



4.1KM Fun Run (Two loops of 2km course)

Sunday 20th October 2019

3.45pm - Runners expecting to finish Under 26 minutes

4.05pm - Runners expecting to finish Over 26 minutes

**National Cross Country Course, Sport Ireland Campus , Snugborough
Road,Blanchardstown,Dublin 15, D15 PN0N**

EVENT TIMETABLE

2:00pm	Number and Tee Shirt Collection Area Opens
3:30	Runners Assemble for Under 26 minutes Race in the start zone
3:35	Mass warm up for Under 26 Minutes Participants
3:45	Under 26 Minutes Race Starts
3:50	Runners Assemble for Over 26 minutes Race in the start zone
3:55	Mass warm up for Over 26 Minutes Participants
4:05	Over 26 Minutes Race Starts

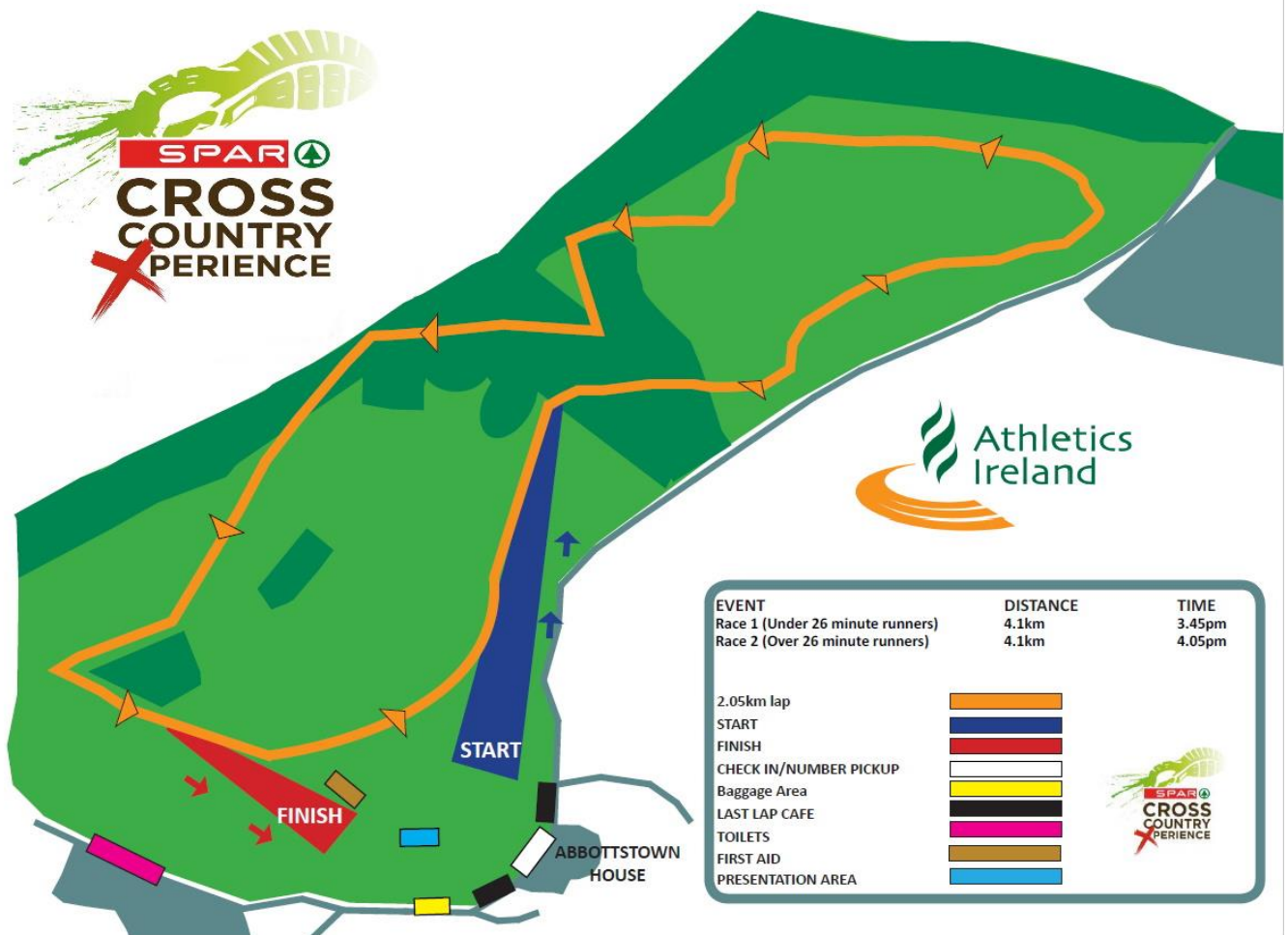
RUN BIB NUMBER PICK UP COLLECTION

When you entered you advised us if you expected to complete the two laps in Under or Over 26 Minutes. You have been allocated a number based on that request. Please go to the correct Number Collection Desk to collect your number. If you want to change event please complete a Change of Entry form at the Cash Desk

Numbers can be collected from the Number Pick Up tent on the map below in front of Abbotstown House.

Number Collection opens from 14.00. If you expect to use our baggage area please collect a baggage tag at this time.

Please print off your registration email and present at the registration tent



TEE SHIRT COLLECTION

All participants are able to collect their tee shirt when they collect their number in the Number Pick Up tent .

T-Shirts are available in sizes X Small, Small, Medium, Large and X-Large. There is limited stock of each size so please come early to guarantee the size you want

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 beside Number Collection. 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.

You will receive a baggage tag when you collect your race number.

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.

ASSEMBLY /START

The assembly area is adjacent to the start line which will be clearly marked by the start gantry. You will be asked to assemble 15 minutes before your race start time. There will be a short warm up just before the start.

PLEASE ENSURE THAT YOU ENTER THE START AREA IN THE ASSEMBLY ZONE WHICH CORRESPONDS TO YOUR ADVISED FINISH TIME OF UNDER/OVER 26 MINUTES

BEFORE YOUR RUN:

WARM-UP

It is recommended that you commence your individual warm up approx. 30 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 as in October 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

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 NOT be provided along the route. If you require water before or during the run please bring it with you. Water will be provided to each participant after you finish the run.

