

COMPETITOR'S INFORMATION BOOKLET



Sunday 23rd April at 21:00

NORTH WALL QUAY, DUBLIN



IMPORTANT NOTES FOR ALL ATHLETES:

1. There is a **STRICT CUT OFF TIME** of one hour and twenty minutes (80 minutes) for the race. Any athletes who fall outside of this time (a pace of 8 minutes per km along the course), will be instructed by the Gardaí to complete the course on the footpaths and at their own risk. Athletes in this situation may not receive an official race time or finishers medal.
2. Please **expect delays at peak times when registering** and collecting your goodie bag. Registration takes place Friday 21st April 11.00 to 20.00, Saturday 22nd April 11.00 to 18.00 and Sunday 23rd April 11.00 to 16.00 at Trinity College Dublin Sports Hall (see map). Your race number will be pre-notified to you by email at least 24 hours before registration opens.
3. The race baggage area will be located on Mayor Square, IFSC (see map). Athletes can expect congestion and queues when dropping off and picking up their bags. We strongly recommend you make alternative arrangements for baggage where possible if you wish to avoid queues.
4. **Only appropriately labelled Virgin Media branded bags will be permitted in the baggage area.** This will be strictly enforced by the baggage marshals.
5. **Please do not affix pins through your timing chip located on the back of your bib number.** To do so may render your chip invalid. Wear the number to the front with no item of clothing covering it to enable the timing scanners to read it.
6. **Please make sure you follow the signage and adhere to marshal instructions to load into your correct starting pen.** Pens will be split into 4 for runners under 45 minutes, 46 – 55 minutes, 56 – 65 minutes and 66 minutes to 80 minutes.
7. **Please take caution when running across the LUAS tracks,** particularly at the junction of Abbey Street and Marlborough Street.

REGISTRATION AND COLLECTION OF RACE PACK

Race packs can be collected from the Trinity College Dublin Sports Centre, which is located at the junction of Pearse Street and Westland Row (see map), on the dates and times outlined below only. You can access the Trinity College Dublin Sports Centre from Pearse Street at the Science Gallery.

1. Friday 21st April 11.00 to 20.00
2. Saturday 22nd April 11.00 to 18.00
3. Sunday 23rd April 11.00 to 16.00





NIGHT RUN

NOTES:

1. Strictly no race packs will be distributed after 16.00 on Sunday 23rd April.
2. Multiple and corporate race pack collection will be facilitated in a designated queue (if you intend to utilise this queue, please expect a wait).
3. Athletes should produce proof of entry or valid ID at registration to collect their race pack (this applies to multiple collections also).
4. Entries to the Virgin Media Night Run are strictly non-refundable and non-transferrable.

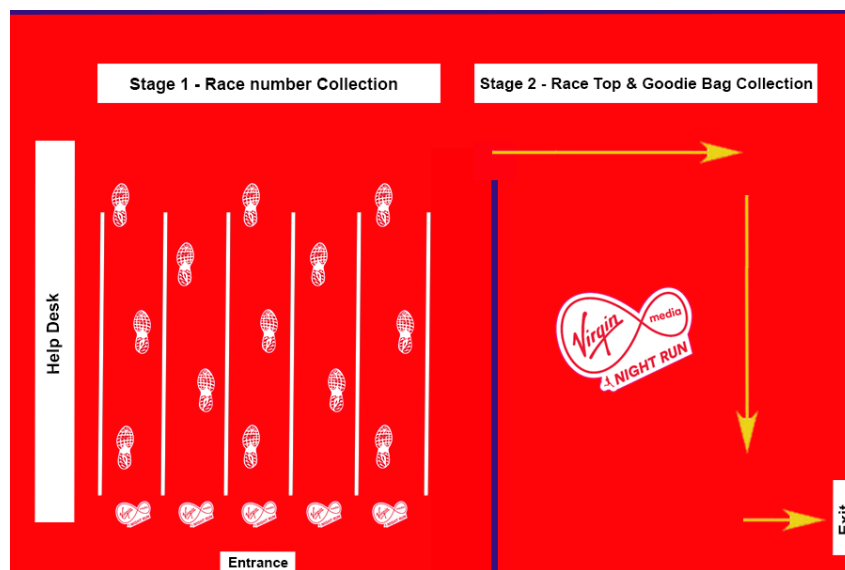
NOTE: We are encouraging all participants to wear their race shirt for the run as it has reflective printed branding on a red long sleeved shirt which will enhance your visibility at night and aid your safety. There is a race shirt for all entrants, but your preferred size is not guaranteed.

