

COMPETITOR INFORMATION BOOKLET



TUESDAY 16th SEPTEMBER 2025

Start Time - 19:45

City Quay, Dublin 2

TIMETABLE

MONDAY – 15th September 2025

- **09:30 to 18:00** Race pack pick up and Information Desk open at [The Spencer Hotel](#), Excise Walk, Dublin 1, D01 X4C9

TUESDAY – 16th September 2025

- **09:30 – 19:00:** Race pack pick-up and Information Desk open at The Spencer Hotel, Excise Walk, Dublin 1, D01 X4C9
- **18:15:** Toilets and Baggage Area open at Mayor Square, North Dock, Dublin 1
- **19:00:** Individual warm-up
- **19:00:** Deposit baggage in allocated area
- **19:15:** Runners (Green Wave 1) to assembly via Sean O'Casey Bridge
- **19:30:** Runners (Red Wave 2, Blue Wave 3, and Black Wave 4) to assembly via Samuel Beckett Bridge and along City Quay
- **19:30:** Runners assemble in allocated zones
- **19:35:** Mass warm-up at Assembly Area
- **19:45:** Race starts
- **21:00:** Race finishes

*Cut off time of 75Min

NUMBER / T-SHIRT COLLECTION

If you did not opt for postage, race bibs and team t-shirts can be collected from **The Spencer Hotel** during the following times:

- **Monday 15th September:** 09:30 – 18:00
- **Tuesday 16th September:** 09:30 – 19:00

 To avoid congestion, please collect your pack as early as possible.


- All **four team members' bibs and t-shirts must be collected together.**
- Individual collections are not permitted, except for registered individual entrants.

WARM-UP

We recommend beginning your individual warm-up approximately **45 minutes before the race**. This will give you time to:


- Use the toilets (located just off City Quay on Lombard Street East and on Sir John Rogerson's Quay)
- Drop your baggage at the designated area
- Assemble in your correct zone on time

Your warm-up should include light jogging and stretching to prepare your muscles, particularly if the weather is cool.

 Please note: **Traffic will still be active until the race starts**, so take extra care when warming up near roads.


BAGGAGE DROP-OFF

- The baggage area is located in **Mayor Square (outside the National College of Ireland)**.
- A baggage tag is attached to your race bib. Detach it carefully along the perforated line and secure it to your bag.
- Place your bag in the area matching your bib number.
- To collect your bag, you must show your race number.

 Please do not leave valuables in your bag. While every effort will be made to keep bags safe, organisers cannot accept responsibility for lost items. The Bag Drop is located outdoors, and although steps will be taken to protect belongings, we cannot guarantee they will remain dry in poor weather.

HOW TO WEAR YOUR BIB NUMBER

- Pin your number securely to the **front of your top**.
- Do not cover it with jackets, hydration vests, or other clothing.
- Each bib contains your **timing chip** — please do not tamper with it.

 Make sure you wear the number assigned to you. This ensures your time and your team's results are recorded correctly.

ASSEMBLY

The assembly area is located at **City Quay /Lombard St Junction** and will be secured with barriers. The start area will be marked by a large gantry containing the timing equipment.

Runners will be divided into waves based on predicted finishing times:

Green Wave 1	15:00 – 20:00 mins: Very experienced & club runners
Red Wave 2	21:00 – 25:00 mins: Regular runners
Blue Wave 3	26:00 – 30:00 mins: Less experienced runners
Yellow Wave 4	31:00 – 45:00 mins: Novice runners & beginners

- Runners expecting to finish in **20 minutes or under**: Access via **Custom House Quay** and over **Sean O’Casey Bridge**.
- Runners expecting to finish in **21 minutes or over**: Access via **Samuel Beckett Bridge** and along **City Quay**.

⚠ Please follow marshal instructions and take extra — traffic will still be active before the race.

PLEASE ENSURE THAT YOU ENTER THE START SECTION CORRESPONDING TO YOUR ANTICIPATED FINISHING TIME.



