



Grant Thornton

GT5K

Corporate Team Challenge

Galway • Cork • Belfast • Dublin

WEDNESDAY 5th SEPTEMBER 2018

Time: 19:45

CITY QUAY, DUBLIN 2.

COMPETITOR'S INFORMATION BOOKLET



TUESDAY 4TH SEPTEMBER 2018

11:00 - 17:00	Race Number pick up at the CHQ BUILDING on Custom House Quay
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WEDNESDAY 5TH SEPTEMBER 2018

RACE DAY TIMETABLE

11:00 - 17:00	Race Number pick up at the CHQ BUILDING on Custom House Quay
18:00	Toilets and Baggage Area Open
18:45	Individual Warm-up
18:45	Deposit Baggage in Allocated Area outside CHQ building
19:15	Go to Assembly Area: (GREEN Wave 1) via SEAN O'CASEY FOOTBRIDGE (RED Wave 2, BLUE Wave 3 and WHITE Wave 4) via SAMUEL BECKETT BRIDGE and CITY QUAY
19:20	Assemble in allocated Zones.
19:35	Mass Warm-up at Assembly Area
19:45	Race Starts on City Quay
20:45	Race Finishes on Custom House Quay
20:15	Refreshments at CHQ Building
20:45	Prizegiving at CHQ Building

RESULTS

Results will be available to view on the event web site: <https://www.grantthornton.ie/gt5k/> and on Facebook at www.facebook.com/grantthorntoncorporateteamchallenge, and in addition, at the timing booth the CHQ Building on the night of the race.

BAGGAGE DROP OFF

The baggage area will be located at the CHQ Building on Custom House Quay and will be well signposted. Please follow the directions of the marshals in order to ensure clear to entry and exit from the baggage area.

Under no circumstances should you leave valuables in your bag. While the organisers will make every effort to ensure the safe keeping of your bag, no responsibility can be accepted for loss of personal effects.

TOILETS

There are no toilets available within the CHQ building. Toilets will be located immediately outside the CHQ Building, on CITY QUAY, and on LOMBARD STREET EAST.

MEDICAL

St. John Ambulance will be providing medical cover for this run. If you have an ongoing medical condition please make yourself known to a member of St. John Ambulance before the run commences. The medical centre will be located adjacent to the finish line, on Custom House Quay. Additionally there will be experienced medical personnel located at strategic points along the course.

REFRESHMENTS & PRIZE-GIVING

After recovering your left baggage please join us in at the CHQ Building for some light refreshments and the prize-giving ceremony. These are completely free of charge and we would love to see all participants back at the post race event.

ASSEMBLY

The Start/Finish area will be marked by a large gantry containing timing equipment. The assembly area will be divided into sections based on predicted finishing times as follows:

15.00 - 20.00 MINS	VERY EXPERIENCED AND CLUB RUNNERS	GREEN WAVE 1
21.00 - 25.00 MINS	REGULAR RUNNERS	RED WAVE 2
26.00 - 30.00 MINS	LESS EXPERIENCED RUNNERS	BLUE WAVE 3
31.00 - 45.00 MINS	NOVICE RUNNERS AND BEGINNERS	YELLOW WAVE 4

Runners expecting to finish in 20 mins or under will access the start via CUSTOM HOUSE QUAY and over SEAN O'CASEY BRIDGE, while runners expecting to finish in 21 mins or over will access the start via SAMUEL BECKETT BRIDGE. Please follow the instructions of the marshals who will direct you to the staging areas on City Quay). Please be careful when crossing over Macken Street – remember traffic will be live prior to the race



ACKNOWLEDGEMENTS

Athletics Ireland wishes to acknowledge all those without whom this event could not have taken place:

Grant Thornton, Dublin City Council, Dublin Docklands Authority, An Garda Siochana, Dublin Bus, Bus Eireann, St. John Ambulance, Crusaders Athletic Club, Irish Runner, CHQ Building, , Apleona Facility Management.