



Be Great in Dublin!



Sunday 9 April



greatrun.org/ireland

EVENT GUIDE

SUNDAY 9 APRIL | 10K & 5K

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Acknowledgements

The organisers of the Great Ireland Run would like to thank all of the various individuals, organisations and companies who have helped to organise this event. Special thanks go to:

An Garda Síochána, Aqua Pura, Code Blue, Athletics Ireland, Dublin City Harriers, Irish Sunday Times, Life Style Sports, Up & Go, Q102, Ordnance Survey Ireland, Puma, The Office of Public Works, and The Irish Red Cross.

EVENT DAY TIMETABLE

08:30	Customer service desk, baggage area and toilets open
09:20	Warm-up for the Great Ireland 5k
09:30	START of the Great Ireland 5k (RED wave)
09:35	START of the Great Ireland 5k (BLUE wave)
11:00	START of the Great Ireland Run 10k Elite Women & AAI Women's National 10k Championships
11:10	Great Ireland Run 10k warm-up
11:20	START of the Great Ireland Run 10k Elite Men & AAI Men's National 10k Championships and the ORANGE wave
11:27	START of the WHITE wave
11:34	START of the GREEN wave
11:41	START of the PINK wave
13:40	Warm-up for the Junior Great Ireland Run
13:50	START of the Junior Great Ireland Run
14:35	Warm-up for the Mini Great Ireland Run
14:45	START of the Mini Great Ireland Run

*NB. All times are subject to change in the

Non-Valid Entrants

Only participants wearing an official Great Ireland Run number have paid to enter the run. Event officials will be making spot checks at the start assembly area and the finish line. Anyone found to have joined the run without an official number will be removed from the event and will not receive a finisher's pack or bottle of water.

Remember that medals, t-shirts, finishers' packs and water quantities have been based on official entry levels, so anyone who joins the run without a number will be taking items intended for paying customers. Please report any such runners to event marshals and help to make the day as enjoyable as possible for all official entrants.

RUN PACK

Your run pack includes:

1. Great Ireland Run official number

Please check your run number to ensure it is identical to the master number on the address label of your envelope. If it is different please email info@greatrun.org.

Please make sure you fill in the personal details on the reverse of your number the night before in case you need medical attention on the day. The run number should be attached securely to the front of your running vest using four safety pins.

2. Timing chip

The timing chip is included on the back of your run number and is NOT a separate item. DO NOT remove it or exchange it with any other participant, it is exclusive to you and you alone and provides the following two functions:

(A) Your personal time – from the point you cross the start line until you cross the finish.

(B) Your result – which can be viewed following the event by visiting greatrun.org/results.

3. Baggage pack

In your run pack you will also find a plastic bag especially for your personal belongings. Pack your bag the night before and, using a marker pen, write your name and run number on the plastic bag so that you're ready to go on the morning of the run.

Please leave plenty of time to drop your bag off on the day as the baggage area may get busy on the morning of the event. More information on the baggage drop-off area can be found on page 5 of this guide.

Training and preparation

You should ensure that you have trained for the challenge responsibly. You can access all your training requirements free of charge at greatruntraining.org by logging in with your Great Run ID. Runner's welfare advice is available at greatrun.org/respectthechallenge.

Join the conversation

For up to date event information, news updates, competitions and more, follow [@great_run](https://twitter.com/great_run) on social media. Find us on Twitter ([@great_run](https://twitter.com/great_run)) and Facebook (facebook.com/greatirelandrun) and don't forget to share your post-event medal selfies with us!



TRAVEL & ACCOMMODATION

Travel information

The event organisers advise all participants to take public transport to access the Phoenix Park on event day. There are numerous options available.

By car

For those travelling by car, please note that there is NO PARKING available in the park on Sunday 9 April.

It is recommended that drivers use the multi-storey car parks in the Dublin 1, 2, 7 and 8 areas, and take public transport to the park. There is a certain amount of free on-street parking available within the city centre on Sundays but participants are advised to take note of the street parking signs and avoid causing inconvenience to residents.

Here is a full list of available multi-storey car parks:

Ashling Hotel, Parkgate Street, Dublin 7
Smithfield via Queen's Street, Dublin 7
Thomas Street, Dublin 8
Usher's Quay, Dublin 8
Wood Quay, Dublin 8
Christchurch Place, Dublin 8
College Green, Dublin 8
Brown Thomas, Clarendon Street, Dublin 2
Drury Street, Dublin 2
St. Stephen's Green, Shopping Centre, Dublin 2
Royal College of Surgeons, Dublin 2
Jervis Street, Dublin 1
Parnell Centre, Parnell Street, Dublin 1
Arnotts, Princes Street, Dublin 1
Dawson Street, Dublin 2
Temple Bar, Fleet Street, Dublin 2

An excellent public transport service is in place, involving numerous bus routes with frequent journeys. Details of the service are outlined below:

By bus

BUS FROM DUBLIN CITY CENTRE: Nos. 37, 38, 39 and 122
Disembark at Baggot Road/Navan Road stop,

and turning left, walk down Baggot Road to the Phoenix Park (approx. 200m) and follow the signs to the event (approx. 1km).

