

Joe Duffy BMW Clontarf Half Marathon or 5 mile Nov 17TH

Final Race Details

Online entries close on Monday 12th at midnight or before if sold out.

Hi All,

Not long to go before the Joe Duffy BMW Clontarf Half Marathon & 5 mile Saturday 17th Nov. Yeah!

Lotta information to digest - but all written with you guys in mind. That's how we roll....

Weather - This information is being published before the Event but long-range forecast looks normal

A few Highlights/ changes to note for ALL participants:

- 1) PARKING.** Due to the increase in numbers the Gardai have requested that no cars park along the Alfie Byrne Road (the road beside the old Start line). PARKING IS AVAILABLE IN **EAST POINT BUSINESS PARK** OR IN SURROUNDING CAR PARKS locally. You will see the 'NO PARKING' signs along the Alfie Byrne road. Please respect this for Health & safety reasons. It will be watched by Gardai and the council for rogue parking. The car park beside the Start/ Finish area (near Yacht pub) will also be closed as this is now part of our Start/finish area.
And there is no parking in St Anthony's church. They need those spaces for mass goers.
And there is no parking at the ASTRO Pitches near the DART

2) Race number pickups - **Note the Changes to July and 2017******

Tuesday 13th **Lidl East Wall** (beside Starbucks & McDonalds) 5.30pm – 7.30pm

NOTE: Please do not go to St Anthony's Hall (the church)

Wednesday 14th Wheelwork, Bike shop, Lucan 9.30am – 9pm

Thursday 15th Wheelwork, Bike shop, Lucan 9.30am – 9pm

Friday 16th Wheelwork, Bike shop, Lucan 9.30am – 9pm

Saturday 17th Start Finish area Clontarf 8am – 9.30am

(further details below on number pickups – keep reading...)

3) Race swaps are NOT allowed.

*Based on people asking - **we'd like to clarify something important.** If you are not an official entrant you are not allowed to participate in the race. Please pass this message onto your friends or work colleagues who might think this is 'ok'. We have an entry limit for a reason. If we crowded the course with as many entries as we liked - we would compromise your enjoyment of the race. That is why we have a limit. Should others 'show up to tag along' not only are they not insured to be there but they will also get in your way! If they have an accident – we don't know who they are. If people swap*

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their numbers and this 'unknown' has an accident we will phone the wrong next of kins. And not ignoring the obvious that you guys paid to be there – they didn't.

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..... Thanks.

Remember to come hydrated AND bring liquid with you before the race in order to remain hydrated as there are no convenient shops close by. And the water at the finish area - is for when you finish.

This year the road is closed to traffic from the wooden bridge to beach. Good news! We really hope you do your best time and P.B the course. Good luck!

Join us on Facebook <https://www.facebook.com/RunDublin-Clontarf-Half-Marathon-5-Mile-112053348865749/>

Join us on Twitter https://twitter.com/Run_Dublin

Number Pick UP 3 x locations (4 x days)

Tuesday 13th Nov is from 5.30pm – 7.30pm for both Half Marathon and 5 Mile.

New Location Lidl East Point (beside Starbucks and McDonalds). Aim for the main entrance and then look out for the pacer banners with a finish time on them further up along the building.

Note: we are at the side of the store – not inside it. Directions – use bing maps to help you locate it https://www.bing.com/maps?rtp=pos.53.3549_-6.2294_My%20current%20position~pos.53.35635_-6.23257_Lidl%20East%20Wall

****Note the longer times to pick up packs in Wheelworx/ Runworx this Nov****

Wednesday 14th Nov Registration is from 9.30am – **9pm** for both Half Marathon and 5 Mile.

Location Wheelworx/ Runworx, Unit 48B, Fonthill Retail Park, Lucan, Co. Dublin. DIRECTIONS

<http://www.wheelworx.ie/opening-hours> (map at end of sheet if unclear)

Thursday 15th Nov Registration is from 9.30am – **9pm** for both Half Marathon and 5 Mile. Location

Wheelworx/Runworx, Unit 48B, Fonthill Retail Park, Lucan, Co. Dublin. DIRECTIONS

<http://www.wheelworx.ie/opening-hours> (map at end of sheet if unclear)

Friday 16th Nov Registration is from 9.30am – **9pm** for both Half Marathon and 5 Mile. Location

Wheelworx/Runworx, Unit 48B, Fonthill Retail Park, Lucan, Co. Dublin. DIRECTIONS

<http://www.wheelworx.ie/opening-hours> (map at end of sheet if unclear)

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

Yes – someone else can collect your pack for you OR multiple packs. **Please note we have a limit of 5 numbers per person as it is unfair on the people waiting behind you. Thank you for your co-operation**

Saturday 17th Registration is from 8.00am to 9.30am sharp for Half Marathon and 5 mile at Start/finish line (opposite Yacht pub) .Please don't all appear at 9.15am. We will close at 9.30am sharp.

On Saturday the number slots (1 – 500, 501 – 1000 etc.) will be visible on the roof of the Gazebo. Please Q in the correct corral so we can process you quicker.

Registration 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 registration. And on a spread sheet on our website www.rundublin.com (go to Clontarf page- Introduction) from **Tuesday 13th Nov at midday** (save it to your phone in advance) please find your number first and then come to registration table to receive pack. Applies for all days.

