



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 Expo & Pack Collection at the TEC Belfast. Opening times for the event are as follows;

Friday 28th April 11.30am – 5.30pm

Saturday 29th April 10.30am – 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 QR codes 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. For more information, including the floor plan and stage timetable, please visit <https://belfastcitymarathon.com/race-weekend/Expo-&-Pack-Collection>

Full address of the Expo & Pack Collection Venue is **TEC, 17 Queens Road, Belfast, Co. Antrim, BT3 9DU**

Race Packs

Your Race 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.

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 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.

Walk Check Card and Lanyard

Please wear your walk check card in the lanyard provided on Race Day. It is advised that you wear this around your neck. There will be two walk checkpoints on the route.

1. Castlereagh Road
2. Albertbridge Road/Ravenhill Road

Volunteers will stamp your card as you pass each point.

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 30TH APRIL

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 8 MILE WALK IS NON-COMPETITIVE EVENT, FOR EXPERIENCED WALKERS AND RAMBLERS. THIS IS NOT A RUNNING EVENT AND RUNNING WILL NOT BE PERMITTED. PARTICIPANTS ARE EXPECTED TO FINISH THIS EVENT IN 3 HOURS.

1. Check your equipment including your number, 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) Lanyon Place Train Station – downstairs by the taxi rank – closes at 8am

PLEASE NOTE THERE IS NO BAG DROP AT THE CITY HALL THIS YEAR.

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 start straight where you can donate your garment to our official charity Air Ambulance 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 Walk distance is 8 miles - 1 lap of the course (see map). Belfast City Marathon 8 Mile Walk 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 sweeper minibus will collect you and transport you at the finishing area.

6. All walkers and runners will finish at the same point. Please give priority to marathon runners who are finishing 26.2 miles and may be tired when coming up the running straight. At the finish, water will be provided in addition to your well-earned medal. You can then collect your bag from the participants marquee.

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

8. 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/Travel-&-Transport>

9. Please remember that Belfast City Marathon Ltd operates a strict non-refund policy. You may defer your race entry to the 2024 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 Wednesday 3rd May.

AT THE STARTING AREA PLEASE DO NOT PUSH OR JOSTLE FORWARD - MAKE PLENTY OF ROOM - KEEP AS WARM AS YOU CAN

WHEN THE RACE STARTS, PLEASE DO NOT PUSH FORWARD. It may take some minutes for everyone to get going so PLEASE BE PATIENT AND PLEASE OBEY ANY INSTRUCTIONS GIVEN BY STEWARDS OR POLICE.

TRANSPORT AND PARKING

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) 07:00am – 8:00am and Lanyon Place Train Station 7:30am – 8:00am to the Start Line. AFTER THIS TIME IT IS THE PARTICIPANT'S RESPONSIBILITY TO GET TO THE START LINE.

Spectator Transport from Stormont - a shuttle bus will pick spectators from Massey Avenue to Ormeau Park after the start of the race at Stormont.

Getting back to Belfast City Centre - a shuttle bus will transport participants from Ormeau Embankment to Belfast City Centre. This service will run from 11:45am – 4:00pm.

Getting back to Stormont – a complimentary Glider service is available from SS Moore's Chichester Street or Wellington Street to Stormont. This service will run to 4:00pm, every 15 minutes. Please note that Stormont car parks will close from 5:00pm.

Parking in Stormont – parking will be available at the start line within the Stormont Complex for FREE. 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.

