**RACE PARKING IS NO LONGER IN EAST POINT BUSINESS PARK. PLEASE READ THE PARKING SECTION VERY CAREFULLY AND BRING THE MAP**

Note: Arriving to race from Sutton: Part of the Coast road between St Anne’s Park and the Wooden Bridge might be closed for roadworks. See www.clontarf.ie to stay up to date.

Few quick things:

1) One BIG change about PARKING and some NO PARKING areas

   NEW: RACE PARKING IS LOCATED AT THE FIRE BRIGADE TRAINING CENTER ON THE MALAHIDE ROAD. (Do not go to EAST POINT Business park). Map of the new race car park is further down.

   Gardai have requested that no cars park along the Alfie Byrne Road (the road beside the OLD Start line). There will be Garda ‘no parking’ traffic cones to remind you.

   The Promenade car park beside the Start/ Finish area will also be closed as this is now part of our Start/finish area.

   The car park for the Astro Pitches (beside the DART station car park) is not to be used. There are games on that morning (it is the old traffic school for those in-the-know). They need these parking spaces for visiting teams.

   PLEASE respect all these parking directives. Use the race car park. Plan your journey in advance or cycle/ take the DART.

2) The 5 mile starts at 10.20am

3) Start / Finish area is now opposite the Yacht Pub, Clontarf Road. Due to the change in the start finish area the Half marathon turn point will be further up the promenade towards Sutton. Course has been re-measured.

   The 5 mile will start at the same location as the Half marathon. Please move back to the portaloos/5 mile MUSTER POINT sign when the Half marathon begins at 10am to give them a clean start.

   The five miler’s course is all on hard surface.

Please familiarise yourself with the Final Race day information for YOUR enjoyment of the event. Print this off, read it and bring it with you........

Not long to go before the Clontarf Half Marathon & 5 mile, Jnr on Saturday 19th November. Yeah!

Looks like it will be a full house with 3,000 runners. All the more reason to print off, read and bring this info with you on race day for your enjoyment of the Event.

We really hope you do your best time and P.B the course. Good luck!
**Online entries close at midnight on Monday 14th or before if sold out**  **If we still have entries we will take entries at the number pick-ups on Tue/Wed/Thur (subject to availability)**

**No entries will be taken on the day (Saturday 19th).** We’d kindly ask you not to phone or email looking for an entry after the race has filled. We are not allowed to go beyond 3,000 entries so there is nothing that can be done. Please respect this. Thank you.

**Number Pick up 4 x options 3 x Venues (note changed times & none on Friday)**

**Tuesday 15th Number Pick up is from 4.45pm – 6.45pm for both Half Marathon and 5 Mile (please do not come later than 6.45pm as there is a dance class directly after us in the hall)**

*Location CLONTARF* - St Anthony’s Community HALL (the old church), Clontarf. Highly recommend that all people in the area collect race packs here to save Q-ing for you and others on race morning.

DIRECTIONS [http://stanthonysclontarf.ie/location/](http://stanthonysclontarf.ie/location/)

Anyone coming to Clontarf Number pick up is asked to pick up their number(s) 1st and then cross check their received number(s) on the number boards before they leave the Hall. This speeds things up rather than doing it off a computer. This is a cross check to ensure you have: 1) called out the correct number at the pickup table 2) been given the correct number at the table. It is in your interest to cross check this. Thanks

**Wednesday 16th Number pick up is from 9.30am – 9.00pm for both Half Marathon and 5 Mile**

Location Runworx/ Wheelworx, Unit 48B, Fonthill Retail Park, Lucan, Co. Dublin.  
DIRECTIONS [http://www.wheelworx.ie/opening-hours](http://www.wheelworx.ie/opening-hours)  
(map at end of sheet if unclear)

**Thursday 17th Number pick up is from 9.30am – 9.00pm for both Half Marathon and 5 Mile**

Location Runworx/ Wheelworx, Unit 48B, Fonthill Retail Park, Lucan, Co. Dublin.  
DIRECTIONS [http://www.wheelworx.ie/opening-hours](http://www.wheelworx.ie/opening-hours)  
(map at end of sheet if unclear)

Strongly suggest that you avail of the Tuesday, Wednesday, Thursday number pick up options. Gives you a sleep in and less time spent on your feet Q-ing on Saturday.

