

LONG WAY ROUND 2019

Mountain Rescue - FUND RAISER



PARTICIPANT'S INFORMATION BOOKLET

Walk or Run

23rd November 2019

Over 18 only and no dogs allowed.



Charity No.: CHY 17543

WELCOME MESSAGE

Welcome to the sixth year of SEMRA's "Long Way Round", a Night Walk and Run fund raiser. As a 100% voluntary organisation, fundraising is always high on our agenda, and with that in mind we wanted to utilise some of the spirit and passion that our team members have for the mountains. The result is this very special occasion. You the participants, will walk or run the 15Km circuit in and around the Comeraghs at night. The route consists of Road, Track and Open Mountain. You can do it yourself, with a group of friends or join a mixed group that will have leaders. The route will typically take an hour and half to run and three to fours if walking.

The "Long Way Round" is run annually since 2014 and we have received very positive feedback from participants. Thanks to you we have tremendous support for the 2019 "Long Way Round" and I would like to acknowledge, in advance, all of you who will participate on the night and thereby help us to maintain the mountain rescue service. A special word of thanks to Ordnance Survey Ireland for the map permit used in conjunction with this event.

Enjoy and Good Luck!

Liam McCabe, Team Leader,

South Eastern Mountain Rescue Association,



MONEY MATTERS

You can help SEMRA in three ways by taking part in the Long Way Round. The first is by participating and paying the registration fee. The second thing is to get friends to come along and take part in the event. Finally by getting additional sponsorship from family, friends, work colleagues, you will be raising badly needed funds to support the voluntary mountain rescue service in the south east. **The funds you raise will be used to fund a new Mountain Rescue Training and Co-Ordination Centre at our base in Clonmel.**

Last year SEMRA introduced Online Sponsorship instead of sponsorship cards. See the section on sponsorship for more information.

Any sponsorship / additional donations not paid online before the event can be paid on the night.

If you wish to make a donation to SEMRA at anytime please go to www.semra.ie and follow the relevant links.

CHECK IN - IMPORTANT TIMES

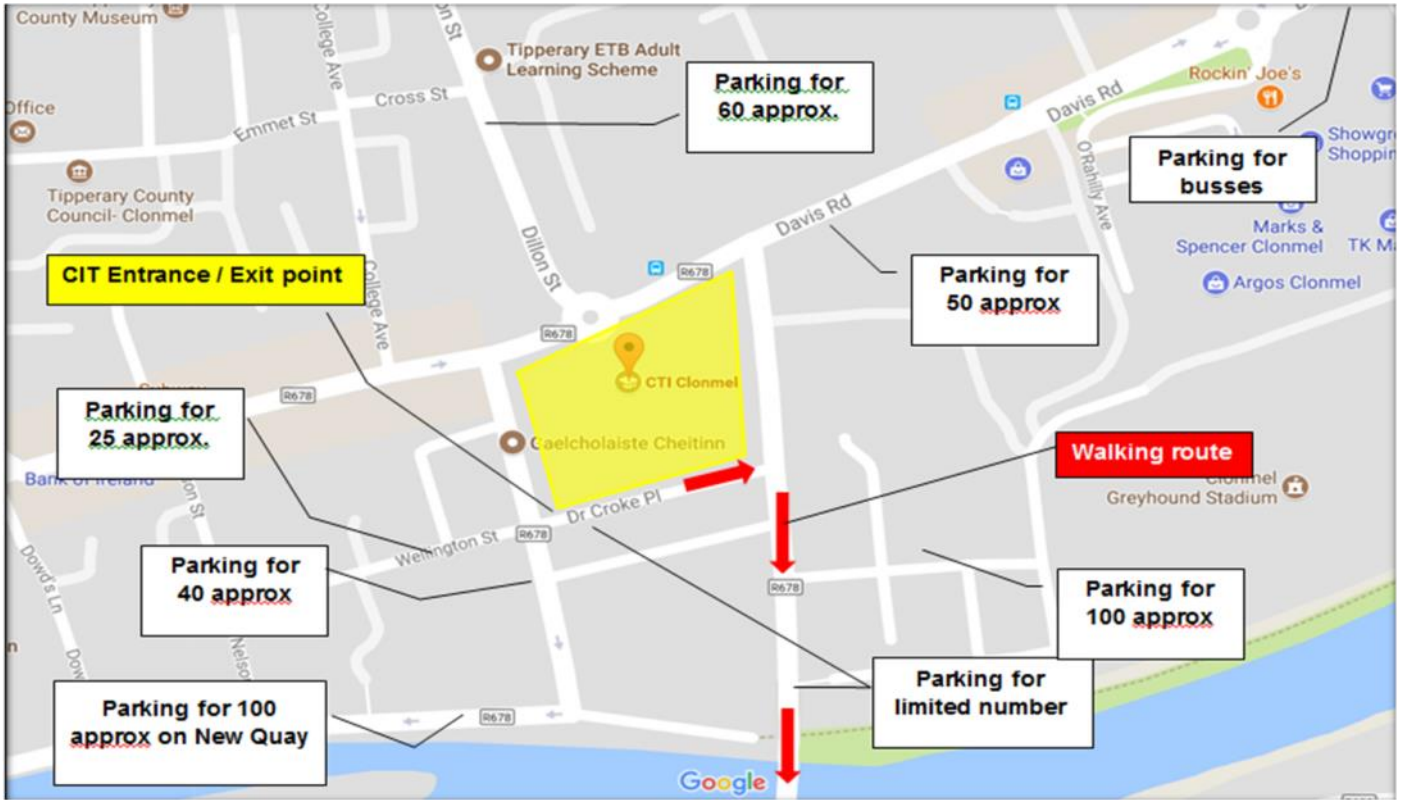
17.00-19.00	Check in for walkers and runners
18.30	Runners Depart
18.35 onwards	Staggered departure of walkers