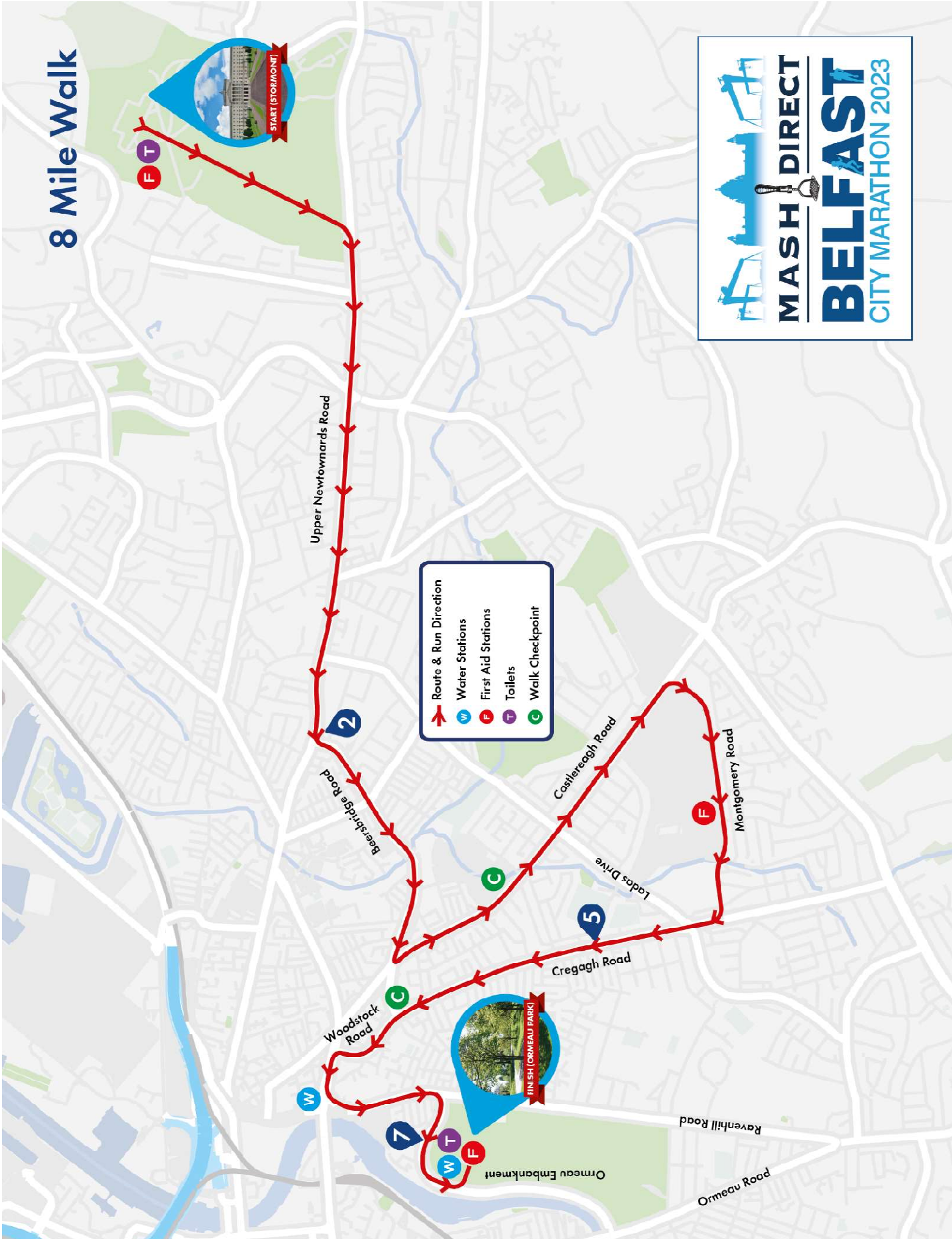
Parking around Ormeau Park/Finish Area/City Centre – parking will be available in Belfast City Council Car Park, Ormeau Avenue - 90 spaces approx. To source other suitable parking please follow this link <https://visitbelfast.com/plan/car-parking-in-belfast/>

Extra Rail Services - Translink have kindly added EXTRA rail services to get participants to Belfast on race day. For more info please visit <https://belfastcitymarathon.com/race-weekend/Travel-&-Transport> Purchases from stations and conductors on the day (no online sales). Standard fares apply. A normal Sunday timetable is in place for return journeys. Visit www.translink.co.uk for more info.

Best Wishes and Good Luck on the day!

John Allen

John Allen
Chairman, Belfast City Marathon



Stormont

Turn Right

Pass Clonlee Drive

Turn Left

Beersbridge Road

Turn Left

Castlereagh Road

Turn Right

Montgomery Road

Turn Right

Cregagh Road

Pass Loopland Park

Straight on to Woodstock Road

Turn Left

Albertbridge Road

Turn Left

Ravenhill Road

Turn Right

Along Ormeau Embankment

Turn Left

Driveway to Ozone Tennis Centre

MEDICAL INSTRUCTIONS



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

DO NOT TAKE PART IF YOU HAVE RECEIVED A POSITIVE COVID-19 RESULT, EXPERIENCED ANY ILLNESS, INJURY OR FEEL OUT OF SORTS WITHIN APPROXIMATELY 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.

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 particular tablets including 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 preceding days. 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 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 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. Risk factors include female, low body weight, exercise duration greater 4 hours and environmental weather conditions.

2. Hypothermia and Hyperthermia

See above

3. Exercise associated collapse

One of the common findings with the above conditions is 'altered mental status'. What this means is that you start to feel unusual and not the 'norm'. You may feel giddy or confused. More importantly your friends or running buddies may notice a change in behaviour. If this happens slow down and go for the nearest medical area. If you buddy cannot continue phone for an ambulance via 999. We have a service within the marathon that enables ambulances from Saint John Ambulance to be sent to your assistance.

4. 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.

8 MILE WALKERS

Participants in the 8 Mile Walk should take this event seriously. An area of concern is that some people think walking is easy - it is not and requires the same focus and build as the marathon. Take it easy and make sure you have trained before hand. The above conditions also apply to the walk.

