

## Information

**The Course is located in Tuam town centre, directly behind Presentation College girls secondary and the Aura /Kingfisher Leisure Centre, and is known as the Palace Grounds.**

**Registration and number pick up:** Presentation College School adjacent to grounds. Gym at rear of building, past basketball courts.

**Results:** Will be in Gym after events along with presentations

**NO SPIKES** allowed in school

**Toilets:** at Gym area and in front block of school (10+10 approx) Girls at rear, Boys at front.

**Adults:** Toilets at Gym and in Portaloos. Showers in Gym. Please respect the premises and remove spikes or you will be denied entry.

**Spectators:** A path rings the course and it is suggested this will be a good vantage point as will a central path along start and finish areas. Infield of course can be accessed as stewards allow.

**Food and drinks:** Last Lap Cafe mobile unit will be at Tennis Courts area in park. O Tooles Supervalu has sit down restaurant till mid afternoon and a full supermarket. Subway and Supermacs also in Town centre area.

**Medical:** Two Order of Malta units will be on duty

**Note:** that it is a public park and playground will be open to public and locals will use park for walks so please do not impede them, please dispose of any rubbish in bins and waste bags provided or take with you.

### **Accommodation**

#### **Hotels in Tuam**

- Ard Ri Hotel, N17, Tuam <http://www.ardrihousehotel.ie/>
- Corralea Court, Tuam town centre <http://www.booking.com/hotel/ie/the-corralea-court.html?aid=364142>

### **Food and Restaurants**

O'Tooles Supervalu restaurant.

La Vissuta Italian Restaurant Tuam (Open's 5pm on Sunday's)

Supermacs Tuam

Subway Tuam

Mario's Takeaway Tuam (Open's 3pm on Sunday's)

Corralea Court Hotel

Ard Ri Hotel

Apache Pizza



**GloHealth**  
**CROSS COUNTRY**  
**CHAMPIONSHIPS**

INTERMEDIATE, MASTERS  
& JUVENILE 'B

Three Gorges Chinese restaurant  
Pedro's Cafe

### Maps and Access

Map of Tuam here <http://www.townmaps.ie/tuam.html>. The course is at the very North of the map, noted as Palace grounds/Public Park.

### Driving Directions

See this link <http://www.craughwellac.com/site/index.php/home-mainmenu-70/directions/to-palace-grounds-tuam> for directions on approach roads to Tuam

Coordinates: 53° 31' 4.75644" N 8° 51' 20.259" W  
GPS - 543645,752188

### From the North

Derry/Donegal /Sligo -Use N17 – Direct route to Tuam, left hand turn at Glynns Hardware as you approach Tuam Shopping Centre ( take R332 ) and proceed straight through junction, grounds 100m on left

### Driving from the South

From Galway - N17 to Tuam , Pass through lights at major shopping centre on right , and take the next right, proceed straight through junction, grounds 100m on left

Cork , Limerick, Clare- Use M18 from Limerick – Galway, Exit at Maldron Roundabout for Claregalway N18, and Right turn at junction in Claregalway village to access N17 , follow route above once in Tuam

Google map - <https://www.google.ie/maps/dir/Limerick/Tuam,+Co.+Galway/@53.0809425,-9.3949007,9z/am=t/data=!3m1!4b1!4m13!4m12!1m5!1m1!1s0x485b5c611f545113:0xa00c7a997317330!2m2!1d-8.6304975!2d52.6680204!1m5!1m1!1s0x485bf6b50b10ed1b:0xa00c7a997322720!2m2!1d-8.8556275!2d53.5179879?hl=en>

