



**WEDNESDAY SEPTEMBER 14<sup>TH</sup> 2022**

**Commencing at 19:45**

Claddagh, Galway

# **COMPETITOR'S INFORMATION BOOKLET**

## RACE DAY TIMETABLE

13:00 to 18:30	Race Number pick up at <b>Claddagh Hall</b> , Nimmo's, Nimmo's Pier
17:30	Information Desk, Toilets and Baggage Area Open
18:00	Deposit Baggage at <b>Claddagh Hall</b> , Nimmo's, Nimmo's Pier
19:00	Individual Warm-up
19:20	Go to Assembly Area
19:40	Mass Warm-up <b>at Assembly Area</b>
19:45	Race Starts
20.30	Race Finishes
20:45	Awards Ceremony and Refreshments at <b>Claddagh Hall</b>

## NUMBER/ T-SHIRT COLLECTION

Teams can collect their race packs and t-shirts, pins, t-shirts, and luggage tags from **Claddagh Hall**, Nimmo's, Nimmo's Pier. This will be open for collection from 13:00-18:30 on the day of the race. Participants are encouraged to collect as early in the day as possible to avoid congestion. **It is a requirement that all 4 team members' numbers are collected together- Individual numbers will not be handed out.** Individual numbers will not be handed out (unless you have entered as an 'individual entry' via Eventmaster).

## WARM-UP

It is recommended that you commence your individual warm up approx. 45 Mins before the start time. This is to allow time for access to the toilets, access to the baggage area and timely assembly. Your warm up should include a few minutes light jogging and stretching. It is vitally important to warm up the working muscles especially if the weather is cool. Please remember that traffic will be moving as roads are not closed until the race starts.

## BAGGAGE DROP OFF

The baggage area will also be in **Claddagh Hall**. Because of the number of competitors participating in the run there will be limited changing accommodation available, but there will be some dressing accommodation provided. Put your belongings into the bag provided at registration and ensure you write your race number on the bag. Place the bag in the area

allocated to your number where it will be in safekeeping until you recover it after the race. **For security purposes you will be required to show your race number in order to recover your bag.**

Under no circumstances should you leave valuables in your bag. While the organisers will make every effort to ensure the safe keeping of your bag, no responsibility can be accepted for loss of personal effects.

## **ASSEMBLY**

The assembly area is located at South Park Claddagh and will be secured with control barriers. The start area will be marked by a large gantry containing the timing equipment. The assembly area will be divided into sections based on predicted finishing times as follows:

15.00 to 20.00 MINS	EXPERIENCED AND CLUB RUNNERS
21.00 to 30.00 MINS	REGULAR RUNNERS
31.00 to 60.00 MINS	LESS EXPERIENCED RUNNERS

**PLEASE ENSURE THAT YOU ENTER THE START SECTION CORRESPONDING TO YOUR ANTICIPATED FINISHING TIME.** Also pin your number on your front and do not interfere with the timing chip which is contained in the number. Team results will be based on aggregate times of each member of your team. Because this is a chip timed event your individual time will be recorded only from when you cross the start line to when you finish. Don't rush the start therefore approach it in an orderly manner and enjoy your run. **Please follow the instructions of the stewards at all times.**

Please note that a photographer and videographer will be capturing the event. Athletics Ireland and/or Grant Thornton may use these photographs, videos, motion pictures, website images, recordings and any other record of this event as per participant waiver.

## **AFTER YOU HAVE RUN**

**AT THE FINISH:** After you cross the finish please keep moving and follow the instructions of the marshals who will direct you through the finish area back to **Claddagh Hall** where water will be distributed and you can access the baggage area and recover your belongings.

**REFRESHMENTS & TEAM PRIZES:** After recovering your left baggage please join us for some light refreshments at Claddagh Hall. Prizes will also be presented to the top 3 each in category (male, female & mixed).

**PARKING:** There will be some public parking in the city centre and on-street parking. When parking please remember that there are numerous other road users and we would ask race participants to be mindful of this. Please follow the directions of the race marshals at all times.

**MEDICAL:** Galway Red Cross will be providing medical cover for this run. If you have an ongoing medical condition please make yourself known to a member of Galway Red Cross before the run commences. The medical centre will be located adjacent to the finish line.

**WATER:** Water will also be provided to each entrant immediately after the finish line.

**LITTER:** We are grateful to the authorities at Galway City Council for permission to run this race. Please do not discard litter or at any point along the race route, place it in the bins provided or bring it home with you.

**RESULTS:** Results will be available to view on the Grant Thornton Corporate Team Challenge event web site and on Facebook on the night of the race. Results will be available [HERE](#)

**TAG US:** Don't forget to tag us in your #GT5K selfies.

- Facebook: @grantthorntoncorporateteamchallenge
- Twitter: @GrantThorntonIE
- Instagram: @GrantThorntonIE

## MAP OF COURSE



**ACKNOWLEDGEMENT** Athletics Ireland wishes to acknowledge all those without whom this event could not have taken place:

**Grant Thornton, Galway County Athletics Board, An Garda Síochána, Galway City Council, Galway Red Cross, Event Stewards.**

**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.