



Biofreeze Irish Runner 5k – Saturday 17th May 2025

9.30am Start

Chesterfield Avenue, Phoenix Park, Dublin

RACE DAY TIMETABLE

07:30	Help Desk & Number Collection Area Opens
08:15	Bag Drop Opens
09:15	Number Collection Area Closes
09:15	Assemble in allocated Assembly Zones
09:28	Wheelchair / Racing Buggy Start
09:30	First Wave Start (National Champs)
09:32	Second Wave Start
09:34	Third Wave Start

RACE NUMBER & T-SHIRT COLLECTION

To participate in the event, you must have your **race number (bib)**.

- If you registered before 8th May, your race number and any purchased T-shirt will be sent to you by post.
- If you registered after the postal cut-off date, you can collect your race number on the morning of the race.

Number Collection Area

- Opens: **2 hours before race start** | Closes: **15 minutes before the start**
 - ◆ If your race number has not arrived in the post, please visit the Help Desk located in the number collection tent for assistance.
-


WEARING YOUR RACE NUMBER (BIB)

- Attach your race number to the front of your shirt using safety pins.
 - The timing chip is embedded in your bib — do not tamper with or remove it.
 - Keep your bib clearly visible at all times.
 - Do not remove your bib until you cross the finish line.
 - Your bib also serves as an emergency identifier.
-

BAGGAGE STORAGE

Limited baggage storage will be available.


- Place your bag in the section matching your race number.
- You'll need to show your race number to reclaim your bag.

 **Do not leave valuables in your bag.** While every effort will be made to ensure safety, the organisers cannot accept responsibility for lost or damaged items.

ASSEMBLY & START LINE

The assembly area is adjacent to the clearly marked start line gantry and is divided into waves.

- Enter the wave that best suits your fitness level.
- For National Championship competitors, timing is based on Gun Time, so please start in Wave 1.

 We are proud to say our event is nearly 50/50 male–female—and we'd love the start line to show it. Female athletes who are taking part in the National Championships and who feel comfortable, join us at the front and help us celebrate true inclusivity!

PACERS

We're pleased to offer **official pacers** to help you hit your target time!



Pacers will be available for the following finish times:

20 min, 22 min, 24 min, 26 min, 28 min, and 30 min

Pacers will be clearly identifiable and located in the appropriate start waves.

Join your chosen pacer in the assembly area to maintain a steady pace and reach your goal.

BATHROOM FACILITIES

Race day amenities include:

✓ Urinals

✓ Female-only toilets with period products

✓ A range of unisex toilets

✗ Changing rooms will **not** be available due to the number of participants.

BEFORE YOUR RUN: WARM-UP & PREP

Begin your warm-up about **45 minutes** before race time. Allow time for:

- Toilet access
- Baggage drop
- Moving to your wave

Recommended warm-up includes light jogging and stretching. Remember to stay hydrated in Warm weather



On the **back of your bib**, clearly write:

- Your name and emergency contact number
 - Any medical conditions
-

MEDICAL SUPPORT



St John Ambulance will provide medical coverage on the day.

If you have a medical condition, please inform a medic before the race begins. The Medical Centre will be located near the finish line.

AFTER YOUR RUN

At the Finish:

- Keep moving after you cross the line. Follow marshal instructions to collect your finisher's pack.

Baggage Recovery:

- Retrieve your bag from the designated area. Show your race number to collect it.

Refreshments:

- Water and post-race refreshments will be provided after the finish.
-

NATIONAL 5K CHAMPIONSHIPS

This event includes the **National 5K Championship**

- Only **registered Athletics Ireland club members** are eligible.
 - To be included in the Championship results, you must start in Wave 1.
 - For full Championship rules, email: competitions@athleticsireland.ie
 - Senior individual Medals will be presented on the day, Master individual medals will be available on request, all other medals not collected on the day – they will be made available at the 5 Mile on the 29th of June, in Phoenix Park, Dublin
-


RESULTS

 Live results will be available via [My Run Results](#) immediately after the event.


Results will be available by:


- Overall Results | Male / Female Results | Age Categories | Team Results
-

TRAVEL & PARKING


 **Parking** in Phoenix Park is limited. We recommend using public transport or city centre car parks. Suggested locations include:


- Parkgate Street, Thomas Street, Ushers Quay, Christchurch Place, College Green, Jervis Street, St Stephen's Green Shopping Centre

 **Bus Routes** - Several Dublin Bus routes provide access to Phoenix Park, including: 26, 38B, 39, 70, 99, C5, and C6

 These routes serve various park entrances such as Parkgate Street, Islandbridge, Chapelizod, and Ashtown Gates.

For full and up-to-date public transport information, please visit the [Dublin Bus website](#).

