

Congrats to all the participants for creating another record, we had 154 finishers for this series, just 3 short of the overall best achieved in race 3 in the Pre Christmas series. Tonight we had 41 new participants that didn't take part in the Pre Christmas series, welcome aboard and I hope you enjoyed the event. It was an ideal night for running and despite the strong breeze on the lower road, times were impressive, a lot of people minded themselves over the Christmas.

The race format tonight was Lucky Dip with a Draw taking place before the race on finishing positions, these prizes will be presented at next week's race.

The format for race 2 is "Match the Pre Selected Time". For this race Pre Selected times will be randomly selected and the winners will be those athletes who match or are the nearest to these times. In this event you are allowed to wear your watch, this will give people another chance to pace themselves for the distance.

Tonight's staggered start work a treat and thanks again for your co operation. We will implement this system for all the races in this series. As regards your times, for those athletes that ran in group One I added 30 seconds to their finishing time and for Group Two I added 15 seconds to your finishing time as the Clock started with Group 3 and Group One started 30 seconds ahead of group 3 while group 2 started 15 seconds ahead of Group 3. So keep that in mind for the remaining races in the series where you are allowed to wear the watch.

Well done again to all the Stewards on duty, such help is greatly appreciated and again we would ask people to come forward and volunteer to do some stewarding and if they are can they let me know well in advance so that we can make sure we have enough stewards for each race. You can send me a email to nialfosullivan1@eircom.net or a text to 086 1660888.

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