And it might be cold on Saturday 19th....!!?

Yes – someone else can collect your pack for you. Or bundles of packs.

*Ensure you have the correct numbers in advance & they are aware you are collecting for them*

**Saturday 19th Number pick up is from 8.00am to 9.30am sharp for Half Marathon and 5 mile at Start/finish line. Please don’t all appear at 9.15am. We will close at 9.30am sharp.**

On Saturday the number slots (1 – 500, 501 – 1,000 etc.) will be visible on the roof of the blue Gazebo. Please Q in the correct corral so we can process you quicker.

**Reminder – no entries taken on the day**

**Number pick up General Info** Please note you don’t need to bring your confirmation slips. If you have already entered - we have you logged in.
Race numbers will be visible on a Notice board at number pick up. And on a spread sheet on our website located here [http://rundublin.com/race/clontarf/#introduction](http://rundublin.com/race/clontarf/#introduction) from Tuesday 15th at noon (save it to your phone in advance) please find your number first and then come to registration table to receive number. Applies for all days. We will also notify you on Facebook page.

At Registration you will receive the following:

Race Kit - Including: Number & (pins),
A Timing Chip

Timing chip is attached to your race number (FYI - it is very small, white and hard to see). They are disposable. Pls ensure they are visible on the front of your outer top and clear of all other garments (including bin bags… read on for that point) when you pass the starting line and finish line.

Race Timings and Locations

9.20am Start time for Half Marathon Walkers*. Location start/finish line

10.00am Start time for Half Marathon Runners/ Joggers. Location start/ finish line (3x Waves)

10.20am Start time 5 mile. Location start/ finish line

*Half marathon walkers who decide to run/jog may not get a 10km split time as the timing mat may not be in position. Please start at 10am if you are running/jogging. We will stay until you finish.

At the Finish area

Reminder – Choice of medal at finish. It would be helpful (esp. for the people behind you…) if you could decide what medal you would like quickly please. The Classic or the Spinner. Take one… This image might help you decide now 😊
Everyone gets a cup of soup (rather than a bun – for the time of year) water and Banana’s will be at the finish as well as a Kinetica Bar & Music/ dj. (Can we appeal to people not to take bunches of Banana’s, 6 packs of water). It isn’t intended to be your lunch! It is intended to help you recover. Please be mindful of the others coming in behind you are just as thirsty/ hungry). If there are surplus soups and banana’s we will give them out at the end – stick around. Your courtesy is much appreciated.

The soup will be located down near the Toilets at the end of the race.

Note: We have been instructed that people must vacate the finish pen ASAP. Some have used it as a spectator area or a place to wait on a friend. We have been instructed to move people out for Health & Safety reasons so please get your recovery stuff and medal and exit. Once you leave you may not re-enter. Thank you.
(as you can imagine - here isn’t space for 3,000 ppl to stand chatting in the PEN. The Bag drop has been relocated so there is no need to return to the PEN.

Toilets located at start/ finish area. A toilet at km 7.5 for Half marathon

GENTLEMEN – WE WILL HAVE 8 X Urinals beside the portalooos. Please use this for ‘that quick visit’. It frees’ up the loo’s for the ladies and reduces Q’s….. Use the loos early to avoid Q’s.

RACE Parking for participants

The Alfie Byrne road is a no parking area same as EAST POINT BUSINESS PARK

Our new race parking location is Dublin Fire Brigade Training Centre, Malahide road.
Allow extra time to park and walk to the start. 15 – 20 min walk (maybe use it as a warm up)

To get to the start walk down to Fairview and take a left at the end of road. Go under the rail bridge and then continue walking straight (towards Sutton). We are beside the Yacht Pub on Clontarf road.

See map below
We highly recommend car – pooling or public transport to make this a greener race.

Other local car parks in area

*Please don’t obstruct an entrance to a house or property – you could be towed away.*

**Highly recommend you take the Bus or DART** or Car Pool

Registration closes at 9.30am sharp!

