

Spirit Sandyford 5k 2018

Pre Race Instructions

Hi there,

We're delighted to welcome you to the 2018 renewal of the Spirit Sandyford 5k. Please take the time to read the pre race instructions below. To ensure a safe and fun event for all please follow the directions of the Race Marshals and Gardaí at all times. Looking forward to seeing you on the 27th September. Have a great race.

Dermot Brennan

Race Director

Race Number Collection

- This is a chip timed race and you must collect **your Race Number** at Race HQ in the Spirit Ford showrooms on Maple Avenue prior to the race commencing.
- **Your Sandyford 5k T-shirt** will also be provided to you at number collection.
- Wed 26th Sept: 12.00-2.00pm
- Thurs 27th Sept: 5.00 – 7.00pm
- Spirit Ford is located on Maple Avenue within the Sandyford Business District. See map:

Final Call for Entries:

- If any of your friends or colleagues still want to take part they can register a team or as an individual online at <http://sandyford5k.ie> or on the evening of the race from 5.00 - 7.00pm, at Race HQ, in Spirit Ford, Maple Avenue, Sandyford.

Race Start:

- The Sandyford 5k will start at 7.30pm sharp
- This year the race start is on Three Rock Road – and you will be guided here from Race HQ and from the surrounding roads.
- Please be at the start line between 7.00 and 7.15pm for race warm-up and pre race briefing.
- The race route is similar to last year. There are marshals in place throughout the course to guide you and ensure your safety.
- The Order of Malta will be on hand to provide Emergency support.

Bag Drop

- Bag Drop is located at Race HQ, in Spirit Ford, Maple Avenue, Sandyford

After the race : Goodie Bags, Medals and Refreshments

- Water will be available in close proximity to the Finish line
- There are **Goodie bags** and **Medals** for all participants and you will be guided by marshals to Race HQ in Spirit Ford, Maple Avenue to collect these

- There will also be a **post race reception** in Race HQ, with food and light refreshments for everyone and we would be delighted to see you back here after the race.
- Prize Giving will also take place at Race HQ.
- Sandyford 5k race results will be available on www.myrunresults.com
- Photos : will be captured on the Sandyford 5k Facebook page following the race.

Getting to Sandyford:

By Road:

- from M50 heading south – exit at Junction 14, take a left into Sandyford Business Park a left onto Burton Hall Road, and take a left again onto Blackthorn Road. Or from the Beacon Hotel, take a right onto Blackthorn Drive and the 2nd left onto Maple Avenue for Race HQ.
- From all junctions entering the Sandyford Business district – follow the signs to Race HQ and Race Car Parks. There will be marshals on hand on race day to guide you.
- See map on www.sandyford5k.ie for Number Pick-up (Race HQ); Car Park and Race start locations.

By Luas:

- Green Line to the Stillorgan Luas stop

Parking

- There are a range of parking locations:
- Stillorgan Luas car park, – the Luas car park will be free for from 6-11pm on the evening of the race. There is no need to display a ticket or use the parking machines.
- Near Race HQ – there is on street parking on each of the Avenues adjacent to Race HQ and on Furze Road, Heather Road or Bracken Road. Participants can then cross Blackthorn Road onto Three Rock Road and the race start. (parking is free from 7pm)
- Marshals will be on hand to guide you to the start. Please be at the start between 7 and 7.15pm.

Any Questions:

- If you have any questions in advance of the race you can email or call us on www.Sandyford5k.ie or at 01 2930984