

# Griffith Avenue Mile, 2019

## Welcome

Marino Athletics Club and All Hallows Residents Association are delighted to welcome you to the Griffith Avenue Mile, 2019. Please read this race briefing carefully, paying particular attention to the information relating to registration times, race times and the limited access parking that is available.

We want to acknowledge the enormous effort contributed by the members of MAC and AHAA who have spent months preparing for this event. We are deeply indebted to the support of DCU and DCC as our lead sponsors for their support of this event. We would also like to acknowledge all the other sponsors that have contributed.

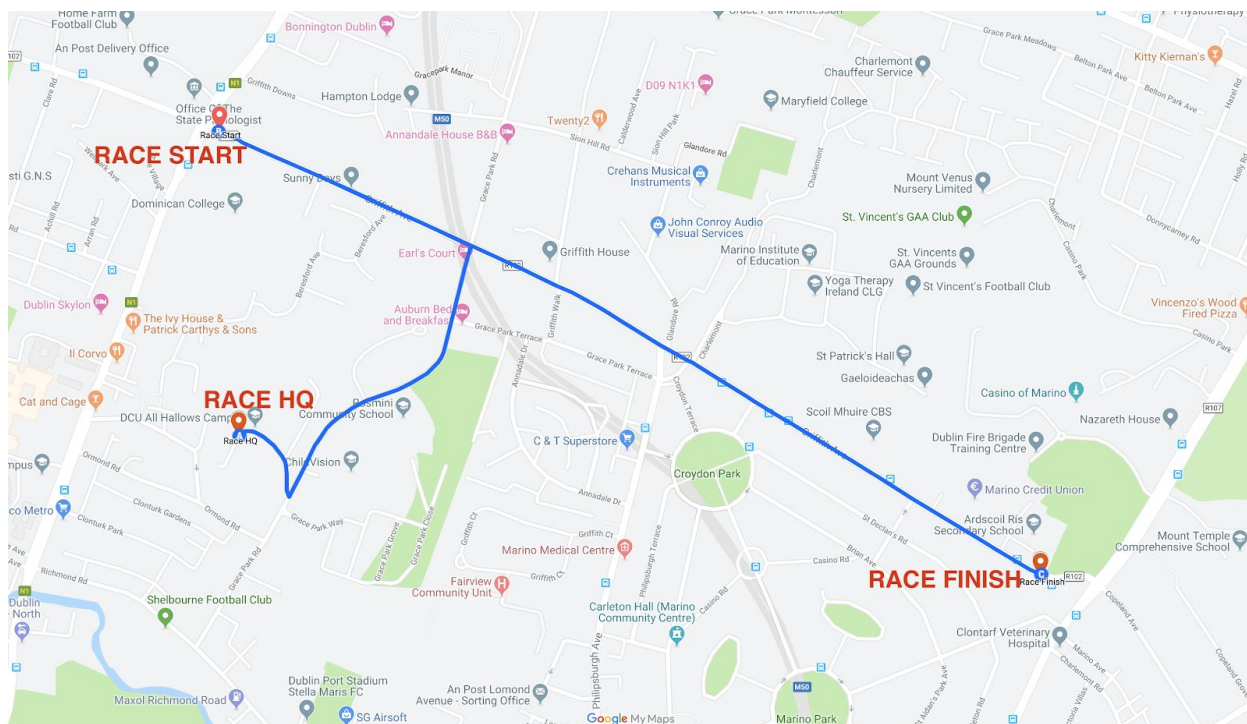
We are very grateful to Athletics Ireland for partnering with us on this event, we realised early on that we could not do this without their knowledge and guidance and we are extremely grateful to them for bringing their expertise to this race.

Finally, we would like to thank all who have registered, we look forward to seeing you at number pick up on Saturday 21st and Sunday 22nd of September in All Hallows College, Grace Park Road where you are also invited to post-race refreshments and prize-giving on race day.

We sincerely hope you enjoy the Griffith Avenue Mile 2019!

## Where?

The race will take place along the length of Griffith Avenue starting close to Drumcondra Road and finishing near the junction with the Malahide Road. Registration, bag drop and prize giving will take place at the race HQ in the DCU All Hallows campus on Grace Park Road.