OVERVIEW OF RACE REGISTRATION PROCESS

When you arrive to the Trinity College Sports Centre (see map) there will be an information stand in the reception of the sports centre that will guide you to the registration area in the 'Ancillary Hall' on the first floor. When you reach the Ancillary Hall you can follow the one-way system through the hall to complete your registration as outlined in the diagram below.

STAGE 1

You will receive your race bib by quoting your **pre-notified race number** and your name to the registration staff and by showing them your proof of entry. Note; queues will be by race number. Race number notifications will be emailed to all registered athletes at least 24 hours before registration opens. There will also be a facility at registration to check your race number. Race staff will be on hand at all times during the registration process to answer any queries you may have.



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STAGE 2

You will be provided with a Virgin Media Night Run branded goodie bag. The Virgin Media branded bag will double as your baggage area bag (see baggage section). To identify your bag, you will be given a baggage tag with your race number on it at the baggage drop on the night. As a strict rule, only Virgin Media branded race bags will be allowed in the baggage area.

IMPORTANT INFORMATION RE: RACE NUMBER

The race number that you will collect at registration contains your timing chip and must be worn for the run for both health and safety reasons and for the validation of your run time.

Please do not affix pins through your timing chip located on the back of your bib number. To do so may render your chip invalid. Wear the number on your front which will enable the timing scanners to read it and record the actual finishing time against your name. Make sure no item of clothing covers your race number.

Your race number and timing chip is exclusive to you – **DO NOT** exchange it with other participants. Your race number timing chip provides you with your personal time for the 10k distance from start line to finish line.

Your result will be available on-line through the Virgin Media Night Run website by inputting your race number. Your race time will also be issued to you by SMS shortly after race finishes.

RACE NIGHT TIMETABLE

19:30	Baggage Area (Mayor Square) Open
20:15	Assemble in allocated time zones on North Wall Quay at the Convention Centre
20:30	Build up to race start begins with DJ Steve Cooper
20:45	Safety announcements
20:50	Warm up begins with Official Fitness Partner 'Flyefit'
21:00	Waved starts

RUNNING SAFETY AT NIGHT

This is a night run event. Safety is paramount for all athletes and all athletes should be aware of the need to be visible at night. Athletes thus need to be extra vigilant at all times on the Virgin Media Night Run 10k for safety hazards.

Participants are advised to wear the reflective branded red long sleeved race shirt provided by Virgin Media in the race goodie bag to ensure visibility at all times.





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Athletes are also encouraged to wear other reflective material where possible. Appropriate foot wear should also be worn.

Participants should also take account of the prevailing weather conditions with regard to the completion of the race route – appropriate apparel should be worn. Participants should take heed at all times of the advice of the race marshals and Gardaí that will be manning the route on the night. Their safety instructions should be observed at all times by participants. There will also be key safety messages announced at the assembly area.

In the event of injuries & illness, a full first aid and medical plan will be in place on the night of the run.

Please exercise additional caution when running through the following areas:

- Marlborough Street/ Abbey Street - Luas Tracks
- Cathal Brugha Street/ O'Connell Street Junction – tight corner
- Sir John Rogersons Quay – potholes
- 3 Arena – mounting the footpath

ATHLETE AND VEHICLE CONTRA FLOWS

Given this is a City Centre running event, there are areas of the course where there is vehicular and athlete contra flows in place – specifically this occurs on Eden Quay, O'Connell Street, Macken Street, Pearse Street, Ringsend Road, Irishtown, Sean Moore Road and East Wall Road. Please exercise caution in these areas.