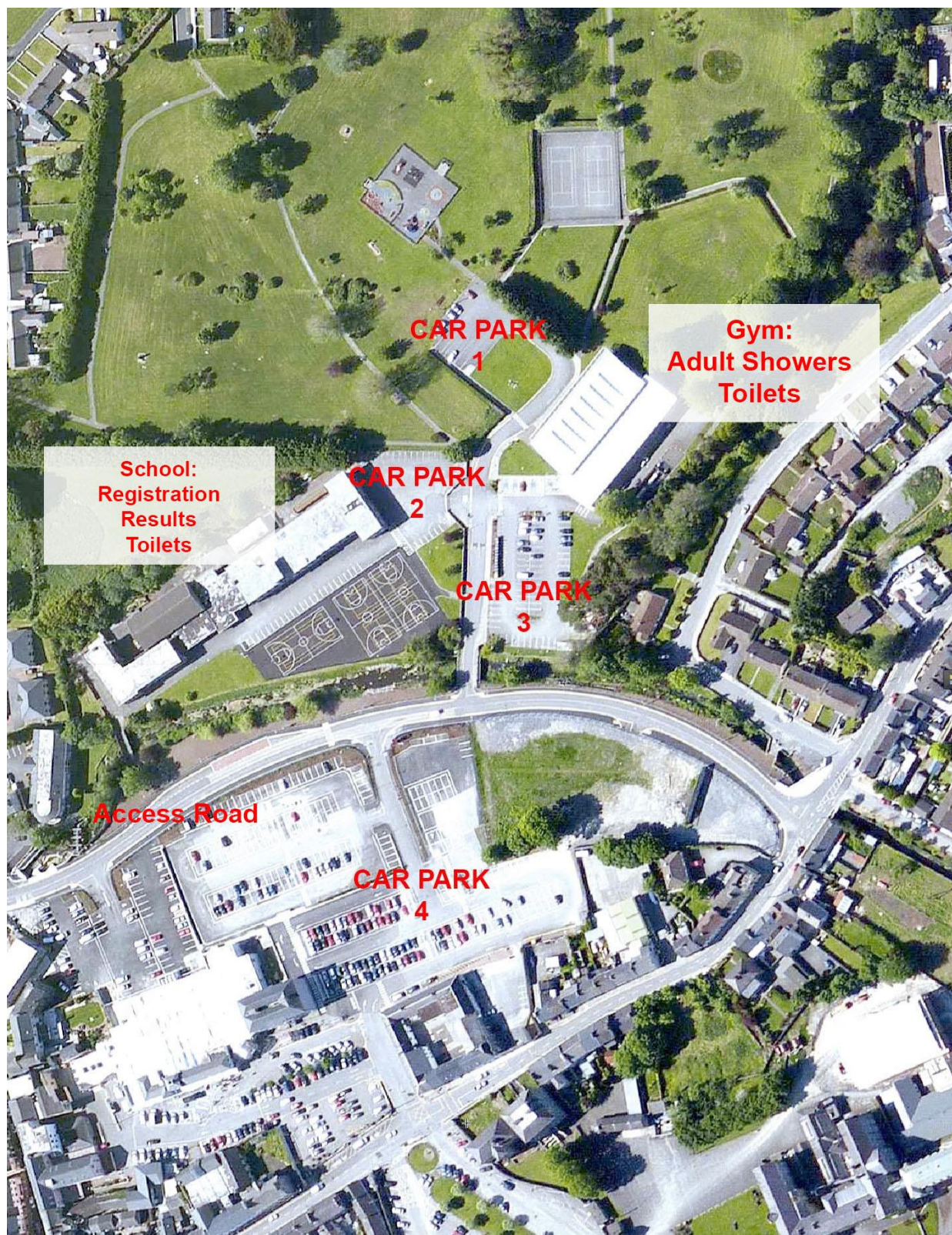
### Driving from Dublin/East.

**Use N4 and M6 to Galway.** At junction 19, take the N18 exit to Limerick/Sligo/Airport. Follow N18 to N17 and exit at Tuam as above

