

MASH DIRECT BELFAST CITY HALF MARATHON 2022 PARTICIPANT INSTRUCTIONS



FOR YOUR OWN SAKE PLEASE TAKE TIME TO READ THESE INSTRUCTIONS CAREFULLY BEFORE RACE DAY

Pack Collection and Expo

All participants will collect their race packs at the new Pack Collection and Expo at the TEC Belfast. Opening times for the event are as follows;

Saturday 17th September 10.30 – 6pm

NO Race Packs will be given outside of these times or posted. NO PACKS WILL BE GIVEN OUT ON RACE DAY.

Please bring your email confirmation which will show your QR code for allocation of your number. This will ensure there are no delays and reduce queues. This can be on your phone or in a printed copy.

You are **ONLY** permitted to collect packs for up to **6 entries**. If you plan to do this, please ensure you have all email confirmation letters or else race numbers will not be allocated. It is your responsibility to ensure that the participants receive the correct pack and race number if collecting multiple packs.

Parking will be complimentary for all attendees and will be clearly marked on the left-hand side of Queens Road before the TEC, Belfast. The carpark will **ONLY** open during the times of the Exhibition and no overnight carparking will be permitted.

If you do not collect your Race Pack at the time mentioned above, you will not be permitted to compete in the Event.

There will be an array of stands at the TEC Belfast for you to enjoy. Entry is free so please bring family and friends to enhance your experience.

Full address of the Pack Collection and Expo Venue is

TEC Belfast, 17 Queens Road, Belfast BT3 9DU

For full information on the Pack Collection and Expo please visit our website at www.belfastcitymarathon.org

Race Pack

In your Race Pack you will find enclosed:

Your Official Running Number

Please wear this number on Race Day. If you decide not to compete, please destroy number. Do not exchange it or transfer it to anyone else as they will not be registered with us or covered by insurance.

Timing Chip

Champion Chip are our official timing partner. The timing chip is attached to the back of your official running number. Please pin this to the front of your vest BUT make sure you DO NOT put the safety pins through the chip. Remember, no chip = no time!

Pins (4)

To be used to attach your official running number to the FRONT of your vest.

Bag Tag (please detach from the bottom of your race number) and Label

Please ensure this tag and label corresponds with your race number. It is suggested that you use the bag which you were given at the Pack Collection for your change of clothes. However please only bring a change of clothes if you feel it is compulsory as changing facilities will be limited

If you decide to use this facility, please use the tag perforated to the bottom of your race number enclosed and attach securely to your bag. There is also a large label with the same number which you can stick to the front of the bag for staff to identify it quickly. It is advisable not to bring valuables with you.

PLEASE ENSURE YOU HAVE ALL CONTENTS LISTED ABOVE IN YOUR RACE PACK. IF SOMETHING IS MISSING, PLEASE CONTACT THE MARATHON TEAM AS SOON AS POSSIBLE OR VISIT THE HELP DESK AT THE PACK COLLECTION AND EXPO. RACE NUMBERS CANNOT BE GIVEN OUT ON RACE DAY.

RACE DAY

SUNDAY 18th SEPTEMBER

START 9.00AM (SHARP)

ORMEAU EMBANKMENT, BELFAST

COMPETITORS ARE ADVISED TO ARRIVE NO LESS THAN 45 MINUTES BEFORE THE START!

THE MASH DIRECT BELFAST CITY HALF MARATHON IS A COMPETITIVE EVENT AND MUST BE COMPLETED IN LESS THAN 3 HOURS – NO EXCEPTIONS.

In light of recent of events a period of silence will be held prior to the start of the race.

1. Check your equipment including your number, timing chip, pins, and final instructions.
2. Use the toilet before leaving home. This is important. Extra toilet facilities have been provided for this year's event at Ormeau Embankment but may not be able to cope with all competitors. There will also be additional toilet facilities on the route, and these will be clearly marked in advance and are highlighted on the map.
3. There is one bag drop location at this year's event and this will be located at the Ozone Tennis Centre Carpark.

Please leave your tied bag, clearly displaying your race number for easy identification, at one of these locations. Signage will be in place to guide you to this location. All bags will be in clearly marked positions for your retrieval at the end of your run and Marathon Staff will assist you collecting it.

