



**Sunday 10<sup>th</sup> July 2022**

**10 Mile - 09.00am Start**

**Chesterfield Avenue, Phoenix Park, Dublin**

## **IRISH RUNNER 10 MILE & NATIONAL 10 MILE TIMETABLE**

07:30	Registration and Tee Shirt Collection Area Opens
08:30	Registration and Tee Shirt Collection Area Closes
08:45	Assemble in allocated Assembly Zones
08:55	Wheelchair <b>10 Mile</b> Start
09:00	First Wave <b>10 Mile</b> Start (National Champs)
09:02	Second Wave <b>10 Mile</b> Start
09:04	Third Wave Start <b>10 Mile</b> Start

## **RACE NUMBER AND T-SHIRT COLLECTION**

In order to take part in the event you will need to collect your race entry number. This can be collected on the morning of the race from 07:30 until 08:30am.

## **BAGGAGE**

Because of the number of participants in the run, it is not possible to provide changing rooms. There will be limited baggage storage area. Please place your bag in the area allocated to your number where it will be in safekeeping until you recover it after the run. For security purposes you will be required to show your run number in order to recover your bag.

Under no circumstances should you leave valuables in your bag. While the organisers will make every effort to ensure a safe event, no responsibility can be accepted for loss or damage to personal items.

## **SUPERVISION**

Participants under 18 years of age must be supervised.

## **ASSEMBLY /START**

The assembly area is adjacent to the start line which will be clearly marked by the start gantry. The assembly area will be divided into sections as follows:

- 1. Sub 60 Mins and Club Athletes**
- 2. 60 Mins -80 Mins**
- 3. 80-100 Mins**
- 4. 100+ Mins**

**PLEASE ENSURE THAT YOU ENTER THE START AREA IN THE ASSEMBLY ZONE WHICH CORRESPONDS BEST TO YOUR FITNESS LEVEL.**

## **BEFORE YOUR RUN:**

### **WARM-UP**

It is recommended that you commence your individual warm up approx. 45 mins before the start time. This is to allow time for access to the toilets, access to the baggage area and to get to your assembly zone in a timely manner. Your warm up should include some light jogging and stretching. It is vitally important to warm up the working muscles especially if the weather is cool.

### **RUN NUMBERS/BIBS**

Please print the following information clearly on the reverse of your run number/bib:

- Name and contact number In Case of Emergency
- Medical Conditions

Athletes competing in the National Championships must wear club singlet, or an alternative permitted in certain circumstances with permission of meet manager / director on application with entry.

### **MEDICAL**

St John Ambulance will be providing medical cover for this run. If you have an on-going medical condition please make yourself known to a member of the St John Ambulance on site on the morning before the run commences. The medical centre will be located adjacent to the finish line.

## **WATER**

Water will be provided along the course. The water stations will be positioned at 2.5 miles, 6 miles and 8 miles into the run. Water will also be provided to each participant after you finish the run. Please use bins provided on the course to dispose of empty water bottles as we adopt a “**leave no trace**” policy. Please ensure you are adequately hydrated before the race starts especially if the weather is expected to be hot and sunny.

## **AFTER YOUR RUN**

### **AT THE FINISH**

After you cross the finish line please keep moving and follow the instructions of the marshals who will direct you to where you will receive your finishers medal and goodies.

### **RACE PRIZES**

Prizes will be awarded to the first 3 male and female athletes to cross the finish line. Winners will be notified by the race organiser on the day.

- €150 for 1st male and female
- €100 for 2nd male and female
- €50 for 3rd male and female

Prize envelopes will be presented at the finish area directly after the race. Please note prize winners may differ from National Championship medal winners.

## **NATIONAL 10 MILE CHAMPIONSHIPS**

1. Championships medals will only be awarded to registered athletes
2. Athlete must wear club singlet, or an alternative permitted in certain circumstances with permission of meet manager / director on application with entry
3. Athletes should be 18 years of age or over on the 31st of December in the year of competition.
4. Individual Medals:
  - Seniors: 1,2,3
  - Masters: 1,2,3 (buckets every 5 years) O/35, O/40, O45 etc (on the day of Competition)

5. Team Medals:

<b>Category</b>	<b>Team numbers</b>	<b>Club Teams</b>
Senior Men	4	1,2,3
Senior Women	3	1,2,3
Master Men	3	1,2,3 O35 + 1,2,3 O50
Master Women	3	1,2,3 O35 + 1,2,3 O50

6. Team scores are calculated using finishing times of the first 3 (4 for seniors) across line unless declared, youngest age will apply to team category.
7. Teams are first calculated for the Senior category 1,2,3, once this is completed then the O35s are done, followed by the O50s.
8. No limit on numbers on teams a club can have.
9. Over 50's can score on an over 35 team or the senior but can only score on one team. Similarly, O35 can score on senior's team. If teams are declared, athletes may only score in the category for which they declare
10. If a team is not declared the score of the club team is made up of the first 3 club members in that age group to cross the line

All National 10 Mile Championship individual medals will be issued in the Phoenix Park from 10.45am at the presentation area.

## BAGGAGE RECOVERY

As soon as you have exited the finish system please recover your left baggage from the designated area. Remember you will need to produce your run number in order to recover your baggage.

## PARKING

There is a limited car parking available in the Phoenix Park. We recommend that you park in some of the multi-story car parks in the city centre and use the public transport system servicing the Phoenix Park.

## BUSES/LUAS TO PHOENIX PARK

For those wishing to access Phoenix by Public Transport there are several BUS options. The numbers 37/38/39 and 70 serve the Phoenix Park. If you travel on any of these routes disembark at the BAGOTT ROAD stop and there is a 15 minute walk to the start area. Alternatively, the numbers 25/26/66 and 67 serve Heuston Station. The RED **LUAS** line also serves Heuston Station.

## LITTER

The Phoenix Park is being made available to the Irish Runner 5 Mile under permission of the Office of Public Works. We encourage all participants and spectators to exercise the highest respect for this fantastic city amenity, and to dispose of any litter by using the facilities provided on the day or by bringing your litter home with you. Please adopt a “leave no trace” policy when exiting the park.

## COURSE MAP



Please remain within the marked course at all times.