



Garmin Great Ireland Run / AAI National 10k Timetable

08:30	Customer services, baggage area and toilets open
09:00	5k assembly area opens
09:20	Warm-up for the Garmin Great Ireland Run 5k
09:30	Garmin Great Ireland Run 5k START
10:50	10k assembly area opens
11:00	Garmin Great Ireland Run 10k Elite Women & AAI Women's National 10k Championships Start
11:20	Garmin Great Ireland Run 10k Elite Men & AAI Men's National 10k Championships and ORANGE wave Start
11:25	Garmin Great Ireland Run 10k WHITE , GREEN & PINK waves Start
13:40	Warm-up for Junior Garmin Great Ireland Run
13:50	Junior Garmin Great Ireland Run START
14:35	Warm-up for Mini Garmin Great Ireland Run
14:45	Mini Garmin Great Ireland Run START