While waiting for the race to begin you may want to keep a jacket/top. Unfortunately, this cannot be returned to participants but will be donated to our official charity Cancer Focus NI.

4. Changing facilities will be available in the Ozone Tennis Centre post-race. Please follow the signs and Marathon Staff for entrance/exit of these changing rooms on Race Day.

5. The Marathon distance is 13.1 miles (see map). Belfast City Marathon participants are required to complete the course in **under 3 hours**. If, you decide not to complete the course, the best place to "drop out" is at one of the First Aid Stations. A special minibus will collect you and deposit you at the finishing area.

6. Please note that there will NOT be energy gel stations on the route at the event. Please make your own arrangements.

7. Working closely with governing body Athletics Northern Ireland, the organisers have sourced timing pacers for 1 hour 30 minutes, 1 hour 45 minutes, 2 hours, 2 hours 15 minutes and 2 hours 30 minutes. The pacer scheme not only helps runners achieve their target time but also adds to the camaraderie of the day. We would encourage you to take advantage of these pacers to achieve your goal time.

8. As you cross the finishing line glance at the clock which will indicate your finishing time – AND KEEP MOVING. The officials at the finish area will not know your exact finishing position so please do not ask them for details of positions or times. At the finish, water will be provided in addition to your well-earned medal and snack. You can then collect your bag from the participant's bag collection marquee. Please dispose of rubbish in the allocated bins.

9. Belfast Live will be the first place to get your OFFICIAL RESULTS. In addition, do not forget to pick up your Daily Mirror on Monday 19th September for the official supplement. For more information visit www.belfastcitymarathon.com

Details of all other prizes will be available on the website **www.belfastcitymarathon.com** after Race Day.

10. Please remember that Belfast City Marathon Ltd operates a strict non-refund policy. You may defer your race entry to the 2023 Belfast City Half Marathon, only if you have incurred an injury or fell ill but must provide a medical note from your GP or Physio to the Marathon Office before Friday 16th September 2022.

11. No participant may bring dogs, baby joggers, baby strollers, skateboards, rollerblades, hand cycles, unauthorised bicycles, or any other wheeled device on the course, except for hand propelled wheelchairs (wheelchair participants must contact the organiser in advance). It would not be a safe environment for the inclusion of baby joggers and strollers.

12. Coinciding with Athletics Northern Ireland's rules, bone conduction headphones are the only headphones permitted for use in road races.

13. On Race Day, if you intend on travelling by public transport, with our Official Transport Partner Translink, please plan your travel requirements in advance as bus and rail times and services are susceptible to change.

AT THE STARTING AREA

Please line up behind the starting line and allow space at the front for the elite runners. Areas will be marked according to anticipated finish times so make your way to the relevant area.

WHEELCHAIR COMPETITORS - should take their position at the front. Your race will start at 8.58am (2 minutes before the main starting time). You should be in position at approximately 8.40am. If facilities for the disabled have been requested on route, please ensure that the Executive Manager is aware of them.

DO NOT PUSH OR JOSTLE FORWARD - MAKE PLENTY OF ROOM - KEEP AS WARM AS YOU CAN WHEN THE RACE STARTS

DO NOT PUSH FORWARD. It may take some minutes for everyone to get going so PLEASE BE PATIENT - it could be that (depending on your position) you may have to walk first before jogging or running.

ON THE ROUTE

The Marathon distance is 13.1 miles (see map). Mile markers will be in position along the whole route.

Participants are required to complete the course in under 3 hours.

PLEASE OBEY ANY INSTRUCTIONS GIVEN BY STEWARDS OR POLICE. MOST REFRESHMENT STATIONS WILL BE ON THE LEFT-HAND SIDE OF THE ROADWAY AND WILL BE SIGNPOSTED IN ADVANCE.

If you intend on making use of these facilities try to get yourself into position well beforehand. **DO NOT SUDDENLY DASH IN FRONT OF OR ACROSS OTHER RUNNERS.**

For First Aid Stations, Refreshment Stations, Toilets, refer to the map.

