



Sunday 21st July 2024

10 Mile - 9.00am Start

Chesterfield Avenue, Phoenix Park, Dublin

IRISH RUNNER 10 Mile & National 10 Mile TIMETABLE

FRIDAY - 19/07/2024

16:00 – 19:00 Number & T-shirt Collection - Intersport Elverys, Dundrum

SATURDAY - 20/07/2024

11:00 – 15:00 Number & T-shirt Collection - Intersport Elverys, Blanchardstown

SUNDAY – 21/07/2024

07:00 Number and Tee Shirt Collection Area Opens

08:30 Number and Tee Shirt Collection Area Closes

08:45 Assemble in allocated Assembly Zones

09:00 First Wave **10 Mile** Start (National Champs)

09:02 Second Wave **10 Mile** Start

09:04 Third Wave Start **10 Mile** Start

RACE NUMBER AND T-SHIRT COLLECTION

In order to take part in the event you will need to have your race entry number. Collection is available on the dates below. If you are collecting on the morning of the race, please allow sufficient time. Peak collection time is from 8.00am – 8:30am, so arrive early to avoid Ques! If you opted to purchase a T-shirt this can be collected with your race number.

- Intersport Elverys, Dundrum - Friday 19th July, 4-7pm
- Intersport Elverys, Blanchardstown - Saturday 20th July, 11am - 3pm
- Event Village, Furze Road, Phoenix Park - Sunday 21st July, 7.00am – 8.30am

BAGGAGE

Because of the number of participants in the run, it is not possible to provide changing rooms. There will be limited baggage storage area. Please place your bag in the area allocated to your number where it will be in safekeeping until you recover it after the run. For security purposes you will be required to show your run 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 a safe event, no responsibility can be accepted for loss or damage to personal items.

ASSEMBLY /START

The assembly area is adjacent to the start line which will be clearly marked by the start gantry. The assembly area will be divided into sections as follows:

1. **Sub 60 Mins & Club Athletes (National Championships)**
2. **60 Mins - 80 Mins**
3. **80-100 Mins**
4. **100+ Mins**

Pacers will be available for 70Min, 80Min, 90Min, 100Min & 110Min

PLEASE ENSURE THAT YOU ENTER THE START AREA IN THE ASSEMBLY ZONE WHICH CORRESPONDS BEST TO YOUR FITNESS LEVEL.

SHOUT-OUTS!

Have you a story to tell? Would you like a special shout-out or recognition on the day? Want to give your fellow running partner a bit of encouragement? – Let us know by [submitting the details HERE](#) and we'll give you shout on Sunday morning!

SANCTUARY RUNNERS

Sanctuary Runners is currently seeking donations of used running shoes that still have some mileage left in them. Your contribution can make a significant impact by providing essential gear to individual who may need them. Donations may be left at the **Active Cities tent** in the event village area.

FAB LITTLE BAG

Athletics Ireland is delighted to work with 'Fab Little Bag' and provide 'Period Supportive Mass Participation Events' in Ireland. We will provide participants with free period products and FabLittleBags for easy, discreet and responsible disposal. There will be a free period products and FabLittleBags available at the help desks for people to help themselves.



BEFORE YOUR RUN:

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 to get to your assembly zone in a timely manner. Your warm-up should include some light jogging and stretching. It is vitally important to warm up the working muscles especially if the weather is cool.

RUN NUMBERS/BIBS

Please print the following information clearly on the reverse of your run number/bib:

- Name and contact number In Case of Emergency
- Medical Conditions

MEDICAL

St John Ambulance will be providing medical cover for this run. If you have an on-going medical condition, please make yourself known to a member of the St John Ambulance on site on the morning before the run commences. The medical centre will be located adjacent to the finish line.

WATER

Water will be provided along the course. Water stops will be available just before Marys lane and also inside Islandbridge gate. You will pass each water stop twice – approximately at 2.5 miles 4 miles, 6 miles and 8 miles into the run. Water will also be provided to each participant after you finish the run. Please use bins provided on the course to dispose of empty water bottles as we adopt a “**leave no trace**” policy. Please ensure you are adequately hydrated before the race starts especially if the weather is expected to be hot and sunny.

AFTER YOUR RUN

AT THE FINISH

After you cross the finish line please keep moving and follow the instructions of the marshals who will direct you to where you will receive your finishers pack.

BAGGAGE RECOVERY

As soon as you have exited the finish system please recover your left baggage from the designated area. Remember you will need to produce your run number in order to recover your baggage.

NATIONAL 10M CHAMPIONSHIPS

1. Championships medals will only be awarded to registered athletes
2. Athlete must wear club singlet, or an alternative permitted in certain circumstances with permission of meet manager / director on application with entry
3. Age: 16 years of age or over on the 31st of December in the year of competition
4. Individual Medals:
 - Seniors: 1,2,3
 - Masters: 1,2,3 (buckets every 5 years) O/35, O/40, O45 etc (on the day of Competition)

5. Team Medals:

Category	Team numbers	Club Teams
Senior Men	4	1,2,3
Senior Women	3	1,2,3
Master Men	3	1,2,3 O35 + 1,2,3 O50
Master Women	3	1,2,3 O35 + 1,2,3 O50

6. Team scores are calculated using finishing times of the first 3 (4 for seniors) across line unless declared, youngest age will apply to team category.
7. No limit on numbers on teams a club can have.
8. Over 50's can score on an over 35 team or the senior but can only score on one team. Similarly, O35 can score on senior's team. If teams are declared, athletes may only score in the category for which they declare
9. If a team is not declared the score of the club team is made up of the first 3 club members in that age group to cross the line
10. Championship medals will be presented near the finish line area at approximately 10.00am Please listen for announcements for further updates on the day. For medals that are not collected they will be available from our officer thereafter.

PARKING

There is a limited car parking available in the Phoenix Park. We recommend that you park in some of the multi-story car parks in the city centre as listed below and use the public transport system servicing the Phoenix Park.

Parkgate Street, Thomas Street, Ushers Quay, Wood Quay, Christchurch Place, College Green, Clarendon Street, Drury Street, St Stephens Green Shopping Centre, Royal College of Surgeons, ILAC Centre, Jervis street, Parnell Street, Arnotts Princes Street, Dawson Street, Temple Bar & Fleet Street

BUSES/LUAS TO PHOENIX PARK

For those wishing to access Phoenix by Public Transport there are several BUS options. To stop near Parkgate Street (Main Gate Entrance), Islandbridge Turnstile and Chapelizod Gate, use bus route numbers 25 and 26. To stop next to the North Circular Road Gate, use bus route number 46A. To stop on the Castleknock Road and enter the Phoenix Park through the Castleknock Gate, use bus route number 37. To stop on the Navan Road and enter the Phoenix Park through the Ashtown Gate, use bus route numbers 37, 38, 39, and 70.x. The RED LUAS line also serves Heuston Station.

LITTER

The Phoenix Park is being made available to the Irish Runner series under permission of the Office of Public Works. We encourage all participants and spectators to exercise the highest respect for this fantastic city amenity, and to dispose of any litter by using the facilities provided on the day or by bringing your litter home with you. Please adopt a "leave no trace" policy when exiting the park.

COURSE MAP



THANK YOU

Maurice Cleary and his team at the OPW who manage the Phoenix Park, Biofreeze, Active Cities Dublin, Dublin City Council Recreation Dept, Gardai Traffic Corps, St John Ambulance, Last Lap Café, and our team of marshals and volunteers from Dublin City Harriers, Waterstown Warriors, Raheny Shamrocks, D15 Running Club and Kevins GAA Club.