AFTER YOUR RUN

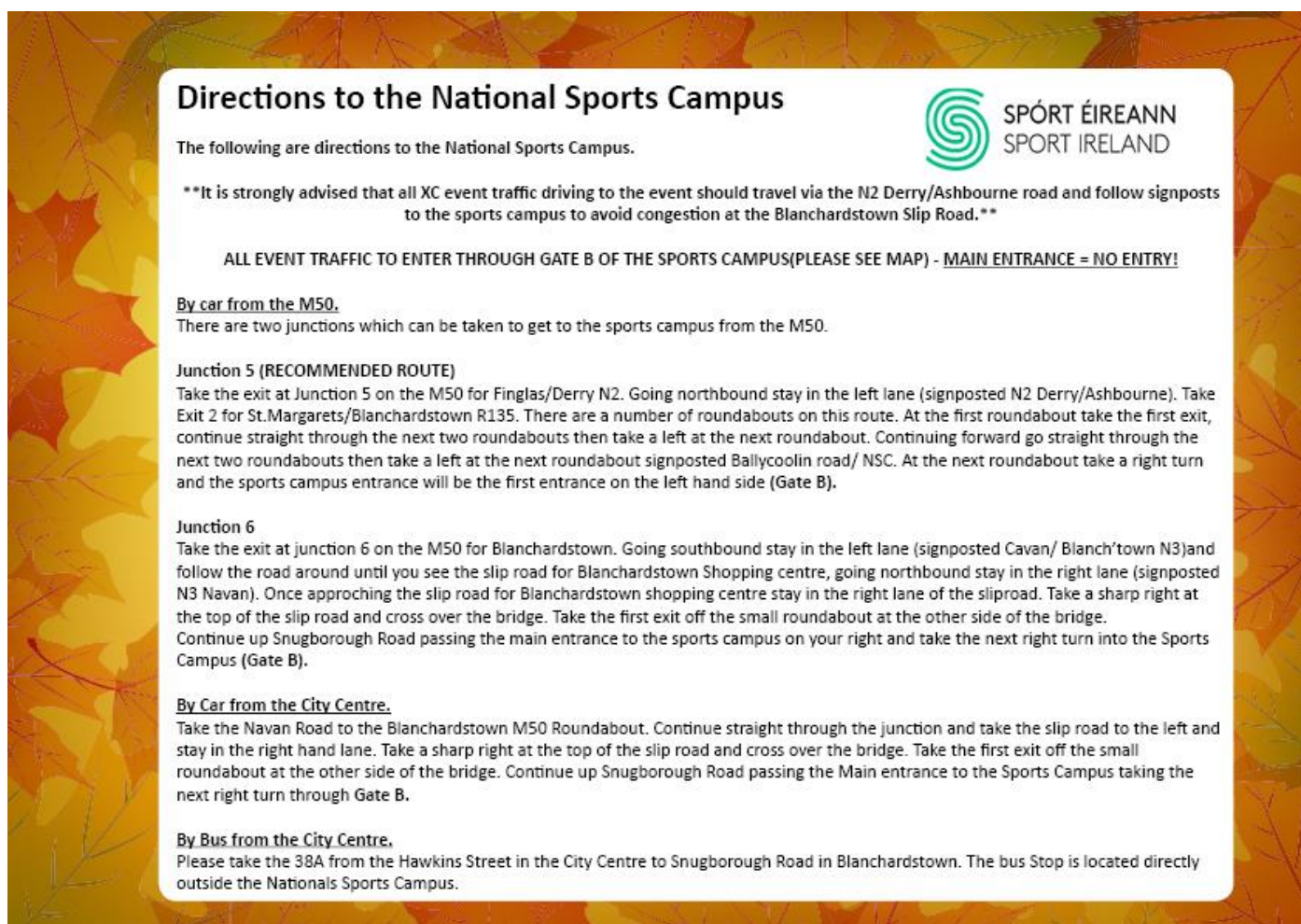
AT THE FINISH

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 goodies.

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.

DIRECTIONS BY CAR AND BUS



Directions to the National Sports Campus

The following are directions to the National Sports Campus.

**SPÓRT ÉIREANN
SPORT IRELAND**

****It is strongly advised that all XC event traffic driving to the event should travel via the N2 Derry/Ashbourne road and follow signposts to the sports campus to avoid congestion at the Blanchardstown Slip Road.****

ALL EVENT TRAFFIC TO ENTER THROUGH GATE B OF THE SPORTS CAMPUS(PLEASE SEE MAP) - MAIN ENTRANCE = NO ENTRY!

By car from the M50.
There are two junctions which can be taken to get to the sports campus from the M50.

Junction 5 (RECOMMENDED ROUTE)
Take the exit at Junction 5 on the M50 for Finglas/Derry N2. Going northbound stay in the left lane (signposted N2 Derry/Ashbourne). Take Exit 2 for St.Margarets/Blanchardstown R135. There are a number of roundabouts on this route. At the first roundabout take the first exit, continue straight through the next two roundabouts then take a left at the next roundabout. Continuing forward go straight through the next two roundabouts then take a left at the next roundabout signposted Ballycoolin road/ NSC. At the next roundabout take a right turn and the sports campus entrance will be the first entrance on the left hand side (Gate B).

Junction 6
Take the exit at junction 6 on the M50 for Blanchardstown. Going southbound stay in the left lane (signposted Cavan/ Blanch'town N3)and follow the road around until you see the slip road for Blanchardstown Shopping centre, going northbound stay in the right lane (signposted N3 Navan). Once approaching the slip road for Blanchardstown shopping centre stay in the right lane of the sliproad. Take a sharp right at the top of the slip road and cross over the bridge. Take the first exit off the small roundabout at the other side of the bridge. Continue up Snugborough Road passing the main entrance to the sports campus on your right and take the next right turn into the Sports Campus (Gate B).

By Car from the City Centre.
Take the Navan Road to the Blanchardstown M50 Roundabout. Continue straight through the junction and take the slip road to the left and stay in the right hand lane. Take a sharp right at the top of the slip road and cross over the bridge. Take the first exit off the small roundabout at the other side of the bridge. Continue up Snugborough Road passing the Main entrance to the Sports Campus taking the next right turn through Gate B.

