



4KM Fun Run (Two loops of 2km course)

Sunday 15th October 2023

3.40pm

**National Cross Country Course, Sport Ireland Campus ,
Snugborough Road, Blanchardstown, Dublin 15, D15 PN0N**

EVENT TIMETABLE

1.45pm	Number Collection Area Opens
2.30pm	Baggage Area Opens
3:30pm	Runners Assemble in the start zone
3:40pm	Race Starts

RUN BIB NUMBER PICK UP COLLECTION

You can collect your number for the number collection desk. The Number collection desk will open from 13.45. Please go to the correct Number Collection Desk to collect your number.

Numbers can be collected from the Number Pick Up tent on the map below in front of Abbotstown House.

Number Collection opens from 13.45.

Please print off your registration email and present at the registration tent



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 beside Number Collection. 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. You will be asked to assemble 10-15 minutes before your race start time.

BEFORE YOUR RUN:

WARM-UP

It is recommended that you commence your individual warm up approx. 30 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 as in October 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

Murray 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 Murray Ambulance on site before the run commences. The medical centre will be located adjacent to the finish line.

WATER

Water will NOT be provided along the route. If you require water before or during the run please bring it with you. Water will be provided to each participant after you finish the run.

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 Eco Friendly finishers medal.

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.

DIRECTIONS BY CAR AND BUS

The following are directions to the National Sports Campus.

By Bus from the City Centre.

1. 38 or 38A - from O'Connell Street/ Hawkins Street in the City Centre to Snugborough Road in Blanchardstown.
2. N4 – from POINT VILLAGE to Snugborough Road
3. 40D – to Rosemount Business Park

By Car from the City Centre.

Take the Navan Road to the Blanchardstown M50 Roundabout. Continue straight through the roundabout and also through the Blanchardstown Village roundabout. 500 metres after the village roundabout take the slip road to the left and stay in the right-hand lane. Take a sharp right at the top of the slip road and cross over the bridge. Take the first exit off the small roundabout at the other side of the bridge. Continue up Snugborough Road and take a right at the second set of traffic lights into the National Aquatic Centre.

By Car from the M50.

Take the exit at junction 6 on the M50 for Blanchardstown. Continue straight through the Blanchardstown Village roundabout. 500 metres after the village roundabout take the slip road to the left and stay in the right-hand lane. Take a sharp right at the top of the slip road and cross over the bridge. Take the first exit off the small roundabout at the other side of the bridge. Continue up Snugborough Road and take a right at the second set of traffic lights into the National Aquatic Centre.

By Car from the Blanchardstown Centre.

Exit the Blanchardstown Centre complex via the Westpoint Health Club exit. Continue to the set of traffic lights and take a left over the bridge. Take the first exit off the small roundabout at the other side of the bridge. Continue up Snugborough Road and take a right at the second set of traffic lights into the National Aquatic Centre.

PARKING

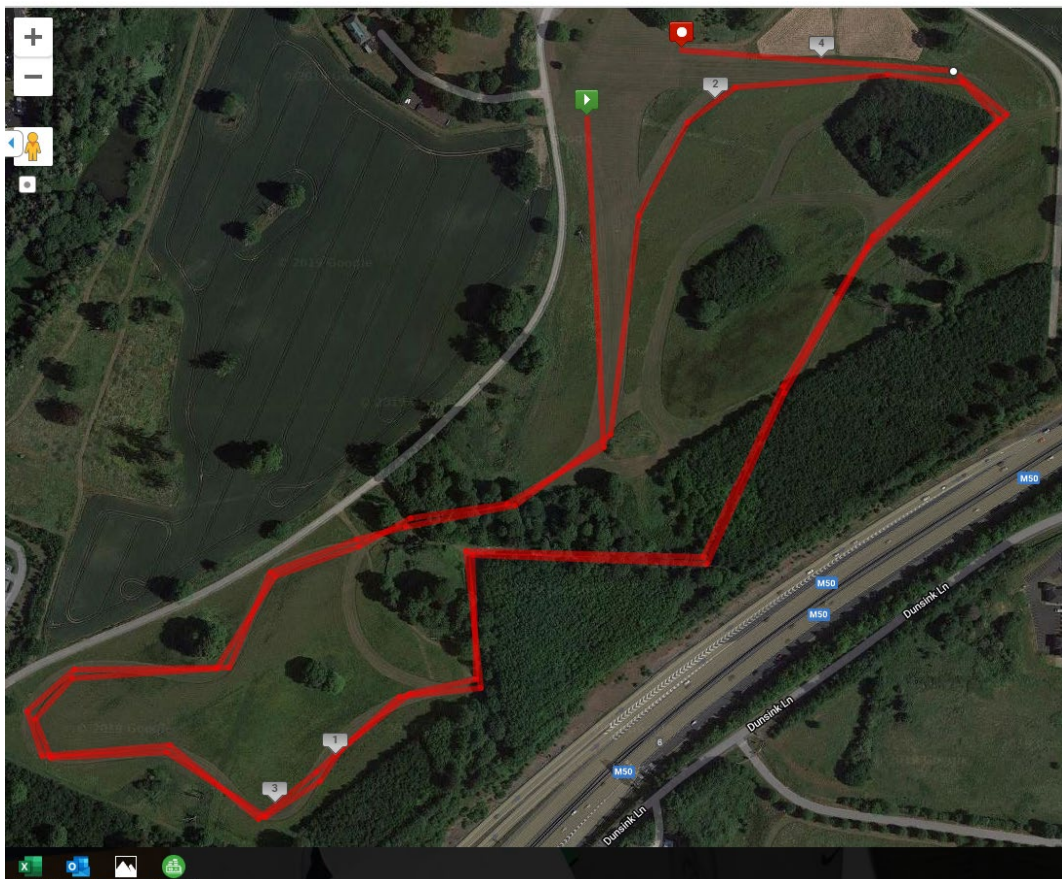
There will be limited designated parking available at Sport Ireland Campus which will be signposted. When parking please remember that there are numerous other users of the Campus and we would ask race participants to be mindful of this. Please follow the directions of the race marshals at all times.

On Entering the venue, please use Gate B



COURSE MAP

The race is two laps of the course. The start is adjacent to Abbotstown House and is down hill for approx 200m until you reach the trees. The course is then level for approx the next 1.1km . Its then uphill for approx 400m where it levels off until you reach the 2km point and start the second lap.



LITTER

Sport Ireland Campus is being made available to the Athletics Ireland under permission of Sport Ireland. We encourage all participants and spectators to exercise the highest respect for this fantastic 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.

ACKNOWLEDGEMENT

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

Sport Ireland Campus, Fingal County Council, An Garda Siochana, Murray Ambulance, Officials from Athletics Ireland Competition Committee and local Athletic Clubs.