

WELCOME

TO



IMPORTANT: PLEASE READ



1. PARKING

- Pre-Paid Car Parking (SOLD OUT) = Onsite in Killruddery – follow marshal instructions
 - o Show your QR Code email to marshal at Entrance – either printed out or on phone
- Pay on Day Parking @ €10 per car
- Bus Parking: Mini Buses & Coaches = On-Site in Killruddery

2. CHECK LIST

- QR Code / Confirmation Email
- Towel & Change of Clothes
- Ankle strapping (if required)
- Cash for food/drink/H&B Shop

3. FOOTWEAR & CLOTHING:

- Securely tied trail runners (triple knot!)
- Base layer + compression leggings

DUCT TAPE & CABLE TIES NOT ALLOWED

4. WRISTBANDS / START TIMES

You must collect & sign for your Wristband at least 30 MINUTES before your allocated Start Time. You must be wearing your numbered Wristband to be allowed into the Starting Area. See Collection & Start Times ---->

5. WAIVER

For insurance reasons, all participants must sign in before they enter the site. Please bring your QR Code / Confirmation Email with you.

6. UNDER 18s

All 16 & 17 Year Old Participants must have a completed Parental/ Guardian Consent Form & Valid ID with them to be able to take part.

7. FIRST AID STATION: Located in Lambing Shed. Order of Malta staff & ambulances also on course. If you need assistance, speak with a Marshal immediately. If you notice any cuts when you finish, get it cleaned ASAP.

8. 2FM ROADCASTER: Broadcasting live from Killruddery from 13:00 to 16:00.

9. CUT OFF TIMES: The course will shut at 18:00 sharp. If you haven't made it to certain points by fixed times, you'll be redirected. Anyone not finished by 18:00 will be removed from the course. The site will close at 18:30 so please make sure you bring all belongings with you. Last DART Bus (Sat only) leaves at 18:35.

SATURDAY		
WAVE	REGISTER	START
W1 Silver 12KM	08:00-08:30	09:00
W2 Black 12KM	08:10-08:50	09:20
W3 Orange 12KM	08:20-09:10	09:40
W4 Purple 12KM	08:30-09:30	10:00
W5 Gold 12KM	09:00-10:00	10:30
W6 Pink 12KM	09:20-10:20	10:50
W7 Green 12KM	09:40-10:40	11:10
W8 Sky Blue 12KM	10:00-11:00	11:30
W9 Red 7KM	11:30-12:30	13:00
W10 Grey 7KM	11:50-12:50	13:20
W11 Yellow 7KM	12:10-13:10	13:40
W12 Navy 7KM	12:30-13:30	14:10
W13 White 7KM	13:00-14:00	14:30
W14 Royal Blue 7KM	13:20-14:20	14:50
SUNDAY		
WAVE	REGISTER	START
W14 White Star 7KM	13:30-14:30	15:00
W15 Blue Star 7KM	13:50-14:50	15:20

10. **WHAT TO WEAR:** Trail runners, fingerless gloves, long sleeve base layer & compression leggings are the recommended clothing options.
11. **WALK AROUND OBSTACLE:** If there are any obstacles you are uncomfortable with, simple walk around them, especially the water obstacles if you are a non-swimmer.
12. **SPECTATORS:** Free entry to site. Parking = €10 per car. First come, first served basis. Check out the Spectator Map for details of obstacles within walking distance.
13. **SECURE VALUABLES DROP:** Located in Lambing Shed. For wallet, phone, car keys etc. You will receive a wristband, which you must present to collect your valuables.
14. **CHANGING AREAS & UNATTENDED BAG DROP:** Rustic Male / Female changing in Lambing Shed. Limited space to leave your kit bag – we recommend you leave your bags in your car where possible. Pack a towel, dry clothes and a plastic bin bag for your mucky clothes after the event! Use Liberty bins to recycle unwanted clothing & footwear.
15. **HANG TOUGH:** Be in with a chance of winning €500 by hanging tough at the Start Line!
16. **WATER STATIONS:** There is a Tipp Water Station at approx. 4KM & another at 6.5KM (for 12K only), as well as one at Finish Line. Make sure you take time to re-hydrate.
17. **I MADE IT THRU' PHOTO:** As you cross the Finish Line, make sure you pose for your Official Photo, which you can view afterwards on our Facebook page.
18. **OCR:** The first male & female finishers will be invited to the World / Euro OCR Champs.
19. **2FM/LONDIS A LITTLE PIECE OF HEAVEN:** We've put you through hell...so you now deserve lots of treats at the Finish Line, including chocolate, crisps and sweets!
20. **LONDIS HELL'S HEROES:** We want to reward the Hell's Heroes who go out of their way to help fellow HellRaisers. Our Marshals will be handing out winner wristbands to the most deserving people on the course – make sure you claim your prize, courtesy of Londis, at the Hell's Heroes desk in Little Piece of Heaven when you finish!
21. **UNISEX WASH DOWN ZONE:** Hot showers to wash off muck. Located in Lambing Shed
NB: As Killruddery Estate is a working farm, no shampoos/shower gels etc are allowed in the Wash Down Zone as the suds will poison the animals.
22. **CLEAN GREEN EVENT:** We're delighted to partner with Repak ELT & commit to running a green event. Please use bins provided – do not bring anything that you cannot bring home. Killruddery's a working farm so please respect the animals and their surroundings.
23. **H&B SHOP:** Exclusive merchandise as you enter site. Credit card facilities now available.
24. **HELL'S KITCHEN:** Bring €€€ for delicious grub in Event Village. Choose from burger, hot dogs, chicken, thai or donuts....you'll have one hell of an appetite!
25. **BREYERS:** Try a delicious Breyers Ice Cream at their sampling tent after you finish!
26. **FINISHER'S T-SHIRT:** You'll be presented with your exclusive HELL & BACK Finisher's T-shirt as you exit the Site. You **MUST** be wearing a Coloured Wristband to collect a T-shirt – therefore make sure your Wristband is securely fastened before you start!