TRANSPORT AND PARKING

Parking around Ormeau Park/City Centre – Parking will only be available in the City Centre. To source a suitable carpark please follow this link <https://visitbelfast.com/plan/car-parking-in-belfast/>

If you intend on travelling by public transport, with our Official Transport Partner Translink, please plan your travel requirements in advance as bus and rail times and services are susceptible to change.

Best Wishes and Good Luck on the day!

John Allen

John Allen

Chairman, Belfast City Marathon

Medical Instruction for Mash Direct Belfast City Half Marathon 2022

DO NOT RUN IF YOU HAVE RECEIVED A POSITIVE COVID-19 RESULT, EXPERIENCED ANY ILLNESS, INJURY OR FEEL OUT OF SORTS WITHIN 28 DAYS OF THE MARATHON

The intention of this advice section is to help you prepare for a successful day and a performance you can look back on with pride. The advice is given in good faith to help you enjoy the day.

The event places huge stresses on the cardiovascular, musculoskeletal and heat regulating systems. Energy demands can be increased by a factor of 10-15 fold. Successful participation requires adequate acclimatisation and training as well as fluid and fuel intake.

If you have any medical problems that you fear may interfere with your training programme, or make it risky to take part in the Marathon then discuss them with your GP. This advice section supplements anything he or she may say. Please ensure you notify the Official Marathon Doctor at firstmedicevents@gmail.com of any pre-existing illness in advance of Race Day. This information is confidential and will **ONLY** be reviewed by the doctor.

1. Training.

Remember the principle of training is to gradually increase the intensity and duration making sure that you have a recovery or rest time in order for the body to recover.

Therefore:

- Increase training gradually so that you do not suffer excessive fatigue; make sure you build in rest days and try and not have a sudden increase in intensity or duration of your runs.
- If you have flu, a fever, or a tummy bug, avoid training until fully recovered. Training or racing while you have a temperature or the flu can put you at risk from heart inflammation which may be irreversible. Rest until you are better then start at a lower mileage and intensity and build up gradually. It can be counterproductive to try and catch up on lost mileage because it may cause further problems.
- To reduce risk of injury train on soft flat surfaces whenever you can parklands, footpaths, fields.
- Injury. Do not attempt to train if you are carrying an injury. Seek advice from your GP. Replace running with biking or swimming if possible while you recover.

2. Diet.

- Large doses of supplementary vitamins and minerals (such as iron) are not essential and produce no benefit if you are on a good mixed diet. The addition of a supplement has been linked to the death of a runner. At the time of the death this supplement was legal.

3. Fluids.

- The recommendations on fluid replacement have changed considerably over the last few years. Although you need to replace fluids lost in sweat there is a danger of drinking too much fluids which may reduce your blood sodium levels and make you unwell. This problem is more likely to occur if you are running for more than 4 hours, take on more fluid than you lose, or if you are taking non steroidal anti-inflammatory tablets (if you require anti-inflammatory medication you should consider withdrawal).
- Try and train to drink while you run. There is emerging evidence that iced drinks after exercise may be associated with the development of abnormal heart rhythms. Please consider resisting drinking large volumes of iced drinks.
- The sports drinks with carbohydrate concentrations are designed to provide calories in a form that can be absorbed with a decent proportion of fluid. You will need to experiment to find one that suits you.

- Alcohol is dehydrating. A pint of beer produces more than a pint of urine and spirits have an even worse effect. Drink non-alcoholic drinks before you train and immediately afterwards.

- Weighing yourself before and after your training runs will give you some idea of your fluid losses; hotter conditions will mean higher fluid loss and cooler conditions lower fluid loss.

4. Clothing.

- Wear comfortable clothing. Trendy clothing with sewn-on trimmings can rub your groin and nipples until they bleed. Wear kit that is comfortable. Don't wear it from new - wear it and/ or wash it before you run in it. Vaseline applied to these areas can protect the skin.

- Find shoes that are comfortable over long distances. Remember the shock absorbency of your shoes will diminish as they get older. Wear the right shoes for you.. Take along your old trainers for inspection. By the time of the marathon you will have a pair that are comfortable and not worn out.

-Please ensure the skin on your feet has hardened up before Race Day.

