

LONG WAY ROUND 2023

Mountain Rescue – FUND RAISER



PARTICIPANT INFORMATION BOOKLET

Walk or Run

25th November 2023

Over 18 Only - No Dogs Allowed.



Charity No.: CHY 17543

WELCOME MESSAGE

Welcome to the 8th Long Way Round, a night walk / run fund raiser. We look forward to welcoming back familiar faces and meeting new ones.

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 which you, the participant, will walk or run on 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 a half to run and three to four hours if walking.

The previous Long Way Round events were well received with very positive feedback from those who took part and participant numbers have been increasing every year, with many participants returning year after year. We have received tremendous support for this event in the past and I would particularly like to thank, in advance, all of you who will participate on the night, thereby helping us to maintain the mountain rescue service. A special thanks to Ordnance Survey Ireland for the map permit used in conjunction with the event.

Enjoy and Good Luck!

Pat Murphy, Team Leader

South Eastern Mountain Rescue Association

MONEY MATTERS

These are some of the ways you can help SEMRA by taking part in the Long Way Round.

1. By participating and paying the registration fee.
2. Spread the word, share our Social Media posts, tag friends and get them to come along and take part in the event.
3. You can set up a sponsorship page on:
www.justgiving.com/s-e-m-r-a
4. We are also a recognised charity on Facebook and you can set up a fundraiser on your own page.
5. Support our SEMRA shop or raffle on the night.
6. Calendars will be available to purchase online from our website also.

The funds you raise will be used to support the continuation of the 24/7/365 100% voluntary mountain rescue service in the South East.

Donations can be made at anytime on www.semra.ie

***Because you support Long Way Round,
We can support you All Year Round.***

CHECK IN – IMPORTANT TIMES

16:30	Check-in Opens
18:00	Runners Depart
18:05	Staggered departure of walkers
18:30	Check in closes
19:00	Last group of walkers leave

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 you 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 cannot be run on the 25th of November it will be re-scheduled to Saturday 20th January 2024

VENUE AND PARKING

Gaelcholáiste Chéitinn Clonmel E91 K2E2



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 the event. Clothing should be adequate for the conditions and remember if you run into any unforeseen circumstances, it can get cold!

Suggested equipment list for participants

- **High Vis Vest – Mandatory**
- **Head torch / torch with spare batteries – Mandatory**
- Clothing should be adequate for the conditions – warm and waterproof. Do pack some raingear (it is Ireland).
- Suitable footwear for an open mountain environment.
- Whistle
- Bivvy bag
- Hat & Gloves
- Basic first aid kit including plasters/compeed
- Food and water sufficient for the duration of the event
- Map(s) covering the route and a compass – OSI sheet no's 74 & 75. Map app on your phone (with battery backup)
- Mobile phone (and battery backup) fully charged and working
- A rucksack to carry it all.

MAPS & 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 a night event and there is a possibility you may miss a turn or take the wrong path.

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.