TEAM RESULTS

- Team results are based on the **aggregate times** of all 4 members.
- Individual chip times will be recorded from the moment you cross the start line to the finish line.
- Don't rush — cross the start line in an orderly fashion and enjoy the run.
- Please follow the instructions of race stewards at all times.



A photographer and videographer will be present. Athletics Ireland and/or A&L Goodbody may use these images and recordings as per the participant waiver.

AT THE FINISH

- Keep moving after crossing the finish line.
- Water will be provided to all entrants immediately after the finish line.
- Follow marshal instructions through the finish area.
- Water and refreshments will be provided.
- You can then return to Mayor Square to collect your baggage.

Team Prizes

- Team prize presentations will **not** take place immediately after the race.
- Provisional results will be announced on **ALG5K social media channels** on the night.
- Winning teams (top 3 in male, female & mixed categories) will be contacted via email on September 17th with details of a Breakfast prize presentation which will take place at A&L Goodbody's office on Thursday September 25th with race ambassador David Gillick.

RESULTS

- Results will be available on the **ALG5K Corporate Team Challenge website** and on Facebook the night of the race.
- A results link will also be emailed to you post race

MEDICAL

- Medical cover will be provided by **St John Ambulance**.
- If you have a medical condition, please make yourself known to them before the run.
- The medical centre is located **adjacent to the finish line on City Quay**.

PARKING

- Limited public parking is available in Dublin city centre and on-street.
 - Please be mindful of other road users and follow marshal directions.
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LITTER

- Please help us maintain a **Leave No Trace** policy.
 - Use bins provided or take your litter home.
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TAG US

Don't forget to tag us in your **#ALG5K selfies!**

- Facebook: **@ALG5Kcorporateteamchallenge**
 - Twitter: **@ALGoodbody**
 - Instagram: **@A&LGoodbody**
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CHARITY PARTNER

[Depaul Ireland](#) are proud to be the charity partner of the ALG5K. This partnership allows us to raise awareness and vital funds to support our mission to end homelessness and change the lives of those affected by it.



Depaul is a leading cross border charity supporting some of the most marginalised individuals, couples and families experiencing homelessness, and provides emergency accommodation, support services, and long-term solutions for those facing housing instability.

ROUTE: 5km (3.1 miles)

Our race ambassador, former Olympic 400m runner David Gillick, has put the route through its paces – and given it the thumbs up! Take a look [HERE](#) (and get a sneak peek at this year's snazzy T-shirts!)



ACKNOWLEDGEMENT

Athletics Ireland gratefully acknowledges the support of:

A&L Goodbody, Dublin City Council, An Garda Síochána, Dublin Docklands Authority, Dublin County Athletics Board, St John Ambulance, Dublin Bus, Bus Éireann, Luas, The Spencer Hotel, Apleona Facility Management, Dublin City Harriers, Raheny Shamrock AC, Kevins Hurling Club, and Athletics Ireland Volunteers.

RACE WAIVER:

I understand that participating in this event is potentially hazardous, and that I should not enter and participate unless I am medically able and properly trained.

In consideration of the acceptance of this entry, I assume full and complete responsibility for any injury or accident which may occur while I am travelling to or from the event, during the event, or while I am on the premises of the event.

I also am aware of and assume all risks associated with participating in this event, including but not limited to falls, contact with other participants, effect of weather, traffic, and conditions of the road/water. I, for myself and my heirs and executors, hereby waive, release and forever discharge the event organizers, sponsors, promoters and each of their agents, representatives, successors and assigns, and all other persons associated with the event, for all my liabilities, claims, actions, or damages that I may have against them arising out of or in any way connected with my participation in this event.

I understand that this waiver includes any claims, whether caused by negligence, the action or inaction of any of the above parties, or otherwise.

I hereby grant full permission to any and all of the above parties to use any photographs, videotapes, motion pictures, website images, recordings or any other record of this event.

I confirm that I DO NOT have any injury, disease or medical conditions that would prevent me from taking part in the event or endanger myself or any other participant.

I understand the nature of the event and I fully accept that I take part totally at my own risk.



