



MASH DIRECT BELFAST CITY 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;

Friday 29th April 11.30am – 5.30pm

Saturday 30th April 11.30am – 5.30pm

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 **3 entries of the SAME EVENT**. Again, with the new system we do not want to increase the waiting time for others. If you plan to do this, please ensure you have all email confirmation letters or else race numbers will not be allocated.

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 times 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

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)

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

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 consider the following points

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.

**Points 1 and 2 are not enforced, but advised*

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 1ST MAY

START 9.00AM (SHARP)

PRINCE OF WALES AVENUE, STORMONT, BELFAST BT4 3ST

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

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. There are a number of bag drop locations at this year's event including;

- a) Stormont Estate – Carson's Statue – closes at 8.15am
- b) Stormont Estate – Prince of Wales Gates – closes at 8.15am
- c) City Hall – outside main gates on cobbled area – closes at 8am
- d) Lanyon Place Train Station – downstairs by the taxi rank – closes at 8am

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 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. Unfortunately, this cannot be transported to the finish line or returned to participants but there will be charity bins around the straight 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 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 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 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 with clean, dry clothes from the participants marquee. Please follow government guidelines for mask wearing 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, do not forget to pick up your Daily Mirror on Monday 2nd May 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 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 6th May.

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. Please note that Translink have added extra rail services on Marathon Day to help you with your journey and full details can be found at <https://belfastcitymarathon.com/race-weekend/Event-Translink-Services>

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 so make your way to the relevant area.

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 on 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. PLEASE DISCARD YOUR RUBBISH IN THE DESIGNATED AREAS.

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.

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| Changeover 1 | Montgomery Road | Marathon runners keep to the right-hand 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.

THERE WILL BE TIMING MATS AT EACH OF THESE POINTS WHICH YOU ARE PERMITTED TO CROSS.

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. Please note that Translink have added extra rail services on Marathon Day to help you with your journey and full details can be found at <https://belfastcitymarathon.com/race-weekend/Event-Translink-Services>

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) and Lanyon Place Train Station to the Start Line from 07.00am to 08.00am and Lanyon Place Train Station. AFTER THIS TIME IT IS THE PARTICIPANT'S RESPONSIBILITY TO GET TO THE START LINE.

Buses will be available from Stormont Estate (Massey Avenue) to bring spectators to the Ormeau Road/Ormeau Embankment to walk to the finish line.

- Getting back to Belfast City Centre or Stormont – a shuttle bus will take participants and supporters 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!

John Allen

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Chairman, Belfast City Marathon