5. On the day.

- Do not participate if you have received a positive COVID-19 result, feel unwell, have a fever, have had diarrhoea, vomiting or chest pain within the previous 72 hrs. You will certainly not perform well and you will put yourself and your future running at risk. Remember running with fever can cause serious complications. You can defer your entry to the 2023 Mash Direct Belfast City Half Marathon with a medical note from your GP.

- If you have a medical problem which may lead to an emergency, such as fits, diabetes, asthma or if you are on any medication e.g. blood pressure tablets write details on the reverse of your number. Please email details before the race.

- Wear appropriate clothing for the weather. On a cold, wet day you can become very cold if you slow down or walk; a hat and gloves prevent heat loss and can be carried if not worn.

- If it is hot wear loose mesh clothing, start slowly, and pick out the shade on the course.

6. At the Finish.

- Do not stand about: This will certainly make your blood pressure go low and you are likely to faint. Keep walking or sit down for a few minutes. You will tend to get cold once your muscles stop working so once finished, go to the Bag Collection Area or wherever your clothes are stored and change into warm, dry clothing. Foil blankets do not stop you from getting cold.

- Drink as soon as you can because your body will be short of water and sugar; sports drinks, cereal bars, or your favourite post training snack.

- If you feel faint lie down.

7. Medical Aid.

- Train sensibly and follow this simple advice and you will have done a lot to avoid the need for medical aid.

- If you drop out make for a first aid point where you will be ferried back to the finish. There are medical teams placed throughout the Half Marathon route, please see the map provided.

Conditions Associated with Marathon Running.

1 . Exertional Hyponatraemia (Water Intoxication)

This presents several hours after the start of the race as a result of excessive fluid intake with headache, mental confusion and often vomiting and in severe cases, epileptic seizures. It can be a problem with non-elite runners drinking too much fluid before, during and after the race. Please ensure you train using the fluid you will drink during the marathon.

2. Hypothermia and Hyperthermia

See above

3. Cardiac Arrest

This occurs in 1:50,000 runners. The runners are normally affected in the later stages of the marathon.

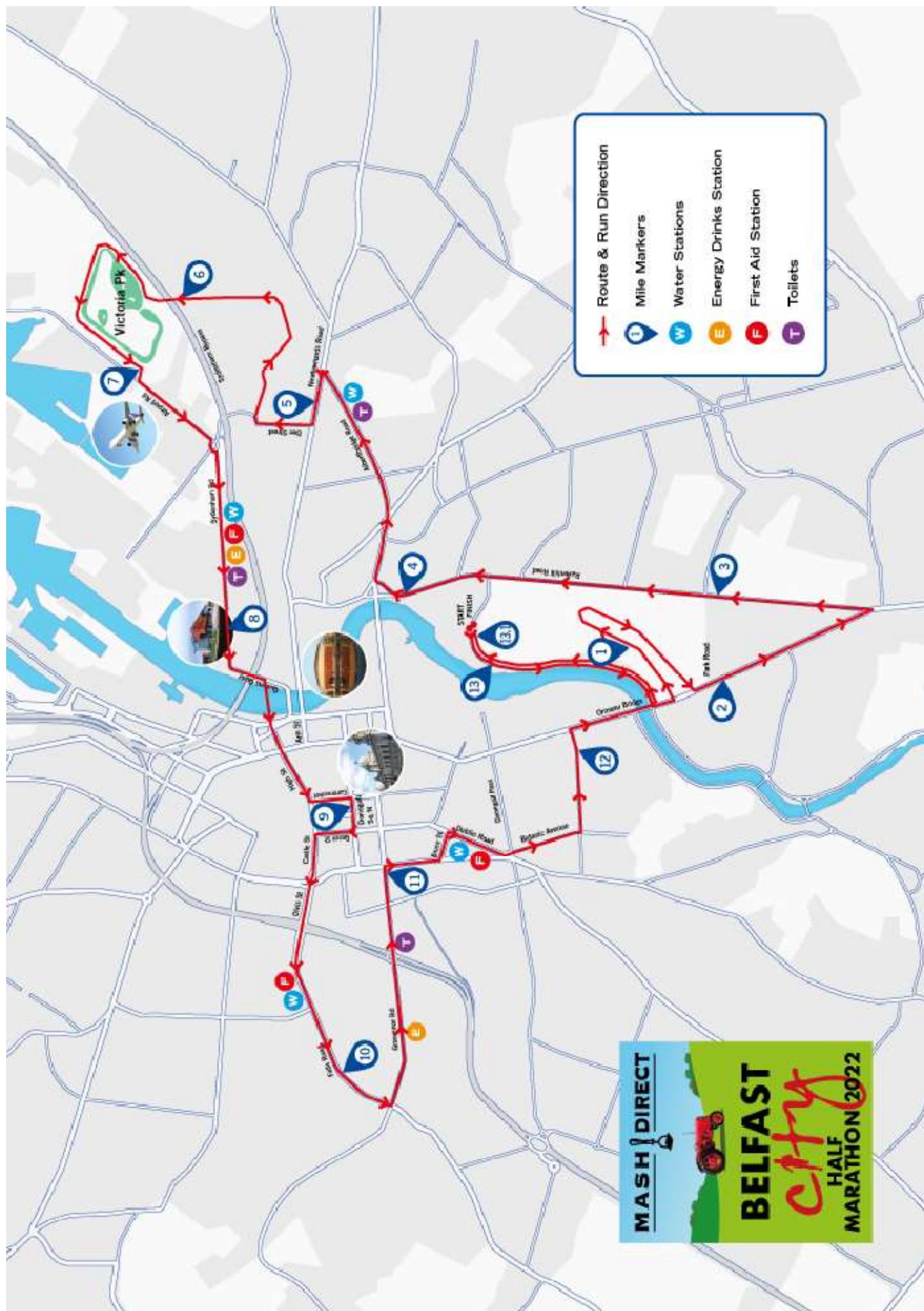
The most common cause is coronary artery disease. This affects the arteries supplying the heart muscle. If you have a family history of angina or heart attacks please consult your GP before running.