FROM DUBLIN CITY CENTRE: Nos. 46A
Disembark at terminus (Infirmary Road), turning right, walk to NCR Gate to the Phoenix Park (approx. 100m), follow the signs to Parkgate Street (approx. 800m) and walk past the Phoenix Monument to the Start/Finish.

FROM DUBLIN CITY CENTRE: Nos. 25, 26, 66, 67 and 69

Disembark at Conyngham Road Bus Depot and turn left to the main entrance of the Phoenix Park (approx. 100m).

Train/ Luas into Heuston Station

For participants arriving by train at Heuston Railway Station cross the bridge, turn left and walk along Parkgate Street to the main entrance of the Phoenix Park (approx. 400m). Continue along Chesterfield Avenue past Phoenix Monument to the start/finish.

Bus/LUAS journeys from the city centre to the Phoenix Park normally take between 10 and 20 minutes depending on the route chosen. For participants arriving by train or Dart at Connolly Railway Station, or by bus to Busarus (Bus Station), take the LUAS, Red Line, to Heuston Station.

We would advise that you leave nice and early to ensure that you arrive in ample time for your warm-up (ideally 1 hour beforehand).

For further details on bus timetables visit www.dublinbus.ie.

Further information on road closures may be broadcast at www.aaroadwatch.ie.

Accommodation

For information on accommodation, eating out, and other attractions in Dublin, please visit www.visitdublin.com.

THE START

Customer services

There will be a Customer Services point in a marquee located near the start/finish line, which will be open from 08:30 on Sunday 9 April.

Please note that any problems with your entry, number or timing chip must be resolved at least one hour before the run starts. If you do encounter a problem, please contact Great Ireland Run at info@greatrun.org before the day of the event.

There will be no late entries taken on the day.

Toilets

Toilets are available on the main site near to the start and finish areas. We politely ask that, if possible, male participants make use of the urinal units to reduce the queues at the other toilets.

Baggage drop-off

Due to the large numbers attending the run, it is not possible to provide changing rooms. Please come changed and ready to run. You can leave your bag with a friend, or use the baggage drop area next to the start. If you cannot leave your bag with a friend please deposit as follows:

- The night before your run use a marker pen to write your details on the waterproof bag provided.
- Put your belongings in the bag and deposit according to your run number colour.

Please note: the baggage drop is an open air, external facility. Please do not leave any valuables in your baggage – event organisers cannot accept any responsibility for damage to or loss of these items.

Collecting your bag

- All participants will need to show their run number to gain access to the baggage drop area.
- On exiting, all bags will be checked to verify that baggage numbers match run numbers.



THE START

The start assembly area will be on Chesterfield Avenue near to the Phoenix Monument and will be clearly marked by the start gantry. Runners are asked to assemble in their coloured waves (see map below). You have been allocated a coloured number based on your predicted running time; this is the time that you nominated during the entry process.

This enables you to run with similar paced runners and improve your running experience. The coloured areas are clearly defined using signage corresponding to your coloured number.

Access to each coloured area is from the rear of each assembly zone – marshals will check your coloured number at the access gates. The assembly sections are as follows: Elite Athletes / AAI Championship (women will have blue and white striped numbers and men will have yellow and white striped numbers) / orange numbers / white numbers / green numbers / pink numbers.

Your number shows you where you should stand at the start of the run:



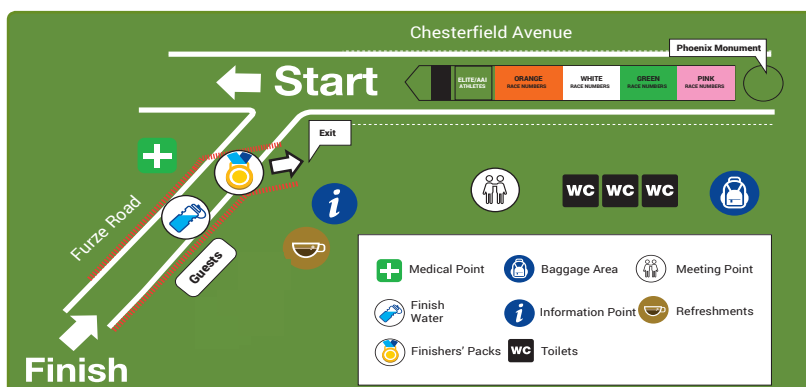
Run Number
Wave Colour

For the 5k event, red and blue numbers will follow the same principal. Please look out for signage on the day.

