

NIGHTRUN

PARTICIPANT INFORMATION BOOKLET

NIGHTRUN 10KM 2019

**SUNDAY 28TH APRIL AT 21.00
NORTH WALL QUAY, DUBLIN**



NIGHTRUN

IMPORTANT NOTES FOR ALL ATHLETES:

1. There is a **STRICT CUT OFF TIME** of one hour and twenty minutes (80 minutes) for the race. Any athletes who fall outside of this time (a pace of 8 minutes per km along the course), will be instructed by the Gardaí to complete the course on the footpaths and at their own risk. Athletes in this situation may not receive an official race time or finishers medal.
2. We have a new collection venue for 2019! Please note that collection will take place at **St Stephens Green Shopping Centre** (Unit 24, Ground Floor, D02 HX65). *Collection no longer takes place in Trinity College Sports Centre.*
3. Please **expect delays at peak times when registering** and collecting your race number and t-shirt. Registration takes place on the below dates:
 - Friday 26th April: 11.00 to 18.00
 - Saturday 27th April: 11.00 to 18.00
 - Sunday 28th April: 11:00 to 15:00
4. The race baggage area will be located on Mayor Square, IFSC. Athletes can expect congestion and queues when dropping off and picking up their bags. We strongly recommend you make alternative arrangements for baggage where possible if you wish to avoid queues.
5. **Please do not affix pins through your timing chip located on the back of your bib number.** To do so may render your chip invalid. Wear the number to the front with no item of clothing covering it to enable the timing scanners to read it.
6. **Please make sure you follow the signage and adhere to marshal instructions to load into your correct starting pen.** Pens will be split into 3 for runners sub 45:00 minutes, 45:00 – 55:00 minutes and +55:00 minutes.

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REGISTRATION AND COLLECTION OF RACE PACK

We have a new collection venue for 2019! Please note that collection will take place at St Stephens Green Shopping Centre (Unit 009, Ground Floor, D02 HX65). *Collection no longer takes place in Trinity College Sports Centre.*

Race packs can be collected from St Stephens Green Shopping Centre, which is located at the top of Grafton Street, beside St Stephens Green, on the dates and times outlined below only.

1. Friday 26th April: 11.00 to 18.00
2. Saturday 27th April: 11.00 to 18.00
3. Sunday 28th April: 11:00 to 15:00

Please expect delays at peak times when registering and collecting your race number and t-shirt. Registration takes place on the below dates:

NOTES:

1. Strictly no race packs will be distributed after 15.00 on Sunday 28th April.
2. Multiple and corporate race pack collection will be facilitated in a designated queue (if you intend to utilise this queue, please expect a wait).
3. Athletes should produce proof of entry or valid ID at registration to collect their race pack (this applies to multiple collections also).
4. Entries to the NIGHTRUN are strictly non-refundable and non-transferrable.

NOTE: We are encouraging all participants to wear their race shirt for the run as it has reflective printed branding on an orange long sleeved shirt which will enhance your visibility at night and aid your safety. There is a race shirt for all entrants, but your preferred size is not guaranteed.

IMPORTANT INFORMATION RE: RACE NUMBER

The race number that you will collect at registration contains your timing chip and must be worn for the run for both health and safety reasons and for the validation of your run time.

Please do not affix pins through your timing chip located on the back of your bib number.

To do so may render your chip invalid. Wear the number on your front which will enable the timing scanners to read it and record the actual finishing time against your name. Make sure no item of clothing covers your race number.



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Your race number and timing chip is exclusive to you – **DO NOT** exchange it with other participants. Your race number timing chip provides you with your personal time for the 10k distance from start line to finish line.

Your result will be available on-line through the NIGHTRUN website (www.nightrun.ie) by inputting your race number.

RACE NIGHT TIMETABLE

19.30	Baggage Area (Mayor Square) Open
20.15	Assemble in allocated time zones on North Wall Quay at the Convention Centre
20.30	Build up to race start begins with DJ Steve Cooper
20.50	Warm up begins with Official Fitness Partner 'Tom Dalton, TD Fitness'
21.00	Waved starts

BAGGAGE DROP OFF & COLLECTION

The race baggage area will be in Mayor Square, IFSC. Both pre-and post-race, access to Mayor Square will be through Excise Walk from North Wall Quay only and a one-way system will be in place to ensure the safe and efficient movement of athletes when dropping and collecting their bags. Please listen to instructions from marshals in this area to ensure a safe crowd dispersal plan is achieved.

OVERVIEW OF START PROCESS

Please ensure that you are in the correct pens at the start line. This will allow you to run the race at a pace that you are comfortable at and ensures that the route is free of congestion. Please see the start pens for NIGHTRUN below:

Sub 45 Mins	Green Wave
45-55 Mins	Blue Wave
55 Mins+	Pink Wave

The assembly area is on North Wall Quay outside The Convention Centre. Please follow coloured directional signage along the Quays to access the assembly area safely. Your race number colour matches the start pen you are allocated to based on the time you entered at point of entry. Access to start pens will be by coloured number only.



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RACE ROUTE:



RESULTS

Race results will be available on the NIGHTRUN website immediately after the race – www.nightrun.ie. The results link will also be posted on our social media channels immediately post-race.

TRANSPORT & PARKING

All participants are advised to take public transport for the event if possible. When parking, please remember that there are numerous residential areas within the city centre and we would ask race participants to be mindful of this when parking. Under no circumstances should participant's park anywhere along the course.

MEDICAL

The medical centre will be located on North Wall Quay after the finish line just before Commons St outside Citi Bank. Code Blue will be providing medical cover for this run and there will be experienced medical personnel located at strategic points along the course.



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If you have an ongoing medical condition, please make yourself known to a member of Code Blue before the run commences.

By signing up to the NIGHTRUN, you have accepted the 'Terms and Conditions' set out in the entry process and indicate that you're medically fit to complete a 10k run and do so at your own risk.

HYDRATION

There will be a Water Station located in Ringsend Village thanks to our official hydration partner Deep River Rock. At the Water Station, water will be available in 330ml bottles. Hydration in the form of bottles of Deep River Rock will also be available immediately after the finish. It is important that all athletes stay hydrated for the run. Please ensure you drink an adequate volume of hydration pre-and post-race to prevent dehydration.

TOILETS

Portaloos will be available to participants on **Guild Street** before the race There will be no toilet facilities provided on the route.

QUERIES

If you have any queries in relation to the information contained in this booklet, please contact info@nightrun.ie or check out the FAQ's on the website www.nightrun.ie