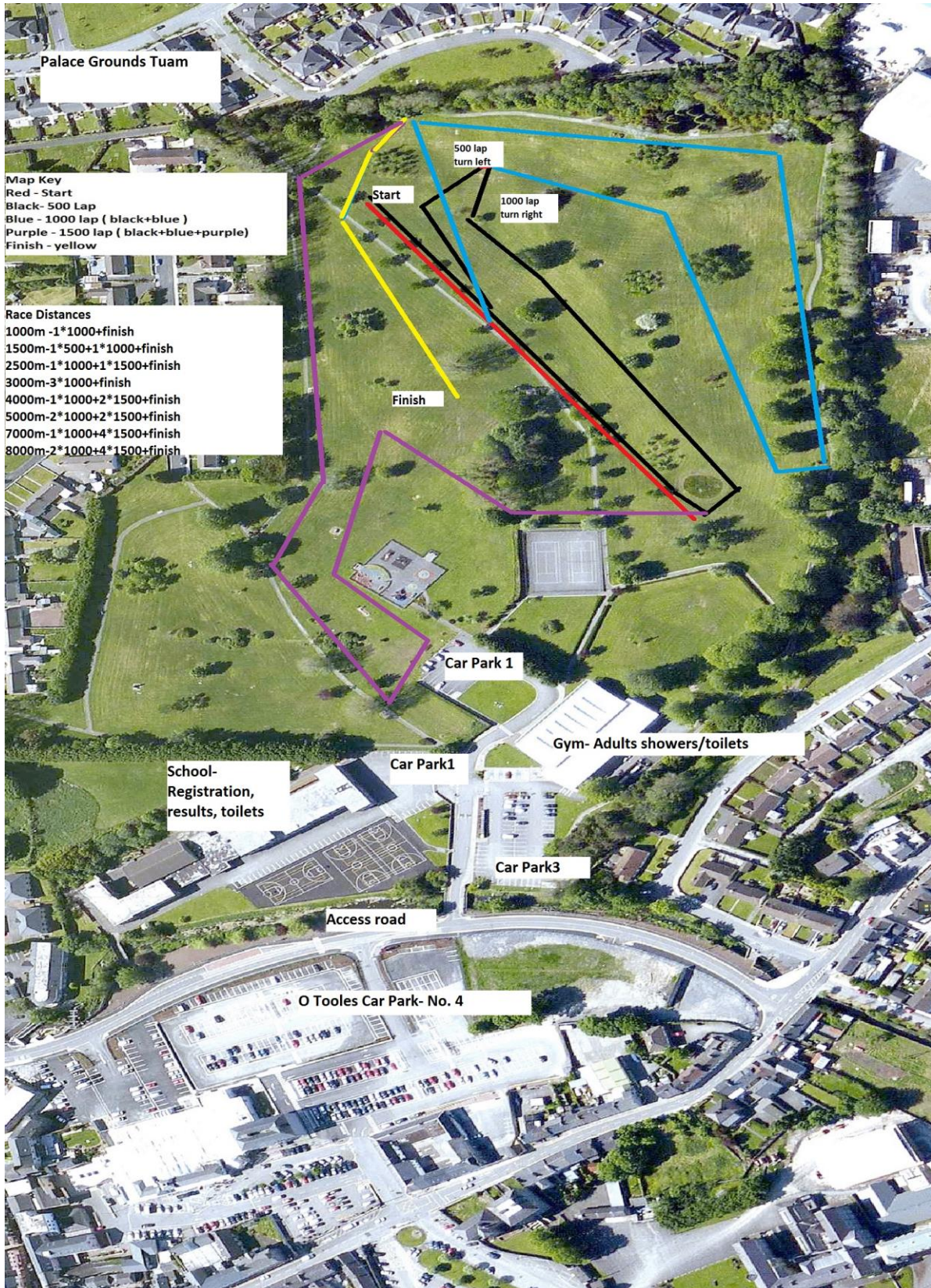
Google map-

<https://www.google.ie/maps/dir/Dublin/Claregalway,+Co.+Galway/Kingfisher+Club,+Parkview+Drive,+Tuam,+Galway/@53.3908163,-8.2067131,9z/data=!3m1!4b1!4m20!4m19!1m5!1m1!1s0x48670e80ea27ac2f:0xa00c7a9973171a0!2m2!1d-6.2603097!2d53.3498053!1m5!1m1!1s0x485b92418e6b8cf9:0xa00c7a997317ad0!2m2!1d-8.9456735!2d53.3409031!1m5!1m1!1s0x485bf6ca7628c127:0x9ab21d586de763f0!2m2!1d-8.848632!2d53.518102!3e0?hl=en>

