



IR5K – 17th May | IR5M – 29th June | IR10M – 20th July

5km - 9.30am Start | 5M & 10M - 9am Start

Chesterfield Avenue, Phoenix Park, Dublin

Everyone who enters at least 10 Days prior to the event will have their race entry number (& T-Shirt if purchased) number posted in advance.

A detailed event specific information booklet will be emailed to all participant in advance of the run.

RACE DAY TIMETABLE

*07:30 / **07:00	Help Desk & Number Collection Area Opens
*09:15 / **08:45	Number Collection Area Closes
*09:15 / **08:45	Assemble in allocated Assembly Zones
*09:30 / **09:00	First Wave Start (National Champs)
*09:32 / **09:02	Second Wave Start
*09:34 / **09:04	Third Wave Start

*These times relate to the Irish Runner 5K

**These times relate to the Irish Runner 5M & Irish Runner 10M

RACE NUMBER AND T-SHIRT COLLECTION

In order to take part in the event you will need to have your race entry number. If you have entered 10 days prior to the event (cut of dates below) you will get your race entry number in the post. If you purchased a race T-shirt this will also be posted.

If you have entered after the last date for postage, you can collect your race entry number on the morning of the race. The Number collection area will be open 2 Hours prior to the start of the race and will close 15minutes before the start of the run.

Postage Cut-Off Dates

- Irish Runner 5K – Midnight on 7th May
- Irish Runner 5K – Midnight on 18th June
- Irish Runner 5K – Midnight on 9th July

How to wear you Race Entry Number (Bib)

- Secure your race entry number (bib) on the front of your Shirt and secure it with Safety Pins.
- The chip which records your run time is built into your bib.
- Keep your number clearly visible at all times – do not cover with clothing.
- Do not remove your bib until you have crossed the finish line.
- Your bib is also used to identify you in the case of an Emergency

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 race entry number where it will be in safekeeping until you recover it after the run. For security purposes you will be required to show your race entry 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 LINE

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/waves. Please enter the section/wave that corresponds best to your fitness level. National Championship results are allocated on 'Gun Time'. If you wish to compete in the National Championship please ensure to start in the first wave.

In an effort to encourage an equal start line we will have a dedicated space reserved at the front of wave 1 for female athletes should they wish to avail of it. This allows all athletes to be recognised (and identify each other!)

FAB LITTLE BAG

Athletics Ireland is delighted to work with 'Fab Little Bag' and provide 'Period Supportive Mass Participation Events' in Ireland. We will provide participants with free period products and FabLittleBags for easy, discreet and responsible disposal. There will be a free period products and FabLittleBags available at the help desks for people to help themselves.



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

MEDICAL

St John Ambulance will be providing medical cover for the Irish Runner Race Series. 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.

REFRESHMENTS

Water and refreshments 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 pack.

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.

NATIONAL 5K CHAMPIONSHIPS

Each of our Event incorporate the National Championship at that respective distance. Only Registered Athletics Ireland club members are eligible to be included in National Championship results. National Championship rules can be requested by emailing competitions@athleticsireland.ie

RESULTS

Live results are available on our Timing Partners website – [My Run Results](#) as soon as the run is complete. Results can be filtered by Overall Results, Male/Female Results, Age Category Results and Team Results

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 as listed below and use the public transport system servicing the Phoenix Park.

Parkgate Street, Thomas Street, Ushers Quay, Wood Quay, Christchurch Place, College Green, Clarendon Street, Drury Street, St Stephens Green Shopping Centre, Royal College of Surgeons, ILAC Centre, Jervis street, Parnell Street, Arnotts Princes Street, Dawson Street, Temple Bar & Fleet Street

BUSES/LUAS TO PHOENIX PARK

For those wishing to access Phoenix by Public Transport there are several BUS options. To stop near Parkgate Street (Main Gate Entrance), Islandbridge Turnstile and Chapelizod Gate, use bus route numbers 25 and 26. To stop next to the North Circular Road Gate, use bus route number 46A. To stop on the Castleknock Road and enter the Phoenix Park through the Castleknock Gate, use bus route number 37. To stop on the Navan Road and enter the Phoenix Park through the Ashtown Gate, use bus route numbers 37, 38, 39, and 70.x. The RED LUAS line also serves Heuston Station.

LITTER

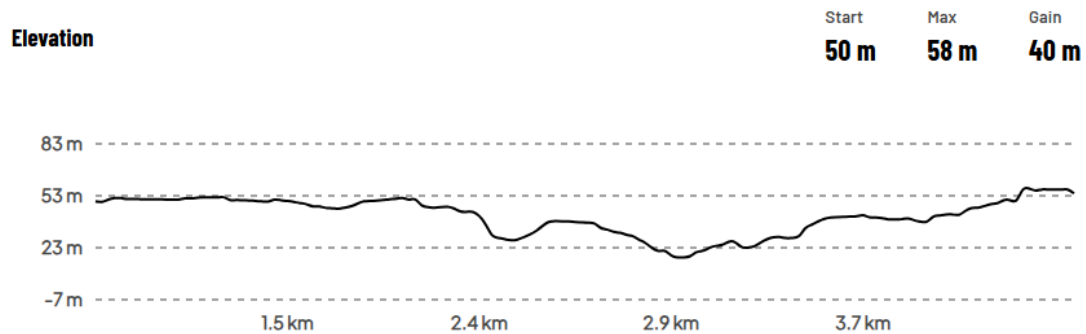
The Phoenix Park is being made available to the Irish Runner 5k incorporating the National 5k Road Championships under permission of the Office of Public Works. We encourage all participants and spectators to exercise the highest respect for this fantastic city amenity, and to dispose of any litter by 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 MAPS

