

DEEP RIVERROCK BELFAST CITY MARATHON 2021 PARTICIPANT INSTRUCTIONS



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

Race Packs

All Race Packs MUST be collected before Race Day. NO PACKS WILL BE GIVEN OUT ON RACE DAY.

Some participants will collect their packs at our regional pack collections in September and the remainder will visit the final pack collection on Saturday 2nd October (10am – 4pm) in Ormeau Park.

*Only those who have received confirmation about collecting their race bag may attend the regional pack collections.

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

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 and 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)

Please ensure this tag 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 due to the COVID-19.

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.

The changing facilities are in the Ozone Tennis Centre, and they have advised participants to obey the following COVID-19 regulations.

1. Social Distancing - Social distancing of at least 2 metres (6 feet) between you and anyone outside of your household
2. Face Covering - the wearing of face coverings in enclosed spaces is mandatory and this has been provided in your pack.
3. Time limits – the time spent in a shower should be restricted and included in the 10 minutes permitted to change after the race.
4. Track and Trace App – any individual accessing indoor changing and shower facilities should have downloaded the Track and Trace App

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

RACE DAY

SUNDAY 3RD OCTOBER 2021

START 9.00AM (SHARP)

PRINCE OF WALES AVENUE, STORMONT, BELFAST BT4 3ST

COMPETITORS ARE ADVISED TO ARRIVE NO LESS THAN 20 MINUTES BEFORE THE START! NO SPECTATORS ARE PERMITTED AT THE STARTING LINE AT STORMONT ESTATE.

THE BELFAST CITY MARATHON IS A COMPETITIVE EVENT AND MUST BE COMPLETED IN LESS THAN 6 HOURS.

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 Stormont 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. You can leave your clothing in the participants bag drop at Stormont on Race Morning with Marathon Staff or outside the Belfast City Hall depending on your travel arrangements to the Start line. Please leave your tied bag, clearly displaying your race number for easy identification, at this location. Signage will be in place to guide you to this location. This service will only be available until 8.30AM at Stormont and 8.00AM at Belfast City Hall, as you will need time to line up or travel to the starting line. All bags will be in clearly marked positions for your retrieval at the end of your run at Ormeau Park and Marathon Staff will assist you collecting it. **ANY PACKS AFTER THESE TIMES WILL NOT BE TRANSPORTED TO THE FINISH LINE.**

While waiting for the race to begin you may want to keep a jacket/top given the event is being staged in October. Unfortunately, this cannot be transported to the finish line or returned to participants but there will be charity bins around the straight away where you can donate your garment 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 obey the above instructions and those from Marathon Staff for entrance/exit of these changing rooms on Race Day.
5. The Marathon distance is 26.2 miles - one lap of the course (see map). Belfast City Marathon participants are required to complete the course in **under 6 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 be no nutritional stations (oranges/sweets) or 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 3 hours, 3 hours 15 minutes, 3 hours 30 minutes, 3 hours 45 minutes, 4 hours, 4 hours 15 minutes, 4 hours 30 minutes and 4 hours 45 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 don't 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 with clean, dry clothes from the participants marquee. Please wear your mask when you are not running and dispose of rubbish in the allocated bins.

9. Belfast Live will be the first place to get your OFFICIAL RESULTS and you can sign up to their promotional newsletter to receive an email once the results are live. In addition, don't forget to pick up your Daily Mirror on Monday 4th October 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 2022 Belfast City Marathon, only if you have incurred an injury, received a positive COVID-19 result and uploaded it by Wednesday 6th October 2021 or can provide a medical note from your GP or Physio.

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 a change in Athletics Northern Ireland's rules, bone conduction headphones are the only headphones permitted for use in road races. For more information, please see www.athleticsni.org/News/Athletics-NI-News/Athletics-Northern-Ireland-Announce-AfterShokz-as-Official-Headphone-Partner.

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. For more information, please visit www.translink.co.uk

AT THE STARTING AREA

Line up behind the starting line - please allow space at the front for the elite runners. Areas will be marked according to anticipated finish times.

WHEELCHAIR COMPETITORS - should take their position at the front. Your race will start at 8.59am (1 minute before the main starting time). You should be in position at approximately 8.45am. If facilities for the disabled have been requested en route, please ensure that the Race Director 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 26 miles 385 yards - one lap of the course (see map). Mile markers will be in position along the whole route.

Participants are required to complete the course in under 6 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.

WARNING - THERE ARE 4 RELAY EXCHANGE POINTS FOR THE RELAY RACE. RELAY RUNNERS WILL BE WEARING NUMBERS ON THEIR BACKS. OBEY THE SIGNS WHICH WILL TELL YOU WHAT SIDE OF THE ROAD TO STAY ON. THE SIDES YOU MUST RUN ON AT EACH CHANGEPOINT ARE AS FOLLOWS.

Changeover 1	Montgomery Road	Marathon runners keep to the left side of the lane
Changeover 2	Boucher Road	Marathon runners keep to the left side of the lane
Changeover 3	Falls Road	Marathon runners keep to the left path in the park
Changeover 4	North Queen Street	Marathon runners keep to the right side of the lane

THIS IS DESIGNED TO PREVENT ANY UNNECESSARY OBSTRUCTIONS.

TRANSPORT AND PARKING

Parking in Stormont – Parking will be available at the start line within the Stormont Complex for FREE. If you intend to park in or around the Stormont area, please use this facility and enter via Stoney Road – follow signage and the directions of the stewards. DO NOT block or park in the residential areas nearby. Please note the Upper Newtownards Road from the Stormont Entrance will close from around 8.00am to facilitate traffic management solutions for the start of the event. Access will be from the Dundonald side ONLY.

Parking around Ormeau Park/Finish Area/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. For more information, please visit www.translink.co.uk

ALL TRANSPORT IS FREE TO PARTICIPANTS AND SPECTATORS

• Getting to the start line - a shuttle bus will be available from Belfast City Hall (outside SS Moore's) to the Start Line from 07.00am to 08.00am. AFTER THIS TIME IT IS THE PARTICIPANT'S RESPONSIBILITY TO GET TO THE START LINE.

- Getting back to Belfast City Centre or Stormont – a shuttle bus will take participants and supports from the Finish Line at Ormeau Park back to Belfast City Centre. This service will run until 4:00pm. Participants will then take the Glider Service from Wellington Place/Chichester Street to Stormont to collect their car if required. This service will run until 4.30pm.

Best Wishes and Good Luck on the day!

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John Allen

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Chairman, Belfast City Marathon