Please note that ALL participants will be checked out at the start line and all participants must be formally checked in again at the finish line so that we know that all are safely off the route. If you leave the walk before the end, you must let one of the marshals know that you have left by giving them your name and registration number.

If for any reason the event can not be run on the 23rd of November it will be re-scheduled to Saturday 18th January 2020

VENUE AND PARKING

CTI Clonmel



There is plenty of on street parking in the area.

EQUIPMENT AND LOGISTICS

It is very important that participants have the appropriate clothing and other equipment to be comfortable in a mountain environment for the duration of this event. Clothing should be adequate for the conditions and remember if you run into any unforeseen circumstances it can get very cold!

Suggested Equipment List for participants.

- **High visibility vest —MANDATORY**
- **Head torch / Torch with spare batteries—MANDATORY**
- Clothing should be adequate for the conditions - warm and waterproof. Do pack some raingear!
- Suitable footwear for an open mountain environment.
- Whistle.
- Bivy bag.
- Hat and gloves.
- Basic first aid kit including bandages/ plasters/ compeed.
- Food and water sufficient for the duration of the event.
- Map(s) covering the route and a compass. We would recommend the OSI - Sheet Nos. 74 & 75.
- Mobile phone (fully charged and working)
- A rucksack to carry it all!

IN ORDER TO REDUCE PLASTIC WASTE, PLEASE BRING YOUR OWN WATER IN REUSABLE CONTAINER(S)

MAPS AND ROUTE MARKINGS

The route will be marked and there will be marshals on the route. However your map and compass are still essential pieces of kit for this challenge. This is still a night event and there is a possibility that you may miss a turn or take the wrong path. We recommend the OSI - Sheet Nos. 74 & 75 for this event.

TOILETS

There are toilets at the start, but none anywhere along the route. We urge all participants to follow the relevant principles of Leave no Trace while on the route.

LITTER

Please do not discard litter within the confines of the start area or anywhere on the route. Place it in the bins provided or bring it home with you. There will be rubbish bins provided at the start / finish area. We follow the principals of Leave no Trace, please see www.leavenotraceireland.org for more information. If you brought it on "The Long Way Round" with you then it should finish with you too.