 **Luas** - RED line to Heuston Station

 **Bike Parking** will be available in the event village.

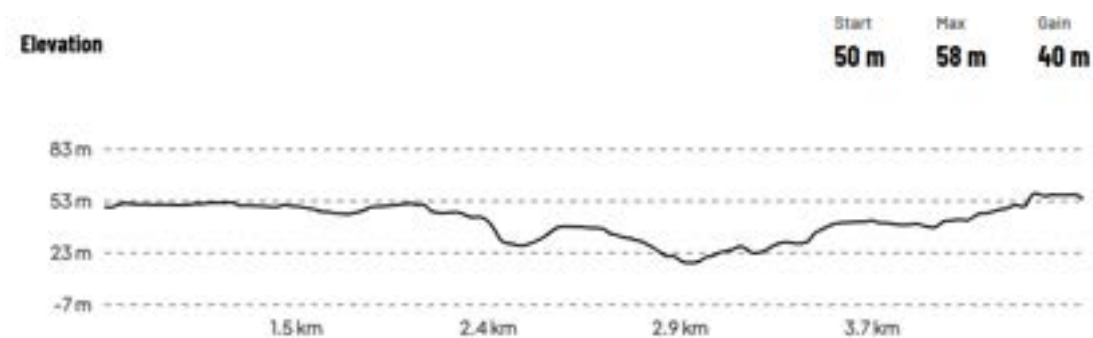
LITTER & ENVIRONMENT

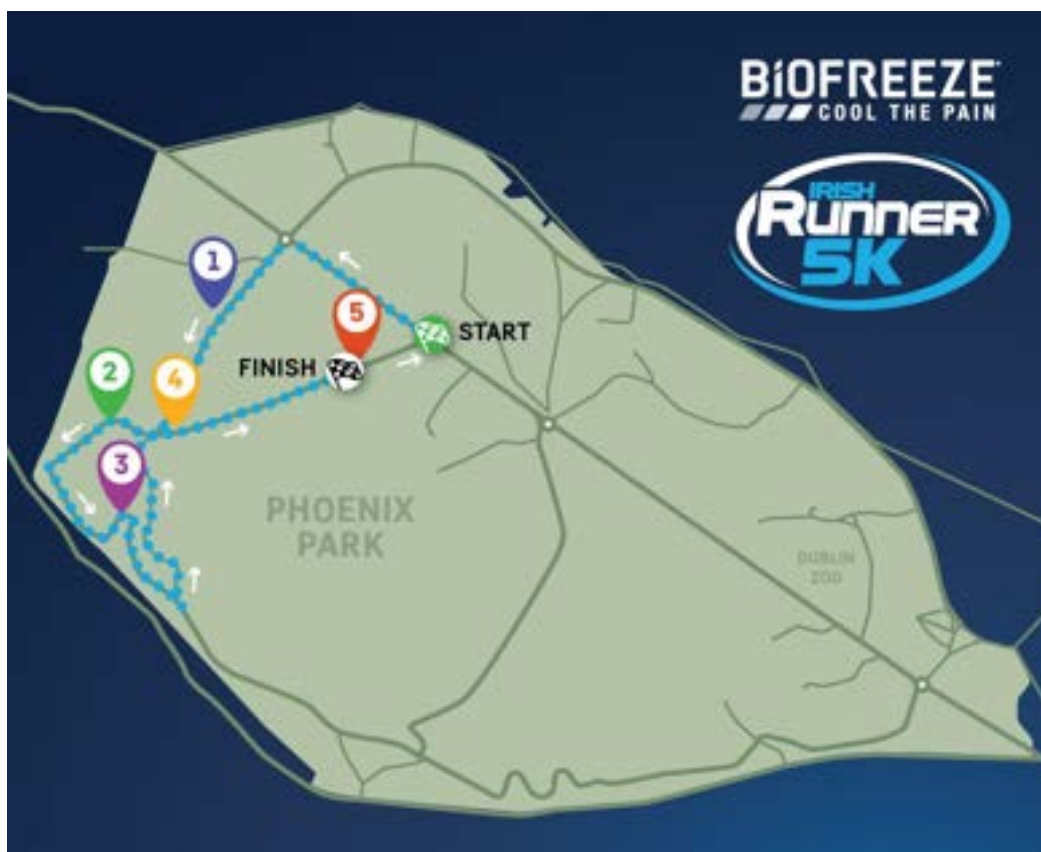
The Phoenix Park is a treasured public space. We operate a **“Leave No Trace”** policy:

- Please dispose of litter responsibly
 - Use bins provided or take your rubbish home
 - Help us respect this beautiful venue, made available by the Office of Public Works
-

COURSE MAPS

Detailed Route – [CLICK HERE](#)






THANK YOU

A massive thank you to everyone who makes this event possible:

- An Garda Síochána and The Office of Public Works (OPW)
- Biofreeze and Active Cities Dublin
- Our dedicated volunteers and marshals from local clubs and groups:
Dublin City Harriers, Lucan Harriers, Waterstown Warriors, Kevin's Hurling Club and the Dublin Volunteer Centre
- St. John Ambulance for medical support
- And you, the participants, whose energy and enthusiasm make it all worthwhile!

Don't stop here!

Be part of the full Irish Runner Race Series:

- **Biofreeze Irish Runner 5 Mile** – 29th June | **Biofreeze Irish Runner 10 Mile** – 20th July
 [Register here](#)

Need help preparing?

Scroll to the bottom of the [registration page](#) to find **free training plans** for:

- Walk/Jog Programme | Beginner Runners | Intermediate Runners

Start strong, stay strong — we'll see you at the next finish line!