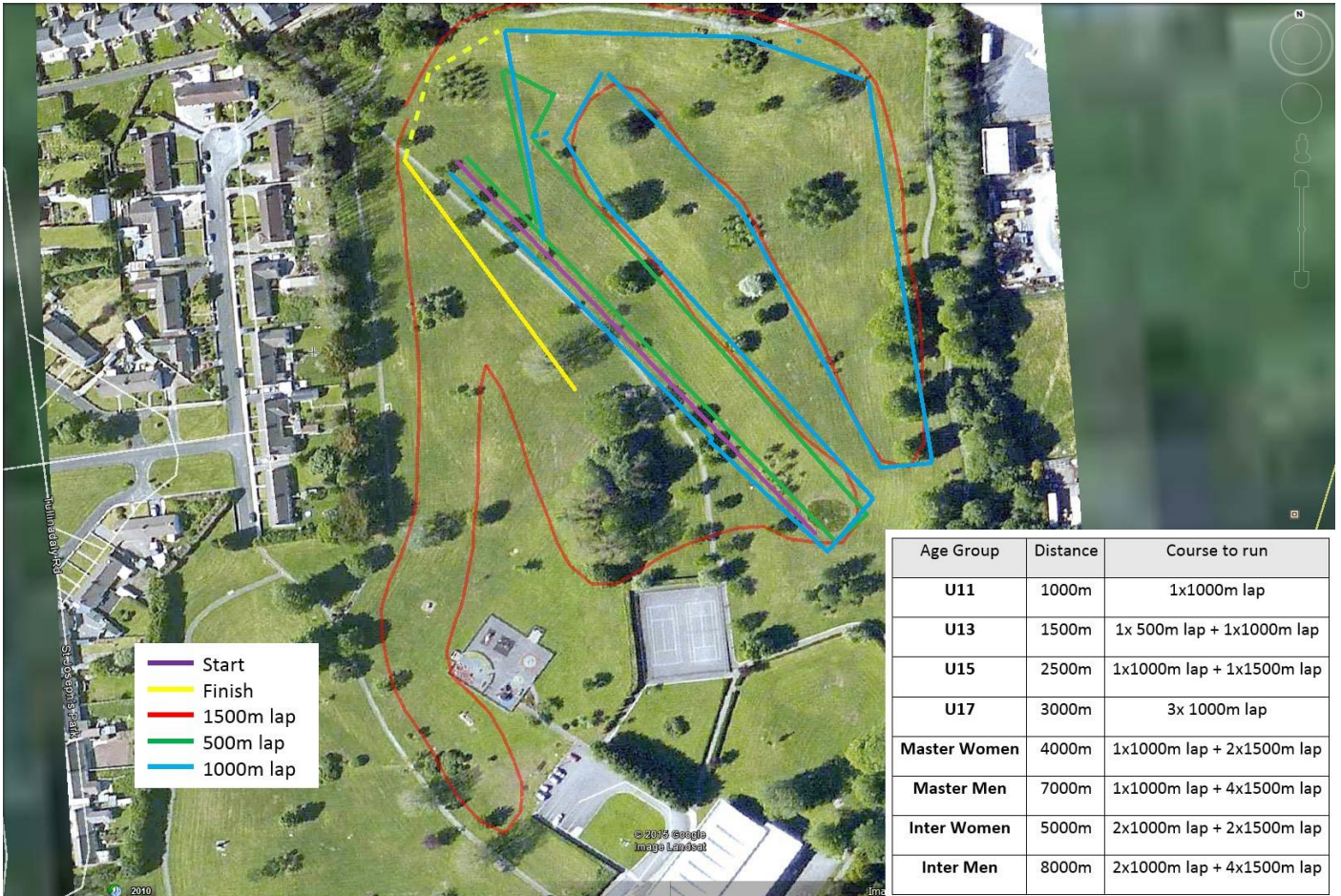












PALACE GROUNDS, TUAM  
SUNDAY 8<sup>TH</sup> FEBRUARY 2015

ATHLETICSIRELAND.IE

  #GloCrossCountry