



TUESDAY 6th SEPTEMBER 2022

Commencing at 19:45

Start - Kennedy Quay, Cork City

COMPETITOR'S INFORMATION BOOKLET

RACE DAY TIMETABLE

12:00 to 18:30	Race Number pick up at Clayton Hotel, Lapps Quay
18:30	Information Desk, Toilets and Baggage Area Open
19:00	Individual Warm-up
19:00	Deposit Baggage at Clayton Hotel, Lapps Quay
19:20	Go to Assembly Area on Kennedy Quay
19:30	Assemble in allocated Zones.
19:35	Warm-up at Assembly Area
19:45	Race Starts
20:30	Race Finishes
21:00	Refreshments and Prize giving Clayton Hotel, Lapps Quay

NUMBER/ T-SHIRT COLLECTION

Teams can collect their race pack, t-shirts, pins, and luggage tags from the **Clayton Hotel, Lapps Quay**. This will be open for collection from 12:00-18:30 on the day of the race (Sept 6th). 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 (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 located in **Clayton Hotel, Lapps Quay**. 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. For convenience it would be best to come dressed in tracksuit and avail of the secure baggage area 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.

ACCESS THE START

Following your individual warm up and baggage drop off the marshals will escort you to the assembly area on Kennedy Quay. At the assembly please locate your time zone which will be signposted, please follow the instructions of the marshals who will direct you to your appropriate time zone.

ASSEMBLY

The assembly area is on the Assess Road 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 25.00 MINS	REGULAR RUNNERS
26.00 to 40.00 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 (including a drone) 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 line on Monaghan Road please keep moving and follow the instructions of the marshals who will direct you through the finish system back to **Clayton Hotel, Lapps Quay** where water will be distributed and you can access the baggage area and recover your belongings.

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 race number in order to recover your baggage. Please cooperate with the marshals in this regard.

REFRESHMENTS & TEAM PRIZES: After recovering your left baggage please join us for some light refreshments in Clayton Hotel, Lapps Quay. Prizes will also be presented to the top 3 each in category (male, female & mixed). 'Individual' race entries will not qualify for prizes. There will be no individual prizes on the night.

PARKING: There will be public parking available in the various City Centre Car Parks which are signposted. 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: St. John Ambulance will be providing medical cover for this run. If you have an ongoing medical condition please make yourself known to a member of St John Ambulance before the run commences. The medical centre will be located adjacent to the finish line on Monaghan Rd.

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

LITTER: We are grateful to the authorities at Cork 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, Cork City Council, An Garda Síochána, Bus Éireann, St. John Ambulance,

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.