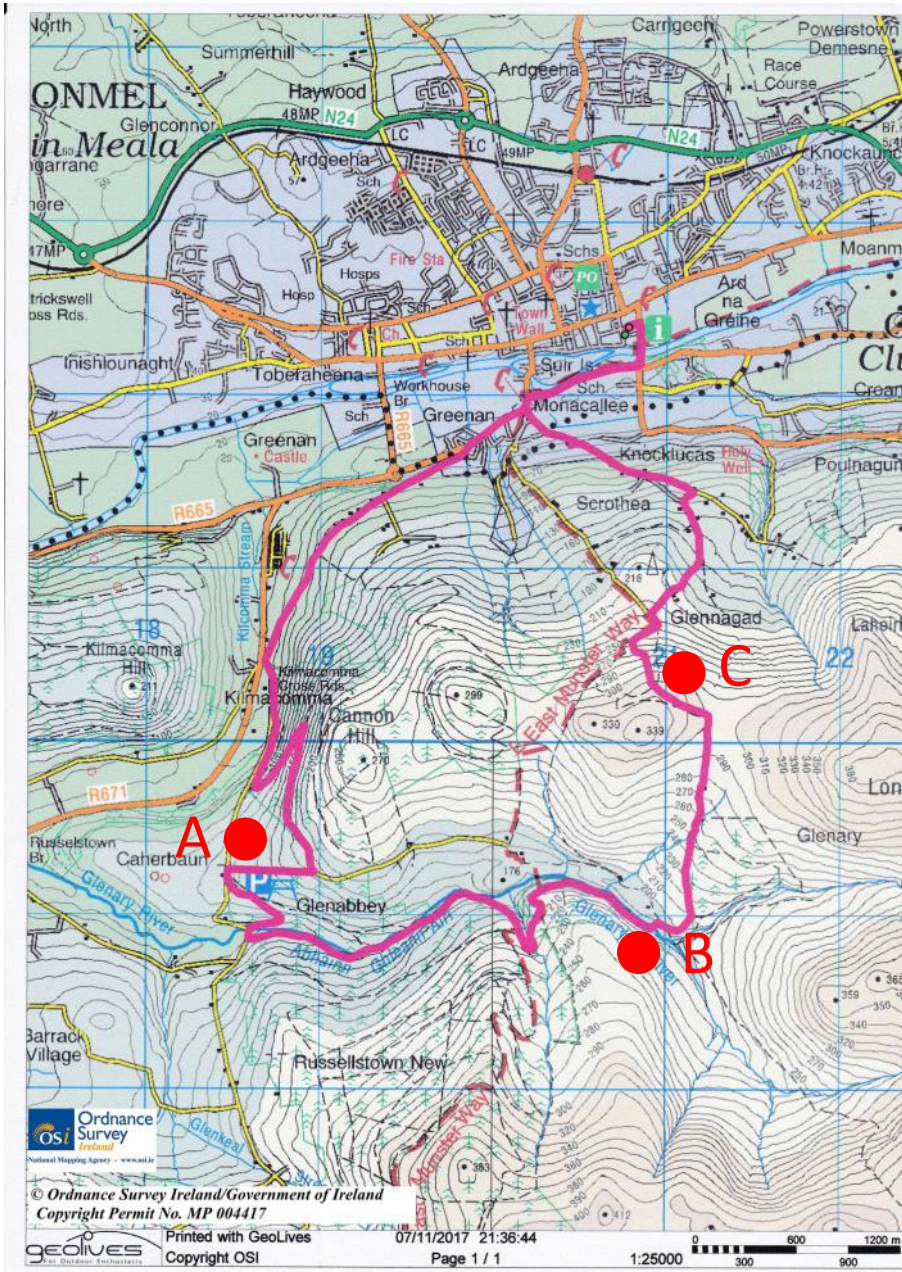
"Practice a Leave No Trace ethic: Make it hard for others to see or hear you and LEAVE NO TRACE of your visit."

THE ROUTE

As can be seen from the map below, the **Long Way Round 2019** will be taking place in and around Clonmel and the North Western Comeraghs. Careys Castle car park IS 186 193 (A). Concrete bridge in Glenary IS 209 189 (B) Holy year cross at IS 208 204 (C). Please ensure you bring adequate water with you.

You have the option of running or walking the route unguided or as part of a guided group, led by SEM-RA personnel. Once you have checked in for the event you should re-assemble with your friends in a group for a safety briefing. Event marshals will be positioned at various points along the route to ensure the safe movement of participants through the event. Please obey the instructions of marshals along the route at all times. There will also be route markers throughout the route to aid navigation as well as to highlight erosion sensitive areas. Regardless of markings we ask that you do as your guide asks in relation to route choice as they will decide what will work best for their particular group.

