refreshments will also be provided to all participants

5KM ROUTE

Race headquarters is at the Riocht Health and Leisure Club as usual.

The race starts out on the main road outside O'Donoghues garage. You then run through the town before doing a loop on quiet country roads to the south-east of the town.

RACE START



This is the only section where the course overlaps by around 200 metres.



The start line outside O'Donoghues Garage



The road junction near the An Ríocht AC track. First time round, it's just after the start and you run straight through the town. As you get near the end of the race, you turn left here and down the quiet road towards the finish on the track.

If you are not familiar with the location of the An Ríocht AC track and clubhouse then as you can see from the the photo above, it is clearly signposted from the main road that runs through the town.



Approx 0.7 miles...Turn left onto a quieter country road



Approx 1.3 miles.....Turn left and head back in towards the town



Approx 2.0 miles.....Back into the outskirts of the town



Approx 2.3 miles...A hill in the last mile. Several hundred metres long...sharp at first but then eases off



Approx 3.0 miles....Turn left and head down the narrow road towards the sports track



Flat fast run into the finish



Finish line is on the An Riocht Track

Reference www.munsterrunning.blogspot.com

10MILER

MORE INFORMATION COMING SOON

ROUTE MAP WILL BE POSTED HERE IN THE NEAR FUTURE, THE ROUTE IS COMPLETELY NEW THIS YEAR AND IS VIRTUALLY FLAT FOR THE ENTIRE COURSE

FREQUENTLY ASKED QUESTIONS

How do I enter?

Entries are available by following this link

<https://register.primoevents.com/ps/event/KingdomCome10miler5k>

What is the entry fee?

5k run: €12 plus transaction fee (includes medal and souvenir)

10 miler: €25 plus transaction fee (includes t-shirt and medal)

Please note that t-shirt sizes will be allocated on a first come first served basis

Food and refreshments will also be provided to all participants **When**

is the event taking place?

The event takes place on Sunday 22nd April 2018.

Starting Time 10am for both events

When is the closing date for registering?

Online registration will close 4 days before the event. Entries can be done at the Riocht Health and Leisure Club on the morning of the event before 9.30am.

Where do I get my race number?

Race number collection will take place at the An Riocht Health and Leisure Club on Saturday 21st April (time TBC) and also on the morning of the 22nd April until 9.30am. If you have not collected your number by then you will be too late to take part in the event.

Where can I stay?

There are several hotels and B&B's within walking distance/short drive to the start/finish line.

River Island Hotel 066-7142555

Island Heights B & B 066-7141068

Tailors Lodge B & B 066-7142170

What does my entry fee to include?

Your fee covers the following:

- Race entry
- Finishers T-shirt (10 miler event)
- Finishers Medal
- Timing Chip
- Drinks, light refreshments after the event
- Water aid stations are available along the route
- Access to hot showers after the event in the Riocht Health & Leisure Club **Where**

is my Timing Chip?

Your Timing Chip is built into the back of your race number. Don't tamper with the chip and wear your number on the front of your top where race officials can see it.

What is the route?

Details of the route and a route map can be found on the section named

5k route and 10miler route

The 5k and 10 miler are both looped route The routes take in the hinterlands of Tralee while weaving through some of the streets of Castleisland and surrounding areas.

What facilities are available at the start and finish line?

There will be a bag drop area for belongings for registered participants

(Please note this is at owner's risk)

There is changing areas, toilets and shower facilities at the start/finish line in the An Riocht Health and Leisure Club.

For added relaxation afterwards one can pay €5 to use our Jacuzzi, sauna and steam room to recuperate afterwards in the An Riocht Health and Leisure Club **How is the**

race signposted?

There are mile markers for each race on their loop for the 10 miler and each kilometer for the 5k. The route will be clearly signposted and the route details and elevations will be available soon on our route maps.

Is the race being timed?

Yes, there is we have has partnered with www.sportstiming.ie

All races will be chip timed, from start line to finish line. The results will be available online as soon as possible after the event and top places will be announced on race day.

Are there prizes?

We are happy to give prizes to the top three Men and Women in the 10 miler & 5K, we also have a prize for the overall winner and a prize for the winner of each category.

Will the roads be closed to traffic?

There are no road closures; the route is well stewarded at all junctions and entrances to housing estates.

How can I contact the race organisers?

Please send us a message on Facebook @anriochtkingdomcomerun or e-mail us at info@riocht.ie below and we will get back to you as soon as we can.

Where is the race located?

The race headquarters is An Ríocht Health and Leisure Club, Craggeens, in Castleisland, Co. Kerry. Castleisland is only a short distance from Killarney and Tralee.