Irish Runner 5k

Detailed Route – [CLICK HERE](#)

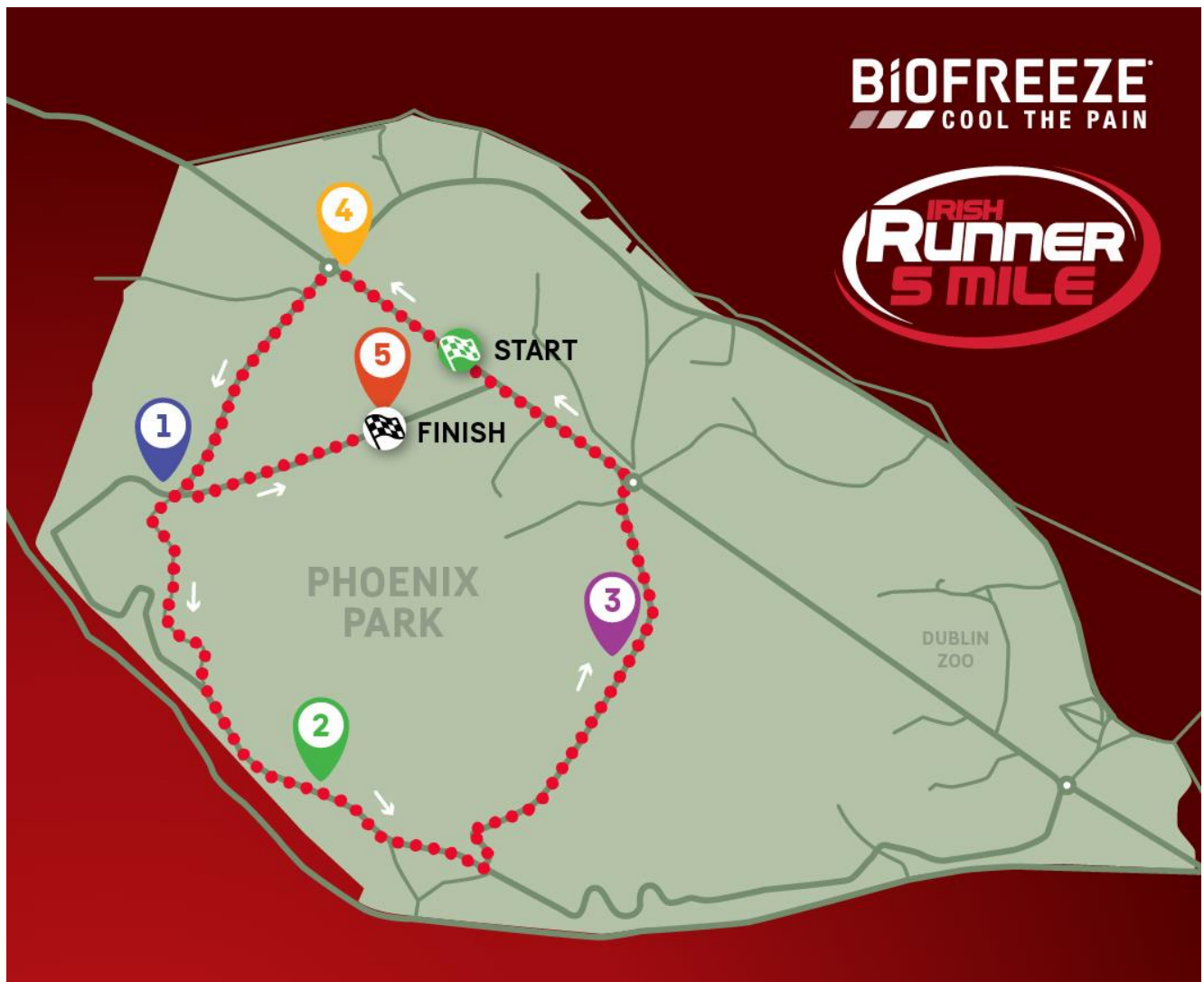
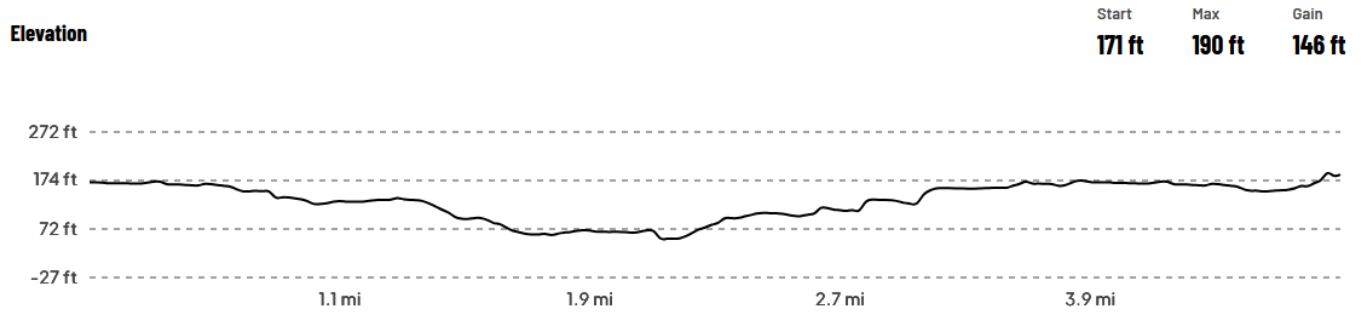
Elevation Profile



Irish Runner 5M

Detailed Route – [CLICK HERE](#)

Elevation Profile



Irish Runner 10M

Detailed Route – [CLICK HERE](#)

Elevation Profile