Please follow the marshal's instructions as this will be in the best interests of safety.



If for some reason you can't complete the route you must inform the group guide or a marshal and we will make arrangements to get you back to the Start /Finish point. ***Even if you do not complete the route, it is very important that you return to the start to let us know you are done.***

The walk is about enjoyment but it will be challenging for some of you so don't hide little ailments until they become big problems. Let any marshal know if there is an issue as they will be happy to help.

MAPS, ROUTE-MARKINGS, AND SAFETY

MAPS

The route is covered by OS maps No 74 and No 75.

THE EVENT IS CHIPPED FOR SAFETY

While the event is chipped for safety reasons please remember it is not a race.

WALKING SAFELY AT NIGHT

This is a night event. Safety is paramount and all participants should be aware of the need to be visible at night. Participants thus need to be extra vigilant at all times on the “The Long Way Round” for safety hazards.

Participants are advised that it is compulsory to wear a hi-viz reflective jacket to ensure visibility at all times. Participants are also encouraged to wear other reflective material where possible. The appropriate foot wear should also be worn. Participants should also take account of the prevailing weather conditions with regard to the completion of the route – appropriate apparel should be worn.

Participants should take heed, at all times, of the advice and instructions of the guides and marshals that will be manning the route on the night. Their safety instructions should be observed at all times by participants. There will also be key safety messages announced at the assembly area.

Take care when walking or running on the streets in Clonmel and on the smaller rural roads on the way to and from the mountain. Pay attention to pedestrians and to traffic.

EVENT MARSHALS

Event marshals will be positioned along the route to ensure the safe movement of participants through the event. Please obey the instructions of marshals at all times.

LOCAL CONSIDERATIONS

The route passes a number of houses on the route. Please be considerate of residents who wish to be undisturbed or may be sleeping when you are returning.

WEATHER

Check the forecast in advance. Remember to dress appropriately for a long evening on open mountain terrain, so be prepared regardless of the forecast.

MEDICAL AND EMERGENCIES

MEDICAL

SEMRA will be providing medical cover for this event. If you have an on-going medical condition, please make yourself known to a member of the Medical Team before the event commences. The medical centre will be located within the grounds of the CTI, and there will also be experienced medical personnel located at strategic points along the course.

By signing up to the 2019 “Long Way Round” walk and run, you have accepted the Terms and Conditions set out in the entry process and indicate that you’re medically fit to complete this challenge.

Advise us, in confidence, at registration of any medical issue that may affect you during the walk.

We will have first aid people along the route – please do not hesitate to speak to them if you have a problem. We advise that you bring along some blister prevention products and a spare pair of socks, just in case.

EMERGENCIES

Sometimes accidents happen no matter how well prepared you are. If there is an emergency on route, please call the event manager on **087 179 8481** and we will sort you out, we know what to do in an emergency.

RETURNING TO START

After you cross the finish line please follow the instructions of the marshals who will direct you through the finish system at the end.

Note that even if you do not complete the course, you must check in so that we know that you are back safely. Failure to let us know of your return may result in an un-necessary search!

Once you have checked in we hope you will enjoy some well-earned food and hospitality.

FEEDBACK

We want to hear your opinions about this event afterwards - when the dust has settled please send an email to longwayround@semra.ie or comment on our Facebook page.

ONLINE SPONSORHIP

Last year SEMRA introduced online sponsorship. To set up your online sponsorship page go to:

<https://www.justgiving.com/s-e-m-r-a>

This will bring you to the South Eastern Mountain Rescue page on the Just Giving website. Click on the “Fundraise for us” button. If you’ve used Just Giving before you can simply log in and select the Long Way Round Event, customize your page and you are ready to go!

If this is your first time using an online sponsorship website, don’t worry, it is very easy to set up.

When you click on the “Fund Raise for us” button, scroll down and click on “sign up”. Simply enter your email address and a password, your home address and you are almost there.

You can then go to the “Taking part in an Event” option and select the Long Way Round from there. All that’s left is for you to customize your page with your own picture, story or whatever you like.

Don’t forget to share your sponsorship page on Facebook / email to let everyone know that you are raising money for SEMRA.

When you wish to transfer the money you have raised to SEMRA, simply close your fund raising page and the funds are automatically transferred to SEMRA for you.