



Biofreeze Irish Runner 5 Mile – Sunday 29th June 2025

9.00am Start

Chesterfield Avenue, Phoenix Park, Dublin

RACE DAY TIMETABLE

07:00	Help Desk & Number Collection Area Opens
07:45	Bag Drop Opens
08:45	Number Collection Area Closes
08:45	Assemble in allocated Assembly Zones
08:58	Wheelchair / Racing Buggy Start / Guide Runners
09:00	First Wave Start (National Champs & Sub 35Min)
09:02	Second Wave Start (36Min – 45Min)
09:04	Third Wave Start (46Min and upwards)

RACE NUMBER & T-SHIRT COLLECTION

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

- If you registered before 19th June, 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 from the WHITE marquees.

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.
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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.

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

- Your name and emergency contact number
 - Any medical conditions
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ASSEMBLY & START LINE


The assembly area is located behind the clearly marked start gantry and is divided into designated waves. These waves are planned for the safety, comfort, and enjoyment of *all* participants.

 **National Championship competitors:** Your timing is based on **gun time**, so please ensure you start in **Wave 1**.

We'll have **3 start waves**:

- **Wave 1:** National Championships & Runners targeting sub 35 minutes
- **Wave 2:** Runners targeting 36–45 minutes
- **Wave 3:** Runners targeting 46 minutes and above

 **Please note:** You will receive an accurate **chip time**—this means your race time begins only *when you cross the start line*, not when the gun goes off. So there's absolutely **no need to push forward or crowd the front**.

 It's important that you **start in the correct wave** for your fitness level to ensure a smooth and fair experience for everyone. For example, if your estimated finish time is around 44 minutes, position yourself toward the back of Wave 2.

🧑 We're proud to be nearly 50/50 male-female at this event—and we'd love to see that reflected at the start line! Female athletes competing in the National Championships who feel comfortable doing so, please join us at the front and help us showcase 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:
35 min, 40 min, 45 min, 50 min and 55 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.

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.

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.
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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

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.

DURING & AFTER YOUR RUN

Water Station:

- A water station will be available on the route, located at approximately 2.3 miles.

At the Finish:

- Keep moving after you cross the line. Follow marshal's 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.
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NATIONAL 5 MILE CHAMPIONSHIPS

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

- Only **registered Athletics Ireland club members** are eligible. To be included in the Championship results, you must start in Wave 1.
- If your club wish to declare a specific age category team, please click participant below. Search the participant list for the team member – click their name, select 'Change my details' then enter the DOB. Under 'DEC AGE TEAM' You can then select the team you wish for them to declare for.



[Participant list](#)

- For full Championship rules, email: competition@athleticsireland.ie



Medal Info:

- **Senior individual medals** will be presented on the day.
- **Masters individual medals** will be available upon request.
- A medal table will be located beside the podium after the finish line. All other medals not collected on the day will be available at the **National 10 Mile** on **20th July 2025** 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.

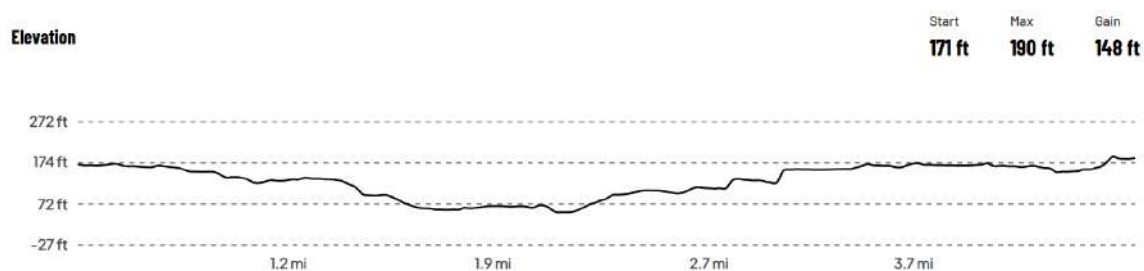
LITTER & ENVIRONMENT

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!

Complete your journey and take part in the final event of the series

- **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!