Cardiac arrest can occur in young runners. The cause is usually a condition which affects the heart such as HOCM or congenital problems. Please consult the cardiac specialist who manages your condition before running and ensure you email details to the organisers of the Marathon.

If you experience chest pain in the weeks before the race please consult your GP. Please do not ignore this. One of the younger runners who suffered a cardiac arrest in South Africa had experienced chest pain in the week prior to the Marathon.

If you experience chest pain while running please stop and notify the first aid team. There are numerous teams situated throughout the course of the Marathon.

Participants should take this event seriously. An area of concern is that some people think running a half marathon is easy - it is not and required the same focus and build as the marathon.



Expo and Pack Collection Details

The 2022 Mash Direct Belfast City Half Marathon Expo and Pack Collection will take place at the Titanic Exhibition Centre, Queens Road Belfast on Saturday 17th September.

ALL participants will collect their race packs on this date during opening times 10.30am – 6pm.

All family, friends and colleagues are encouraged to attend with you as this is a FREE event with FREE carparking.

At the event there are several exhibitors, offering samples, special offers and prizes to all including;

1. Mash Direct
2. Cancer Focus NI
3. Belfast Live
4. Daily Mirror
5. Translink
6. Better Gym
7. Four Star Pizza
8. Compare NI
9. Public Health Agency
10. Fit Pink
11. K&Q Snacks
12. Resonate
13. Belfast City Council
14. Charles Hurst Van Centre
15. Quiltra

The kids will not be bored as there is facepainting, balloon modelling and colouring competitions.

The Cool FM stage will have music playing with Curtis Cosh along with family, fun exercises provided by the Better Gym team. Stuart Kennedy (training coach) and official pacers, Neil Mercer (North Belfast Harriers) and Paul Bracken (Jog Moira) will be available to answer any last-minute queries whilst discussing the half marathon route.

Health wise the event has you covered with Belfast food blogger, and Cancer Focus NI ambassador, Conor Hogan talking over recipes to help you prepare for pre and post-race whereas Cancer Focus's Anthony Stuart will discuss the benefits and offers of their van which will be available on Race Day for health checks.

Full timetable and site map is available at www.belfastcitymarathon.com