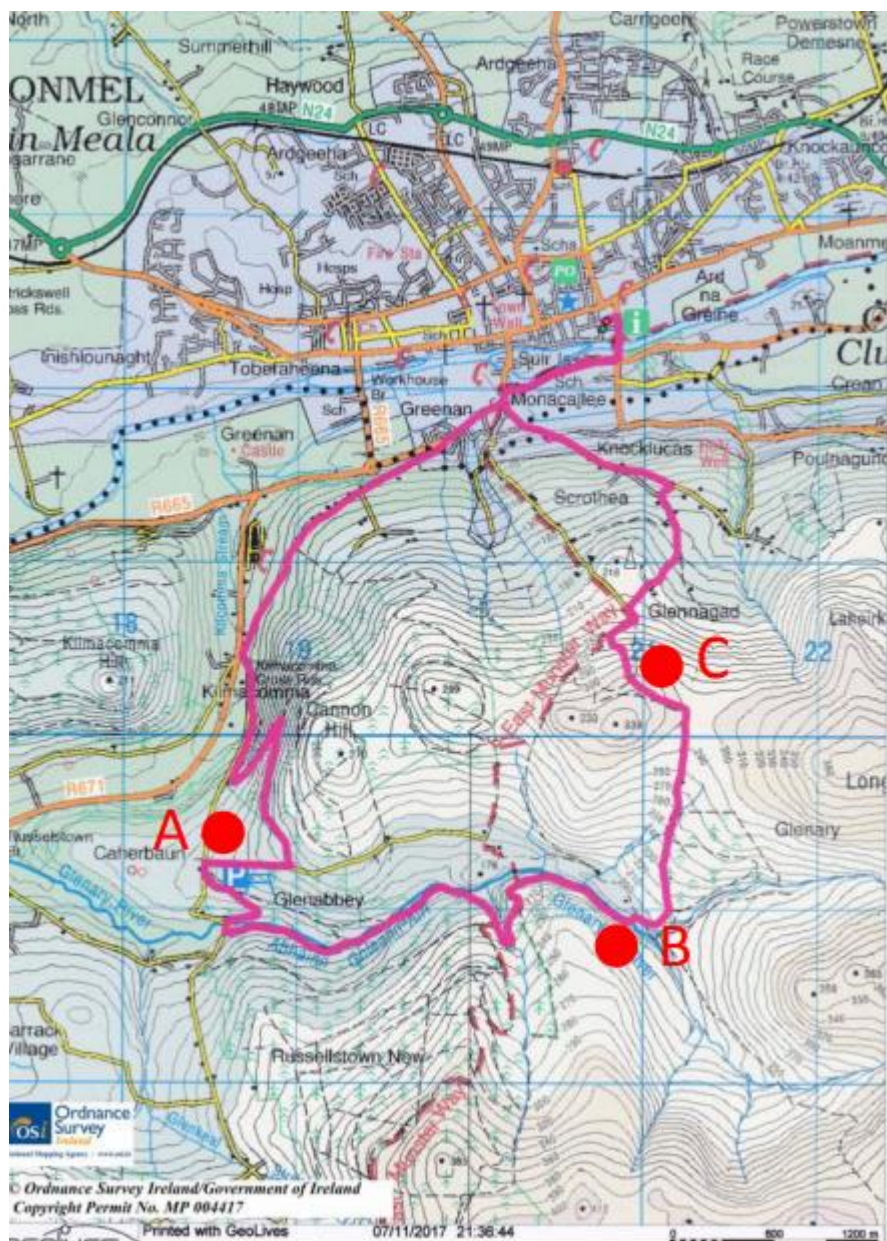
LITTER

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 (this includes fruit cores/peels). There will be rubbish bins provided at the start/finish area. We follow the principles 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 2023** will be taking place in and around Clonmel and the North Western Comeraghs. We will be at Careys Castle car park for a mini stop of sweets and reassurance IS 186 193 (A). Our first proper rest/water stop is just before the concrete bridge in Glenary IS 209 189(B) and then after that a final water stop at the 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 SEMRA 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 marshals' instructions as this will be in the best interest of safety.

If for some reason you can't complete the route you must inform the group guide or 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.**

www.semra.ie Providing a search and rescue service in the mountains of the South East 24 hours a day, 365 days a year

The walk is about enjoyment, but it will be challenging for some, 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 & 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 need to be extra vigilant at all times on the Long Way Round for safety hazards.

Participants are advised 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 footwear 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 follow the instructions and advice 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 in 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 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 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 Gaelcholáiste Chéitinn and there will also be experienced medical personnel located at strategic points along the course.

By signing up to the 2023 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 issues 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 would 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 come to your assistance.

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. You must check-in here.

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 will result in an unnecessary search!

FEEDBACK

We want to hear your opinions about this event afterwards – please send an email to lwr@semra.ie or comment on our Facebook page.