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 when you start and finish the race otherwise it might not pick up the chip signal.

Training Tops can be purchased on Monday & Saturday (race day) for €5.00. While stocks last

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 ALL 5 mile. Location start/ finish line

*Half marathon walkers Please start at 10am if you are running/jogging. We will stay until you finish.

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At the Finish area

Water, Bar and Banana will be available in the finish PEN. (Can we appeal to people not to take bunches of Banana's, 6 packs of water and a heap of Bars). It isn't intended to be your lunch! It is intended to help you recover. **TAKE ONE OF EACH ONLY.**

Please be mindful of the others coming in behind you are just as thirsty/ hungry). If there are surplus bars and banana's we will give them out at the end – stick around. Your courtesy is much appreciated.

Soup is available outside the PEN. Down at the same end as the portaloos

Medal can be collected at the exit of the finish pen. We'd ask you to move through quickly then you can chill....

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. 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 portaloos. 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.

Parking for participants

The Alfie Byrne road is a no parking area (see note on the top of this information sheet).

We have received parking in East Point Business Park. Many thanks to them.

DIRECTIONS <http://eastpoint.ie/location/> This is our official car park. See map at the bottom of this information. Allow extra time to park and walk back to the start. 15 – 20 min walk (maybe use it as a warm up)

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 The later you arrive - by car -the further you will have to walk. Registration closes at 9.30am sharp!

NEW Bicycle Park area – We will have a bike parking area near the start finish area (beside the BAG DROP). Bikes are left at owner's 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

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to show you how...Please do not park 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*

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.

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 6 times will have balloons for times: 1hr 30min, 1hr 40mins, 1hr 45, 1hr 50 & 2hrs. **Join them if you wish – just look out for the balloons and the time written on it.**

There will be a timing mat at the start so your individual time starts when you cross the mat (at the Green Shelter). No need to rush. Make sure you cross over the Mat.

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



Reminder your time starts once you cross the mat (at the Green Shelter) so you don't need to be in the first start if it is not your intended time/speed below 1hr 40mins. There is no disadvantage in

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being in the second or third start. Suggest that you run on grass when opportunity arises and for overtaking.

Half marathon Water stations & Rubbish

Water stations are located at km 7, km 10.5 and km 14.1. Water will be in bottles.

****This is important**** and your cooperation is appreciated. Over 10,000 bottles will be used in the event which is a lot to pick up. There is a way we can manage this more efficiently with your cooperation.

Option 1 put in bins provided. Look out for **bright yellow or green mini skip bags**.

Option 2 drop them at the KM or Mile signs

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. Thank you.

There are 3 water stations on the route. Water is in bottles.

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

The course will be accurately measured in Km's.

Half marathon Km signs are in yellow. Follow them along the beach for the racing line and the hardest sand.

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. The start mat is at the Green Shelter. It will cross the wooden bridge and continue straight along the path towards the sea. Turn close to the end of the path that makes up the sea wall and then back again.

5 mile signs are in blue. There is no water station for the 5 mile.

Suggested that you run on grass when opportunity arises and for overtaking.

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

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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. We do not have prize giving on site

Associated Charity

Our associated charity is Temple Street Children's Hospital. Please consider raising funds for them.

Sponsors Premium Sponsors – Joe Duffy BMW

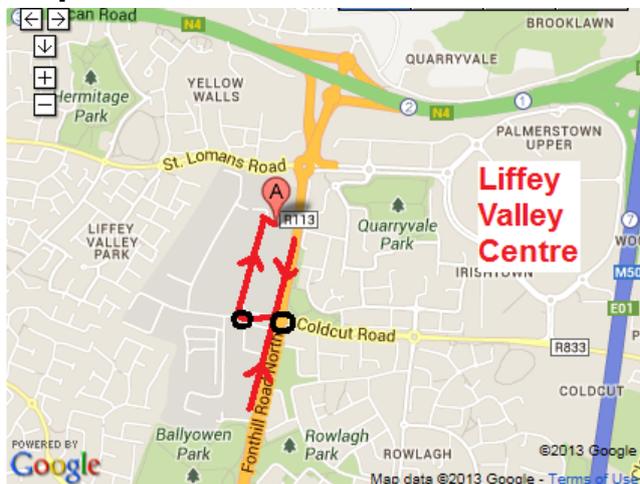
Main Sponsors – LIDL, Runworx/ Wheelworx, East Point Business Park, Just Food

-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 with you on race day.

Look forward to welcoming you all to Clontarf. The Clontarf Team

Map Runworx/ Wheelworx Wednesday - Friday number pick up



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A – marks the Spot. Runworx/ Wheelworx, Unit 48 Fonthill Retail Park.

Enter at Coldcut road/ Fonthill roundabout. Then take the third exit at next sml roundabout. Go down to the end then turn right

Starting points in Clontarf for Saturday 17th

Link to start Map <http://www.mapmyrun.com/ie/dublin-l/clontarf-half-marathon-route-25958470>

For Sat Navigation Lat53.3635443 Long-6.220147

Parking Map in Eastpoint (take the shortcut along the waterfront when walking to start area)