**NEW Bicycle Park area** – We will have a bike parking area near the bag drop area. Bikes are left at owners risk and the race does not accept any responsibility for them. Park the bikes like a triathlon race putting the saddle over the long bar. There will be a visual on the sign to show you how...

Please do not park bikes on the barriers surrounding the finish area. We may need to move these in the event of an emergency. *That won’t be possible if bikes are attached to them* Bring a lock.
Dry Bag Drop

**Is limited and not covered.** Will be near the start finish line (beside the trees) and opens at 9.00am. Considering your transport is nearby and if you have valuables - I’d recommend putting them in your car as we can’t accept responsibility for any lost or stolen items.

**Here is a suggestion** but it needs co-operation…. Wear a bin bag. Make 3 x holes just big enough for your head and arms. Choose a good quality bin bag!! The thicker the better – a fertiliser bag is ideal. Joking!! This is the important part…. Before your race begins tie it onto the crowd barriers so we can tidy them up. If you drop it on the ground it is your litter and it may blow into the sea before anyone can get it. I don’t think anyone will object to this ‘litter free’ request. ALSO the bag must not be covering your race number / timing chip or it won’t be recorded when you cross the start line.

**The Course Half Marathon**

The course is an out and back course. Pls obey the stewards and Gardai at all times they are there for your safety. Marshals come from Raheny Shamrocks AC and will receive a donation for their help. The Head Marshal briefs the marshalling team.

There will be a race briefing b4 each race. I suggest you tune into this in case there are any last minute changes. Pop out the ear phones

**Pacers x 5 times** will have balloons for times: 1hr 30min, 1hr 40mins, 1hr 45, 1hr 50 & 2hrs. Join them if you wish – go to the banner with the pacer time on them and follow the balloons with the time written on it.

There will be a timing mat at the start so your individual time starts when you cross the mat. No need to rush. Make sure you cross over the Mat. The mat is located at the shelter.

**Half Marathon - Wave Starts**

Due to the high volume of numbers we are going to have 3 x starts with a gap of 1 -2 minutes.

- First start is for anyone intending to go under 1hr 40min (the 1hr 30min Pacers will be in this).
- Second start is for anyone planning 1.40 to 1.50 (the 1hr 40 and 1.45 Pacers will be in this)
- Third start is for 1.50 or longer (the 1.50 pacers and 2hour pacers will be in this)

NEW – To help you locate the Pacers and stand at your correct predicted finish slot we will have banners with the predicted finish times on them. Please stand near the banner that represents your predicted time so we have a smooth start for everyone. Thanks
Half marathon Water stations & Rubbish

Water stations are located at km 7, km 10.5 and km 13.5.

Water will be in bottles. **This is important** and you cooperation is appreciated. Over 9,000 will be used in the event which is a lot to pick up. There is a way we can manage this effortlessly with your co-operation

1) Option 1 put in mini skip bins provided.
2) Option 2 drop them at the KM or Mile signs (you will see a sign saying: Blt Drop)

We understand that you may not want to carry extra weight if bottle is half drunk so please squirt out the water and the bottle weighs nothing and drop at the next KM sign. It is much appreciated by the Raheny Shamrocks marshal gang who are picking them up.

Reminder this is a Nature reserve and littering is very much frowned upon no matter what activity you are doing. Drink it – Squirt it – Deliver it please. And bring it with you please until you reach the next bin/ KM sign.

There will be toilets at (km 7 & 13.5 for half marathon) and toilets at start/finish area.

The course will be accurately measured in Km’s. Km signs are in yellow. Follow them along the beach for the racing line and the hardest sand.

10km timing Mat

There will be a timing mat at the 10km mark on the half marathon route. This gives you an option to snatch a fast 10km in case the wind is up. Generally it is behind your back on the outward leg. It gives you a second option on the day. The weather could be spot on??! Maybe 2 x PB’s.....

The Course 5 Mile **Starts at 10.20am**

The course is an out and back course. Pls obey the stewards and Gardai at all times they are there for your safety. Marshals come from Raheny Shamrocks AC and will receive a donation for their help. The Head Marshal briefs the marshalling team. Thanks to them

5 mile will start at the same Start / Finish area as the Half.