E.g. Orange numbers should assemble as indicated below.



Start & finish map



ON THE COURSE

Great Ireland Run 10k course map



[Click the map to view the full interactive version.](#)

Warm-up

Lifestyle Sports will be on hand to get every runner ready for the Great Ireland 5k and 10k events. The warm-up for the 5k starts at 09.20 and the 10k warm-up begins at 11.15, so make sure you are in the start assembly areas in good time.

Medical support

Code Blue and The Irish Red Cross will be in attendance along the course and at the start/finish area providing full medical support.

Kilometre (km) markers

Look out for the km markers positioned at the side of the road.

Stay hydrated

There will be an Aqua Pura water station at approximately 4.5k on the 10k course. For 5k runners, your water will be waiting for you at the finish line. Please only take one bottle as there will probably be a lot of runners behind you who are just as thirsty. When you have finished, please throw your bottle to the side of the road when it is safe to do so, or in the bins provided.

WHEN YOU FINISH

At the finish

When you cross the finish line, don't just stop. Keep moving and follow the instructions of the marshals who will direct you to the Finishers' Packs. Your bottle of Aqua Pura water will be inside your pack along with your medal, event t-shirt and much more. The Finishers' Packs are arranged by t-shirt size so please take the size you asked for on your entry form.

Meet friends and family

With so many people taking part it is not possible for everyone to meet their friends and family as soon as they cross the finish line. Agree on a meeting place in advance and use the large meeting point banners on the main site. These banners are marked from A-Z so simply stand beside the banner that corresponds to the first letter of your surname.

Missing person's point

The missing person's point is located by the medical marquee adjacent to the finish line. If you do lose someone please report to the nearest steward and member of event staff and they will be happy to assist.

Spectators

As you move around the course, please be aware that only those roads used for the event are closed to traffic, so stay on the footpath at all times and only cross the roads at designated crossing points.

Refreshments

Hot and cold drinks and freshly prepared sandwiches and cakes are available from the Phoenix Park visitor centre in the gardens opposite the finish line (see map on page seven for details). There will be a number of catering stalls on-site where you can buy hot and cold drinks and food.

Please dispose of your rubbish in the litter bins provided.

Results

Full results will be available following the event at greatrun.org/results.

Photos

Your event day photographs will be available online to purchase and download in the days following the event. They will be available here: greatrun.org/photos.



GREAT IRELAND 5K

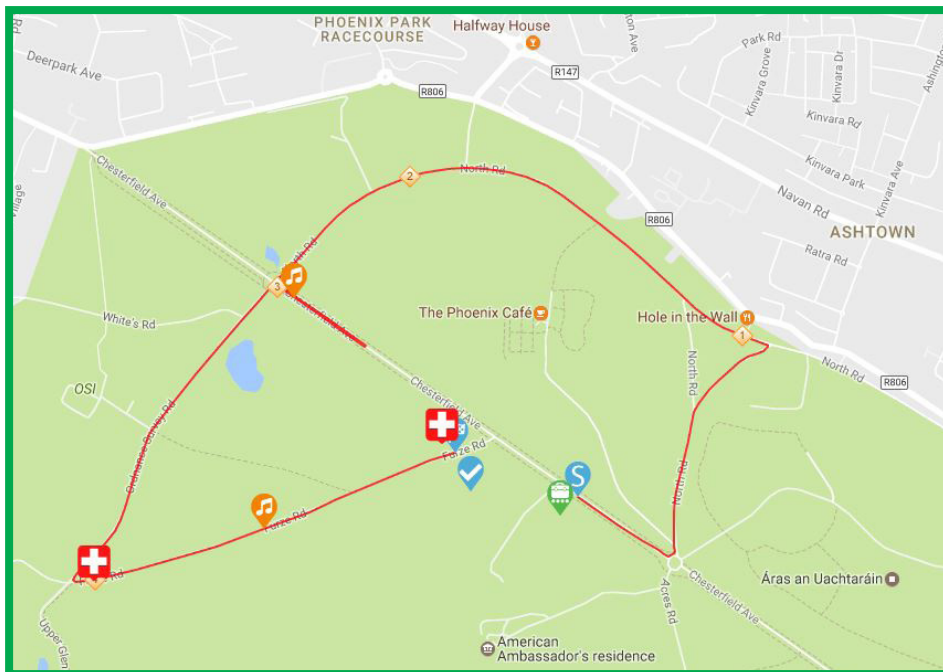
If you're taking part in the Great Ireland 5k on Sunday 9 April the information in this guide is also relevant to you so please make sure you read everything to ensure you're ready for your big day.

Two key differences are your course and your start time. Please see below for more detail on both of these points. If you have any questions before the day please contact our customer services team via email: info@greatrun.org.

We'll see you on the start line!