BAGGAGE DROP OFF & COLLECTION

The race baggage area will be in Mayor Square, IFSC (see map). Both pre-and post-race, access to Mayor Square will be through Excise Walk from North Wall Quay only and a one-way system will be in place to ensure the safe and efficient movement of athletes when dropping and collecting their bags. Please listen to instructions from marshals in this area to ensure a safe crowd dispersal plan is achieved (see maps).

Important Notes re: Baggage Area

Athletes can expect congestion and queues when dropping off and picking up their bags. Only appropriately tagged Virgin Media Branded bags will be allowed in the baggage area. This will be strictly enforced by the baggage marshals. For security reasons, you will be required to show your race number to recover your bag. Do not leave valuables in your bag – the organisers cannot take any responsibility for loss or theft of personal items

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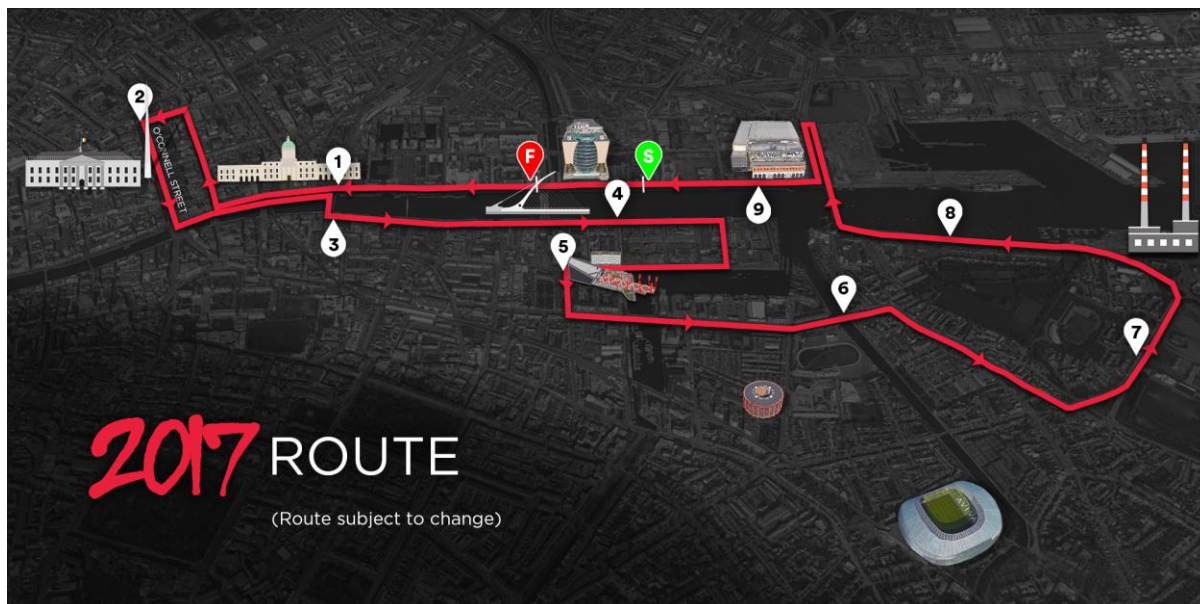




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RACE ROUTE:

Please study the route map on www.virginmedia.ie/nightrun or on Map My Run <http://www.mapmyrun.com/routes/fullscreen/1403531707/>



KM MARKINGS

Look out for the KM marks positioned at the road side and/or on lampposts.



Start North Wall Quay, outside Convention Centre

1KM. Custom House Quay ,City Bike card unit

2KM O'Connell St/Cathedral St corner

3KM. City Quay, left side, Lamp No.14 on new path

4KM. Sir John Rogerson's Quay, Store Room Kiosk

5KM. Macken St/Pearse St corner

6KM. Irishtown Library, Irishtown Rd

7KM. Sean Moore Road, left side, 5 metres before Lamp No.24

8KM Toll Bridge Rd, 15 metres before toll gate

9KM. 3Arena Concourse at entrance doors

Finish North Wall Rd, City side corner Beckett Bridge

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RACE MARSHALS

Race marshals will be positioned at each junction along the route to ensure the safe movement of athletes through the race. Please obey the instructions of marshals along the route at all times. All marshals will be identifiable through the high viz jackets they wear. The Gardaí are also assisting us with the running of this race and will also have personnel in place at various locations and junctions around the course.