By Bus from the City Centre.
Please take the 38A from the Hawkins Street in the City Centre to Snugborough Road in Blanchardstown. The bus Stop is located directly outside the Nationals Sports Campus.

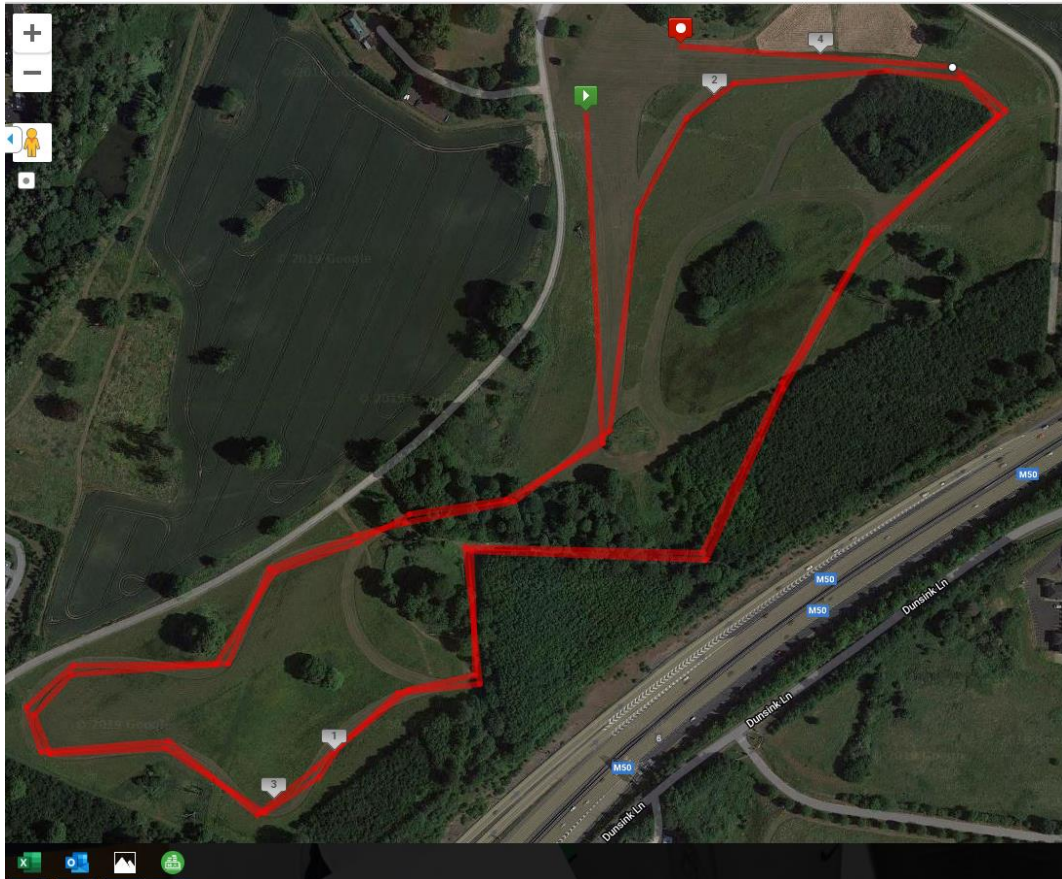
PARKING

There will be limited designated parking available at Sport Ireland Campus which will be signposted. When parking please remember that there are numerous other users of the Campus and we would ask race participants to be mindful of this. Please follow the directions of the race marshals at all times.



COURSE MAP

The race is two laps of the course. The start is adjacent to Abbotstown House and is down hill for approx 200m until you reach the trees. The course is then level for approx. the next 1.1km. Its then uphill for approx 400m where it levels off until you reach the 2km point and start the second lap.



LITTER

Sport Ireland Campus is being made available to the Athletics Ireland under permission of Sport Ireland. We encourage all participants and spectators to exercise the highest respect for this fantastic 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.

ACKNOWLEDGEMENT

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

SPAR, Sport Ireland Campus, Fingal County Council, An Garda Siochana, St. John Ambulance, Officials from Athletics Ireland Competition Committee