



Irish Life Health Festival of Running

Sunday 28th July 2018

10.30am Start

Morton Stadium, Santry, Dublin

FESTIVAL OF RUNNING TIMETABLE

10:30	Activities in Santry Demesne Begin
10:45	Registration and Bag Drop Area Opens
11:40	1 Mile Fun Run Warm Up Begins
11:45	1 Mile Fun Run Starts
12:10	Family 3K Warm Up Begins with Robert Heffernan
12:15	Family 3K Run Starts
13:30	Foodie Zone in Morton Stadium Opens
13:30	Activity Zone in Morton Stadium Opens
14:00	Irish Life Health National Senior Track and Field Championships Begin
14.00	Athlete Fanzone Opens
17.00	Activity Zone Closes
20.05	Final Event of Irish Life Health Track and Field Championships

RUN BIB NUMBER COLLECTION

In order to take part in the event you will need to collect your race entry number. This can be collected from the Grand Stand within Morton Stadium. Registration is a short two minute walk to the start area for the Festival of Running. Registration and the Bag Drop facility will be available from 10:45 – 11:30am. Please print off your registration email and present it upon arrival.

T-SHIRT COLLECTION

Participants for the Kids mile will be able to collect their race t-shirt at registration. We encourage all participants to wear this t-shirt during the event.

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 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.

ASSEMBLY /START

The assembly area is adjacent to the start line which will be clearly marked by the start gantry. The assembly area start area is located in Santry Demesne. This can be accessed via Morton Stadium once you have picked up your number. Signage and volunteers will be available on the day to direct you the Irish Life Health Festival of Running start area.

ACTIVITY AREA

The activity area will feature family friendly games and activities. Games will require a certain level of active movement, so please be aware that you are taking part in the activities at your own risk.

BEFORE YOUR RUN:

FESTIVAL OF RUNNING START AREA

We encourage you to get to the start area early. There will be family focused games and activities, as well as face painters located at the start area in Santry Demesne. Robert Heffernan and family will also be in attendance to lead a warm up before you get started.

WARM-UP

There will be separate warm ups before both the 1 Mile Fun Run and Family 3k Run. Your warm up should include some light jogging and stretching. A mass warm up will be organised at 11.40am (1 Mile) and 12.10pm (3k) by an experienced trainer.

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 Johns 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 1 Mile or 3K route. Please bring water if you feel you will need it during the run. Water will be provided to each participant after you finish the run.

TOILETS

Toilets are located in the Grand Stand in Morton Stadium. Please note there will be no toilets in Santry Demesne. The toilets in Morton Stadium are a short 2-minute walk from the park and will be clearly signposted.

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 pack.

GOODIE BAGS

Goodie Bags will be available for all participants upon crossing the finish line.

BAGGAGE RECOVERY

As soon as you have exited the finish system please recover your 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 Morton Stadium and in Santry Demesne. Please follow the signs on approach to Morton Stadium.

LITTER

Santry Demesne is being made available to the Irish Life Health Festival of Running under permission of Fingal County Council. 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.

ROUTE MAP



WIN A FAMILY HOLIDAY IN DELPHI VALLEY

It's time to put the whole family through their paces. Get ready to run and have fun at the **Irish Life Health 'It Runs in the Family' Challenge**.

Enjoy all the action inside the stadium and in *Irish Life Health's* Family Activity Area and put the whole family to the test. Just pick up a Challenge sheet at the Irish Life Health info stand and keep **TRACK** of what's happening throughout the day to be in with a chance of winning a **7-night stay in Delphi Valley** for a family of 4 (2 adults + 2 kids). The winner will be drawn and contacted at the end of the day.

IRISH LIFE HEALTH FESTIVAL OF RUNNING - ACTIVITY MAP



Irish Life Health National Track and Field Championships

All Irish Life Health Festival of Running participants will receive free entry into the Irish Life Health National Senior Track and Field Championships. We encourage all participants to enjoy watching the elite of Irish Athletics compete at their national championships.



National Track & Field Championships



Saturday 27th July

12:00	5000m W	Women	F			
12:30	5000m	Jun Women	F	12:15	Hammer	Men
12:55	400mH	Women	H	12:45	Triple Jump	Women
13:05	400mH	Men	H	13:55	Discus	Women
13:15	3000m S/C	Men	F	14:25	Triple Jump	Men
13:30	100m	Women	H	15:30	Javelin	Women
13:40	100m	Men	H	15:55	35 lb Height	Jun Men
14:05	800m	Women	H	15:55	35 lb Height	U23 Men
14:20	800m	Men	H	15:55	56 lb Height	Men
14:40	800m	Wheelchair	F	17:00	Javelin	Men
14:45	10,000m	Men	F			
15:25	200m	Women	H			
15:35	200m	Men	H			
15:55	200m	Wheelchair	F			
16:00	1500m	Men	H			
16:25	5000m	Women	H			
16:50	400m	Women	H			
17:05	400m	Men	H			
17:35	5000m	Men	H			
18:15	1500m	Women	H			
18:35	4 X 100m	Women	F			
18:45	4 X 100m	Men	F			



Festival of Running

A DAY OUT FOR ALL THE FAMILY!

