

Steward Instructions

1. Race is run on LH Lane & will never cross the road.
2. Gardai & motorbikes (civilians) will be moving from one area to another & may not always be on point.
3. Note times of when the bulk of the runners will be coming through. Do not put yourself or any runners at risk, do NOT be afraid to stop traffic.
4. There are 2 ambulances on duty following the bulk runners of the race & will be at 1/2 way.
5. There will be Red Cross, Gardai and **Mallow AC Doctors and Nurses** on duty - Contact Details Below
6. Ensure you have emergency contact numbers & Hi Viz Vest.
7. If finished in your area consider following on to another area & converge at the finish to help out.
8. Do not leave your location until the final sweep car (following the final runner) has passed your location.

Contact Names and Details

TITLE	NAME	EMAIL	PHONE	ORGANISATION
Event Controller	Ger Buckley	gerrbuckley@eircom.net	085 8702101	Mallow AC
Chief Steward	Lorraine Bolster	bolsterlorraine2@gmail.com	085 1280312	Mallow AC
Safety Officer	Liam Murphy	limurphy32@hotmail.com	087 9318982	Mallow AC
Medical Coordinator	David O'Sullivan	David.Osullivan@hse.ie	087 2156670	Irish Red Cross
Doctor	Dr. Sarah Duggan	sarahduggan@gmail.com	087 7754083	GP
Nurse 1	Catriona Ryan		086 8847446	Mallow AC
Nurse 2	Catherine Walsh O'Connor			Mallow AC