Warm-up: 09:20
Start time: 09:30 (red numbers), 09:35 (blue numbers)

5k course



Click the map above to see the full interactive version.

JUNIOR & MINI GREAT IRELAND RUN

EVENT DAY TIMETABLE

13:40	JUNIOR GREAT IRELAND RUN WARM-UP
13:50	START OF THE JUNIOR GREAT IRELAND RUN (RED NUMBERS)
13:52	START OF THE JUNIOR GREAT IRELAND RUN (BLUE NUMBERS)
14:35	MINI GREAT IRELAND RUN WARM-UP
14:45	START OF THE MINI GREAT IRELAND RUN

*Times may be subject to change on the day.

PLEASE READ THE FOLLOWING:

CHECK YOUR NUMBER

Please check your run number to ensure it is identical to the master number on the address label of your envelope. If it is different or you have any other queries, please email info@greatrun.org in advance of the event.

Please make sure you fill in the personal details on the reverse of your run number the night before in case you require medical attention on the day of the event.

TIMING CHIP (JUNIOR RUNNERS ONLY)

The timing chip is included on the back of your number and is NOT a separate item.

DO NOT remove it or exchange it with any other participant, it is exclusive to you and you alone. It provides the following two functions:

- A) Your personal time – from the point you cross the start line until you cross the finish.
- B) Junior results – results for Junior runners will be available to view online at greatrun.org/results following the event.

UNDERSTANDING YOUR NUMBER (JUNIOR RUNNERS ONLY)

In order to make your run as enjoyable as possible, and enable you to run with people of a similar age, we have divided entries up into different 'waves'. The colour of your number determines your 'wave', which will be detailed along with your start time on the back of your number:

- AGES 9-11 – BLUE numbers
- AGES 12-15 – RED numbers

In addition to the above, girls will be identified by a white stripe. All entrants in the Mini Great Ireland Run will be issued with a green number.

START TIME

The Junior Great Ireland Run starts at 13:50 and the Mini Great Ireland Run starts at 14:45. There will be a special warm-up at 13:40 for the Junior runners and another at 14:35 for the Mini participants, so please get there in plenty of time.

Please listen out for any important announcements regarding the run and when Junior and Mini runners will be able to access the start area.

Please note: There are new start details and courses for the 2017 Junior and Mini events.

IMPORTANT INFORMATION

JUNIOR COURSE

The Junior Great Ireland Run will start on Chesterfield Avenue and will finish on the Furze Road.

Junior runners will run to Mountjoy Cross before turning left down Ordnance Survey Road and will then continue on to the finish at Furze Road.

MINI COURSE

The Mini Great Ireland Run route will start on Chesterfield Avenue and finish on Furze Road. Mini runners will turn left onto Furze Road and will continue through the finish gantry, loop around at the bottom of Furze Road and continue back up towards the finish.

MISSING PERSON'S POINT

The missing person's point is located by the medical marquee adjacent to the finish line. If you do lose someone please report to the nearest steward or member of event staff and they will be happy to assist.

MEET FRIENDS & FAMILY

With so many people taking part it is not possible for everyone to meet their family and friends as soon as they cross the finish line. Agree on a meeting place in advance or use the large meeting point banners on the main site. These banners are marked from A-Z so simply stand beside the banner which corresponds to the first letter of your surname.

FINISHER'S PACK

At the end of the run all participants will receive a finisher's pack, a medal and other items. Aqua Pura water will also be available.

TRAVEL

For details of how to get to the start of the Junior & Mini Great Ireland Run, please see the travel and accommodation guidance on pg 4.

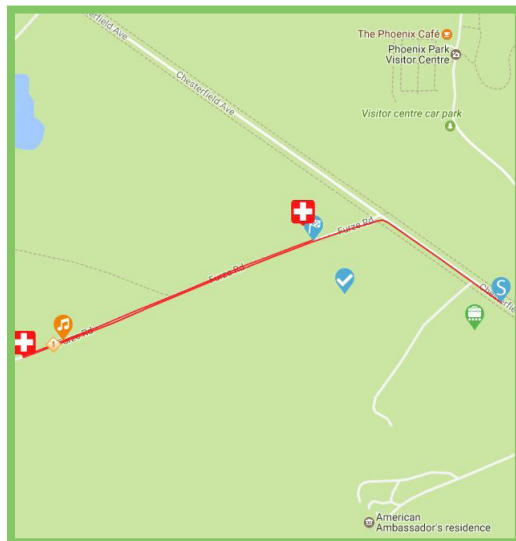
PRIZES AND RESULTS

After the results have been verified, prizes will be awarded to the first three boys and girls in each age group.

JUNIOR RUN COURSE MAP



MINI RUN COURSE MAP



[Click here to view the full maps.](#)



ENJOY YOUR DAY!