5 mile signs are in blue. There is no water station on the course for the 5 mile.
Lead Bike(s) for 5 mile both directions **Important Please read** your courtesy is appreciated on this one. Please be vigilant of the lead bike returning with the 5 mile leaders. It can happen that the race spreads out especially along the start of the wooden bridge. Pls move to one side upon seeing the bike and runner returning. This allows ALL the lead people to pass through safely.

**Second occasion:** the latter part of the 5 mile race returning may be passed by the lead runners of the Half Marathon. Please look out for lead bike passing you. And then move into the left (closer to the sea). There will be signs to remind. These a subtle little things that help everyone 😊

Watch out for signs (like above) and take action based on the direction the arrow will be pointing on the day. Thanks

**Prizes**

Prizes will be posted out to the winners. 1- 3 male female. 1st Vet & Master M&F

**Sponsors**

Premium Sponsors – Joe Duffy BMW

Main Sponsors November – Wheelworx/ Runworx, Beshoff Bros fish and chips, Fit Magazine-

- Clontarf Half Marathon & 5 mile are a Proud member of Clontarf Business Association -

This information should cover all/ most stuff. Please consult website if you have a further question as not all emails can be replied to. Suggest you print it off and have it on race day.

Look forward to welcoming you all to Clontarf. The Clontarf Team
Map to Runworx/ Wheelworx  Wednesday/Thursday number pick up

A – marks the Spot. Runworx, Unit 48 Fonthill Retail Park. Enter at Coldcut road/ Fonthill roundabout. Then take the third exit at next small roundabout.

Starting points in Clontarf for Saturday 19th

Link to start Map http://www.mapmyrun.com/ie/dublin-l/clontarf-half-marathon-route-25958470
For Sat Navigation Lat 53.3635443  Long -6.220147

Other Races to consider in 2017.....

Feb 28th – Dublin Night Run   5km or 10km

This is the fourth year of Dublin night run in Sandymount. 5km or double lap 10km options. Note race SOLD OUT very quickly last year. Race is limited to 1,000 participants. Long straight course with minimal turns makes this a safe and contained night run.

New Finishers medal for each participant.

Great atmosphere and flat and accurately measured courses. Could be a flyer.... Enter now to avoid disappointment.

http://rundublin.com/race/dublin-night-run-5km-10km-sandymount/

March 26th Wicklow Gaol Break Half marathon or 10km

Wicklow town Half marathon or 10km is the perfect target for starting the new season of running/ walking. It is only a 40mins drive from Dublin to get to this scenic, coastal and atmospheric race.
New pricing structure in 2017. We have removed the tops as a compulsory purchase reducing the entry fee by €5.00.
If you would like to purchase a top you can do so at number pick ups (while stocks and sizes last)

New in 2017 – A choice of bespoke medal at finish. Includes a new 2017 medal. Free online course from Shaw Academy (choice of 3 courses) worth €395.00

This will be the 7th year of this growing race with over 1,250 expected to toe the start line in 2016. The race starts and finishes in the unique setting of Wicklow’s Historic Gaol. 
http://www.wicklowhalfmarathonand10km.com/

April 23rd Wexford Half Marathon or 10km

Wexford has proven itself over the years as Ireland’s record breaking course. In 2012 a Guinness world record was broken in retro running! Individually people have consistently got PB’s. In 2016: Half marathon 68% PB’ed and 10km 70% PB’ed. And 90% said they were likely to do a PB on the course. Wexford is a fast course...

The half marathon participants run through the iconic gardens of Johnstown Castle. Half marathon also has pacers catering for 1.30/ 1.45 / 2hrs.

New bespoke medal for 2017 and long sleeved training tops Free online course from Shaw Academy (choice of 3 courses) worth €395.00
http://www.wexfordhalfmarathon.com/

July 1st Clontarf Half Marathon or 5 mile

NEW – medal for July. It is seriously cool…. We’ll show you soon

Free online course from Shaw Academy (choice of 3 courses) worth €395.00

You know the deal on Clontarf….😊

Special Offer…. The 3 x above half marathons for €80 until Nov 30th. Then €85 until Dec 31st. Then €90 until Jan 31st. Then €95 until March 20th.

Link to Info: http://www.njuko.net/halfmarathonsseries/select_competition