

# Joe Duffy BMW Clontarf Half Marathon or 5 mile Nov 27<sup>TH</sup>

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## Final Race Details

**We are Sold Out. Thanks everyone! There will be no further entries.**

Hiya

Not long to go before the Joe Duffy BMW Clontarf Half Marathon & 5 mile Saturday 27<sup>th</sup> 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 so 'finger in air prediction' = LOVELY?

**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. The car park beside the Start/ Finish area (opposite the Yacht pub) will be closed as this is now part of our Start/finish area. Please don't park in St Anthony's church. And there is no parking at the ASTRO Pitches near the DART.

**NEW** – if parking in EAST POINT – please print off the sheet at the end of this information.... Fill it out before you arrive at East Point. It will save you and other people time at the security hut. You must fill in this sheet to park in East Point. Please note there are many other places that you can pay for parking around Clontarf if East Point fills up or the Q's build up to get in.

- 2) **Race number pickups - Read this very carefully or you might go to the wrong Wheelworx bike store. There are now two Wheelworx stores and the race numbers will only be in one store at a time.**

### **1<sup>st</sup> Location Wheelworx Fonthill Business Park**

13<sup>th</sup> – 19<sup>th</sup> November

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

Dublin. DIRECTIONS <http://www.wheelworx.ie/opening-hours> -

### **2<sup>nd</sup> Location Wheelworx Charlestown Shopping Centre**

20<sup>th</sup> - 24<sup>th</sup> November

Wheelworx – Unit 5, Charlestown Shopping Centre

St Margaret's Rd, Finglas North, Dublin, D11 YY11

Please do not go to the wrong shop on the wrong date. Double check before you go!

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Thursday 25<sup>th</sup> **Clontarf Promenade car park** 5.30pm – 7.30pm This is the first car park on the promenade on the Clontarf road. It is the car park opposite the Old St Anthonys church (also near the Garda station) Here is a pin drop on a map link if you are unsure

<https://goo.gl/maps/BNyBgzmiSokzLvSG6>

Look out for us in the car park 😊

Saturday 27<sup>th</sup> Start Finish area Clontarf Promenade 8am – 9.30am

(More on number pick ups further down)

### **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. And if people swap 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.*

### **4) Bonus Medals**

Please Note: There is a medal included in your race fee for the Half marathon and 5 mile.

**Bonus Medals** - Some of you have already purchased the extra medal(s) online. Some have purchased 2 some have purchased 5. Just to mention we have no more available.

**Bonus Medal Collection** - All bonus medals will be available for collection at the Blue Gazebo after your race on Nov 27<sup>th</sup>. Please note – they won't be posted out.

### **5) Covid 19 precautions**

We are located on the promenade at the start/finish so social distancing will not be an issue before and after the race. Wearing of masks is recommended but at your discretion as per Government guidelines. We will have hand sanitisers in the start/ finish area.

If you show any symptoms of Covid 19 or feel unwell please do not come to the race. Or you have been a close contact of someone with Covid 19.

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Please keep reading..... 😊

Please familiarise yourself with the All 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](https://twitter.com/Run_Dublin)

**Number Pick UP in 3 x different locations (13 x days to pick it up before the race)**

**Strongly suggest that you pick up your race number in advance of the race. Gives you a sleep in and less time spent on your feet Q-ing on Saturday. Which also means less interaction with others.**

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

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Look out for us in the car park 😊

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**Saturday 27<sup>th</sup> 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](http://www.rundublin.com) (go to Clontarf page- Introduction) from **Tuesday 12<sup>th</sup> 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

Take note – training tops are not included in the November Clontarf.

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.

## **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 and Banana will be available in the finish PEN. (Please take one and be mindful of the others coming in behind you are just as thirsty/ hungry). If there are surplus left over we will give them out at the end – stick around. Your courtesy is much appreciated.

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

A pint of Erdinger is available outside the PEN. Down at the same end as the portaloos

**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). **Reminder to fill in the sheet (bottom of this information) for the security hut to speed things up. Btw - you don't have to park here. You can park closer to the start if you pay for parking.**

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

*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 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\*  
**All bikes removed by 1.30pm please**

## **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.

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**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 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 co-operation.

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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 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.

5mile 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 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 😊



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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

## Sponsors Premium Sponsors – Joe Duffy BMW

**Main Sponsors** –Wheelworx, East Point Business Park. 360 Employee Wellness

*-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.

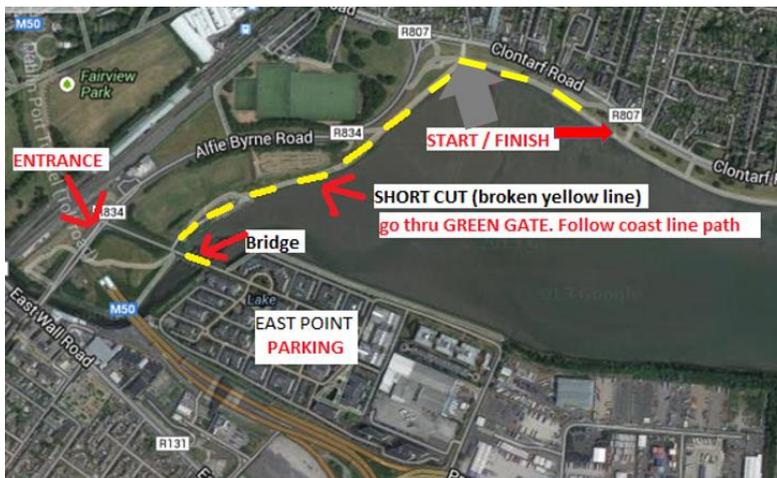
Look forward to welcoming you all to Clontarf. The Clontarf Team

## Starting points in Clontarf for Saturday 27<sup>th</sup>

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)



**PARKING @ EAST POINT – PRINT OFF AND BRING  
WITH YOU**

**EASTPOINT**

**Clontarf Half Marathon & 5 Mile**

Parking in EastPoint?

Please complete this form in advance of arriving in EastPoint, then hand the form to EastPoint security to avoid delays at the barrier.

Name: \_\_\_\_\_

Car Registration Number: \_\_\_\_\_