SUNDAY JULY 28 2019 SAVE THE DATE

SANTRY DEMESHE, SANTRY, CO. DUBLIN

1000m and 2000m heats and 1000m and 2000m finals on Saturday 27th July. 1000m and 2000m heats and 1000m and 2000m finals on Sunday 28th July. 1000m and 2000m heats and 1000m and 2000m finals on Sunday 28th July. 1000m and 2000m heats and 1000m and 2000m finals on Sunday 28th July.

OTHER ACTIVITIES ON THE DAY INCLUDE: Fun Zone with the opportunity to meet athletes, 3000 and 5000m, Competitions and more... Fun Painting, Balloon Making and much more!

THE CHAIRS OF IRISH ATHLETICS

BOOK UP TO THE DIRECTOR'S BOXES NOW! VISIT WWW.ATHLETICSIRELAND.IE TO RESERVE A FULL RANGE OF EVENTS.

TIMETABLE

Sunday 28th July

14:00	100mH	Women	H	14:15	Pole Vault	Women
14:15	110mH	Men	H	14:20	Shot Put	Men
14:30	5000m	Jun Men	F	14:30	Long Jump	Women
14:55	10,000m W	Men	F	14:30	Hammer	Women
15:50	Mixed Juvenile Relays			16:00	High Jump	Men
16:25	3000m S/C	Women	F	16:00	Shot Put	Women
16:45	100mH	Women	F	16:00	Discus	Men
16:55	110mH	Men	F	16:15	Long Jump	Men
17:05	5000m	Men	F	17:15	Pole Vault	Men
17:30	100m	Men B	F	17:30	56lb Distance	Men
17:45	100m	Women	F	18:10	High Jump	Women
17:55	100m	Men	F	19:00	28lb Distance	Women
18:05	400mH	Women	F			
18:15	400mH	Men	F			
18:30	800m	Women	F			
18:40	800m	Men	F			
18:50	400m	Women	F			
19:00	400m	Men	F			
19:10	200m	Women	F			
19:20	200m	Men	F			
19:30	1500m	Women	F			
19:45	1500m	Men	F			
19:55	4 X 400m	Women	F			
20:05	4 X 400m	Men	F			

NATIONAL SENIOR T&F CHAMPIONSHIPS

MORTON STADIUM, SANTRY
SAT 27th & SUN 28th 2019

ATHLETICSIRELAND.IE #IhNatsT&F

OFFICIAL PARTNER Irish Life health

*100m & 200m Heats on Saturday 27th July and Finals on Sunday 28th July.

*5000m Junior swapped with 3000m (held Junior Championship day).

*5000m U23 medals awarded from Senior Race (outside of top three).

*4 x 100m & 4 x 400m based on times if more than 8 declared.

Live
Coverage on
RTE
SUN 28TH JULY
17:30-19:55

Fanzone – Located at the finish line within Morton Stadium

See these five live!

2.30pm – Michaela Walsh

In 2017, while ranked fourth in the hammer and sixth in the shot, she entered the European U20 Championships in Grosseto, Italy, and won a bronze medal in the hammer with a throw of 61.27 meters. In 2017 and 2018, Walsh became Irish Indoor Champion in Shot Put.

6.30pm – Nadia Power

Nadia Power battled her way to a brilliant bronze medal in the Women's 800m at European Under 23 Athletics Championships in Gavle, Sweden earlier this month. This was Ireland's 7th ever medal at these championships since it was started back in 1997.

6.40pm – Mark English

Mark represented Ireland at the 2016 Summer Olympics in Rio de Janeiro. On 3 March 2019, English won a bronze medal in the 800 metres at the 2019 European Athletics Indoor Championships.

7.10pm – Phil Healy

Ireland fastest women! Phil Healy is the first female Irish athlete in 40 years to hold both the 100 and 200m records. Phil Healy recently finished 6th in the Women's 200 Metres final at the World University Games, having broken a bone in her foot two months before.

7.30pm – Ciara Mageean

On 3 March 2019, she won a bronze medal in the 1500 metres at the 2019 European Athletics Indoor Championships. Ciara has also clocked the qualifying standard for Tokyo 2020 in the women's 1500mts earlier this month.

THANK YOU

