

---

**Time****Sunday 10 April 2016**

09:30	Customer service desk, baggage area and toilets open to public
<b>10:30</b>	<b>SPAR Great Ireland Run 5k - START (wave 1)</b>
<b>10:35</b>	<b>SPAR Great Ireland Run 5k - START (wave 2)</b>
11:10	School Mile (girls)
11:20	School Mile (boys)
11:30	Elite Men's Mile
<b>11:45</b>	<b>SPAR Mini Great Ireland Run - START</b>
<b>12:25</b>	<b>SPAR Junior Great Ireland Run - START</b>
<b>13:10</b>	<b>SPAR Great Ireland Run START (elite women and AAI Women's National 10k Championships)</b>
13:15	Warm-up begins for the masses
<b>13:30</b>	<b>Elite men, AAI and orange wave - START</b>
<b>13:40</b>	<b>White wave - START</b>
<b>13:50</b>	<b>Green wave - START</b>
<b>14:00</b>	<b>Pink wave - START</b>