ASSEMBLY AREA

The assembly area is on North Wall Quay outside The Convention Centre (see map). Please follow directional signage along the Quays to access the assembly area safely (see map). Access to starting pens will depend on your running time. Please arrive in good time for the start – by 8.30pm at the latest:

- All runners under 55 minutes will access their start pens via Park Lane and New Wapping Street (see map)
 - Under 45 minutes via Park Lane
 - 46 – 55 minutes via New Wapping Street
- All runners over 56 minutes will access their start pens from the Riverside (westbound) of North Wall Quay (see map)
 - 56 – 65 minutes via 'Rolling Lift Bridge' and riverside camp shire
 - 66 – 80 minutes via 'Rolling Life Bridge'

ONLY ENTER THE START PEN CORRESPONDING TO YOUR ANTICIPATED FINISHING TIME.

CUT OFF TIME

There is a **STRICT** cut off time of one hour and twenty minutes (80 minutes) for the completion of the race. You **MUST** stay ahead of the rear vehicle for the duration of the entire race.

Any athletes who fall outside of this time (8 minutes per km along the course) will be instructed by the Gardaí to complete the course on the footpaths and at their own risk. A Virgin Media branded vehicle, an ambulance and a Garda vehicle will benchmark the pace at the back of the last wave – anyone falling behind these vehicles will be out of the race. Athletes in this situation may not receive an official race time or finishers medal.





FINISH LINE

The finish line is located on North Wall Quay at the junction of the Samuel Beckett Bridge and Guild Street (see map). After you cross the finish line please keep moving and follow the instructions of the marshals who will direct you through the finish system along North Wall Quay where each finisher will receive a bottle of Deep River Rock Water and a Virgin Media Night Run Dublin medallion.

In the interest of safety and at the request of An Garda Siochana all finishers who need to collect baggage will be directed back towards the baggage area on Mayor Square (via Excise Walk). All other athletes will be directed up along North Wall Quay in order to disperse quickly and safely. From the finish line area, all athletes can easily access the City Centre by foot via Mayor Street, and North Wall Quay or alternatively by Luas (Mayor Square - NCI Red Luas line stop beside baggage area)

PRIZES AND PRIZE GIVING

There are prizes for the Virgin Media Night Run as follows:

- The first male and first female over the line will receive an iPhone 7 each
- The second placed male and female will receive a €200 Run Logic voucher each
- The third placed male and female will receive a €100 Run Logic voucher each

Prize giving will take place at The Spencer Hotel at 10pm.

RESULTS

Race results will be available on the Virgin Media Night Run website immediately after the race – www.virginmedia.ie/nightrun. The results link will also be posted on our social media channels immediately post race. An SMS with your result will also be sent to your phone post-race.

SPECTATORS

There are many spectator vantage points and we would recommend Samuel Beckett Bridge, City Quay, Grand Canal Dock or Sir Jon Rogersons Quay. Also, because of road closures it will not be possible to follow the entire race. **Bicycles are strictly forbidden** on the route while athletes are racing.

TRANSPORT & PARKING

All participants are advised to take public transport for the event if possible. When parking, please remember that there are numerous residential areas within the city





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centre and we would ask race participants to be mindful of this when parking. Under no circumstances should participant's park anywhere along the course.

MEDICAL

The medical centre will be located on North Wall Quay (see map), beside Rockets restaurant at Excise Walk. CodeBlue will be providing medical cover for this run and there will be experienced medical personnel located at strategic points along the course.

If you have an ongoing medical condition, please make yourself known to a member of CodeBlue before the run commences.

By signing up to the Virgin Media Night Run Dublin 10k, you have accepted the 'Terms and Conditions' set out in the entry process and indicate that you're medically fit to complete a 10k run and do so at your own risk.