Google map available [here](#)

## Transport

***Parking near the HQ or race start is very limited - please respect local residents that are accommodating the race and do not park illegally.*** Parking is not available at the Race HQ but DCU have kindly made a limited amount of parking available in the DCU St. Patrick's Campus on Drumcondra Road.

**Please consider public transport options** - the area is well served by Dublin Bus routes, including the 16, 11, 13, 33, 41 and 1 to DCU St. Patrick's campus or the 123 to Ballybough/Philipsburgh Ave.

## When?

The race takes place on Sunday 22nd September at 15:00.

Numbers must be collected at the race HQ (DCU All Hallows campus, Grace Park Road) - either:

- Saturday 21st between 14:00 and 16:00
- Sunday 22nd between 13:00 and 14:00

**Collecting numbers on Saturday is strongly advised** to avoid queues and to ensure an orderly event.

It is important to ensure that you are present at the race start at least 20 minutes before the start time. Please note that it is a 15 minute (1.2km) walk from the race HQ to the race start

Date	Time	Location	
Sat 21st	14:00 to 16:00	HQ	Registration and race number collection
Sun 22nd	13:00 to 14:00	HQ	Registration and race number collection
	13:00	HQ	Bag drop opens
	<b>14:30</b>	<b>Start</b>	<b>All runners assemble into their starting waves at the staging area at Dominican College entrance</b>
	14:45	Start	Group warm-up
	<b>15:00</b>	<b>Start</b>	<b>Race starts - wave by wave (see details below)</b>
	16:00	HQ	Refreshments and prize-giving
	17:30	HQ	Bag drop closes

## Details

### Waves

To ensure that everyone has space to enjoy the run, the start will be organised into several waves.

1. 15:00 Wheelchair athletes
2. 15:02 Chip-timed runners expecting to finish faster than 5:30min
3. 15:03 Remaining chip-timed runners
4. 15:05 Family fun run/walk

Note - there is only a few minutes between each wave start, it is essential that all runners assemble in their wave categories by 14:40 at the latest.

Marshals will be available to direct runners into the appropriate waves - **please follow their directions.**

### Rules

We have a few rules to keep everyone safe and ensure the whole day goes smoothly:

- Buggies and dogs are not allowed.
- During the race, children remain the responsibility of their parents or guardians

## Marshals

All marshals are volunteers. They are giving up their time to ensure you have a successful and safe race and will be treated with the utmost respect. They will be working long before your race starts and long after it finishes: setting up and dismantling the course, cleaning up, dealing with angry motorists on your behalf etc. Instructions given by a marshal should be carefully followed - especially in relation to any issue of safety.

## *Leave no trace*

Please bring your waste home or place it one of the bins provided in the athlete recovery area/All Hallows campus.

## Bag drop

When you collect your race number, you will be provided with a bag tag. Write your race number on the tag and attach it to your bag. Present your tagged bag at the drop-off at the Race HQ and a steward will store it in sequence to allow for quick collection.

**For security reasons, you must show your race number to collect your bag.** While the organisers will make every effort to ensure the safekeeping of your bag, no responsibility can be taken for the loss of personal effects.

## Race numbers

Participants in both the fun run and the chip-timed race must register and collect race numbers. Please attach your race number bib on the front of your shirt/singlet. Please write your name, emergency contact details and description of any medical conditions on the back of your race number bib.

For athletes running in the chip-timed race, take care not to interfere with the timing chip contained in the race number bib. The event being chip-timed means your individual time will be calculated from the moment you cross the start line to the moment you cross the finish line.

## 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.

## Finish and prize giving

When you cross the finish line, please keep moving so as to keep the area clear for other athletes - follow the instructions of the race marshals. Water will be available at the finish line. Bins will be provided for empty bottles - please use them and avoid littering.

Refreshments (tea, coffee, fruit, other treats...) will be available at the race HQ.

Prize giving will be at 4:00 at the Race HQ. Prizes will be awarded in the chip-timed race for 1st male and female wheelchair athletes, 1st 6 male and female athletes, 1st male and female juniors (under 20) and the usual senior age-group categories (M35, F35, M40, etc).

All participants will receive a race medal on completing the race.

**HAVE A GREAT AFTERNOON AND ENJOY YOUR RACE !**