HYDRATION

There will be a Water Station located at the 4.5km mark on Hanover Quay thanks to our official hydration partner Deep River Rock. At the Water Station, water will be available in cups. Hydration in the form of bottles of Deep River Rock will also be available immediately after the finish (see map). It is important that all athletes stay hydrated for the run. Please ensure you drink an adequate volume of hydration pre- and post-race to prevent dehydration.

LITTER

Please do not discard litter within the confines of Trinity College Dublin at registration or at any point along the route on the night of the race, place it in the bins provided or bring it home with you. There will be rubbish bins provided at the assembly, finish water station and baggage areas.

TOILETS

Portaloos will be available to participants on the junction of Mayor Street and Park Lane and also along North Wall Quay (see map) adjacent to the start pens before the race begins. There will be no toilet facilities provided on the route or at the finish.

QUERIES

If you have any queries in relation to the information contained in this booklet, please contact nightrun@virginmedia.ie or check out the FAQ's on the website www.virginmedia.ie/nightrun

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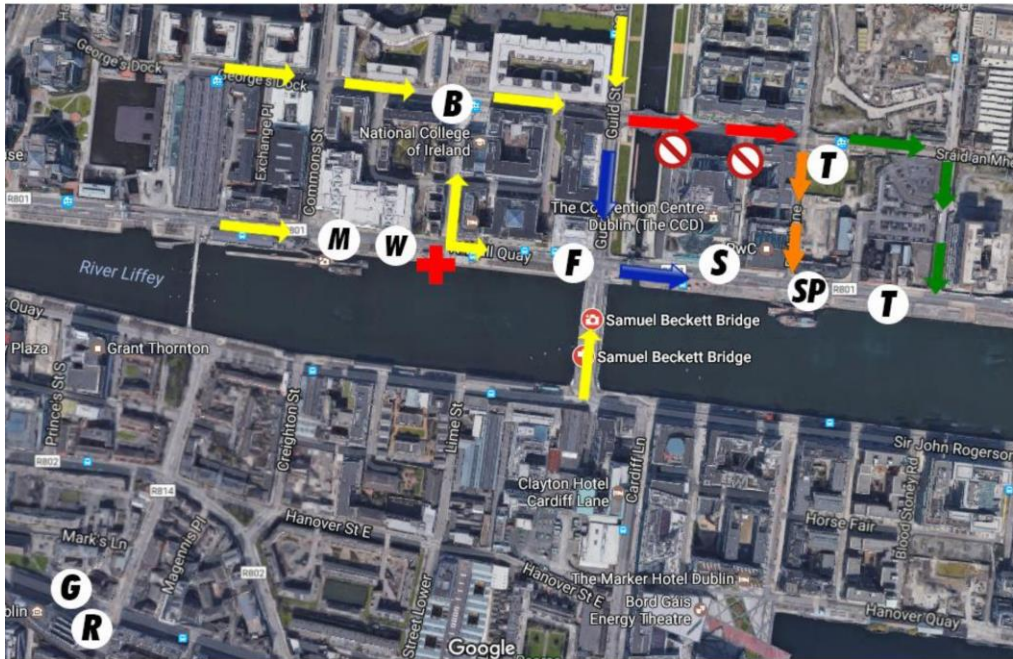


NIGHT RUN

Overview of Start and Finish Set up

(Note: Strict one way athlete flow pre-and post-race as per yellow arrows)

1. Pre-Race Athlete Flow



- S** Start Line
- F** Finish Line
- SP** Start Pens
- W** Hydration
- M** Medal Collection
- T** Toilets
- B** Baggage Area
- G** Enter Registration (Pearse Street)
- R** Registration
- No Entry
- First Aid
- Pre-race athlete flow
- Sub 45 mins
- 46 - 55 mins
- Under 55 mins
- Over 56 mins

2. Post-Finish Athlete Flow



- F** Finish Line
- W** Hydration
- M** Medal Collection
- Baggage Area
- Exit
- No Entry
- 1** Exit 1
- 2** Exit 2

