

# TEAM RELAY PARTICIPANT INSTRUCTIONS



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**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 28<sup>th</sup> April 11.30am – 5.30pm***

***Saturday 29<sup>th</sup> 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 Pack**

In your Race Pack you will find enclosed:

### **Race Number**

Each team will receive 10 numbers, 2 for each team runner – one for the front and one for the back. If a participant is running two legs, please wear one of each leg number, ensuring it is the number with the timing chip.

### **Timing Chip**

Pop up Races are our official timing partner. **ALL PARTICIPANTS** will be given a timing chip for the race. These timing chips will be placed on the back of one of your race numbers and this one must be placed on your front. At each changeover point, the participant will cross a timing mat to ensure they have completed their leg before the next runner begins. **Each participant will receive a time for their leg which will be displayed in the results. Each team will also receive a finisher time which will be displayed in the results too.**

### **Pins (5 x 8)**

There are 5 bundles of 8 pins provided. Each relay runner should be given a bundle of 8, allowing 4 for their front number and 4 for their back number.

### **Bag Tag (please detach from the bottom of your race number)**

Please ensure this tag and large label corresponds with your race number.

Team Relay runners are advised to bring 2 bags each – one for putting your gear into just before you start your relay leg, and one to put gear into for when you finish your relay leg.

- Bag 1 – Just before you are due to run, you may change out of your tracksuit and put this in your first bag. Leg A runner may leave this bag at the one of the participants bag drop;
  - 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.**

All other runners should leave this at the designated bag drop area, where the previous runner can collect for you. I.E Leg B can collect Leg Cs first bag once they finish their leg.

- Bag 2 – Pre-race, each runner should give the following runner a warm change of clothes in their second bag so that they may drop it at the designated bag drop area for collection once you finish your leg. I.E Leg B should give Leg C a bag with warm clothes pre-race. Leg C will drop this at the designated bag drop area. Once Leg B finishes their leg, they can collect this.

The changing facilities are in the Ozone Tennis Centre.

**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 30<sup>TH</sup> APRIL**

**START 9.00AM (SHARP)**

**PRINCE OF WALES AVENUE, STORMONT, BELFAST BT4 3ST**

### **BEFORE YOU LEAVE HOME**

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 will 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. Please note that there will be NO energy gel stations on the route at the event. Please make your own arrangements.

4. Changing facilities will be available in the Ozone Tennis Centre post-race. Please follow the signs and obey instructions from Marathon Staff for entrance/exit of these changing rooms.
5. LEG A – at the Start Line, 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.
6. Because of the large number of runners awaiting at each change-over point it is essential to obey all the instructions given by stewards to ensure that you do not impede other relay or marathon participants. Team members should line up in an orderly manner. Stewards may request you to do so in a specific manner - please obey these instructions. When you think your team-mate is due, change out of your tracksuit, place it in your second bag and leave it at the baggage point for collection.
7. Each relay changeover will be separated into 50m sections. Each section is for 500 teams to change.

**PLEASE ENSURE THAT YOU WAIT AND CHANGE IN THE AREA DESIGNATED TO YOUR TEAM**

Runners who have just completed their leg of the relay should immediately move off the roadway. You can collect your bottle of water and well deserved medal. Please dispose of your rubbish in the allocated bins and do not wait around - change back into your warm clothing as soon as possible and get on the shuttle bus. PLEASE DISCARD YOUR RUBBISH IN THE DESIGNATED AREAS OR TAKE HOME WITH YOU.

OBEY THE SIGNS WHICH WILL TELL YOU WHAT SIDE OF THE ROAD TO STAY ON. THE SIDES YOU MUST RUN ON AT EACH CHANGEOVER POINT ARE AS FOLLOWS.

<b>Changeover 1</b>	<b>Montgomery Road</b>	<b>Relay runners keep to the left side of the lane</b>
<b>Changeover 2</b>	<b>Boucher Road</b>	<b>Relay runners keep to the right side of the road</b>
<b>Changeover 3</b>	<b>Falls Road</b>	<b>Relay runners keep to the right side of the road</b>
<b>Changeover 4</b>	<b>North Queen Street</b>	<b>Relay runners keep to the left side of the road</b>

THIS IS DESIGNED TO PREVENT ANY UNECESSARY OBSTRUCTIONS.

TO RECEIVE INDIVIDUAL CHIP TIMES PLEASE CROSS THE TIMING MATS BEFORE YOU FINISH YOUR LEG. DON'T CROSS THESE MORE THAN ONCE OR BEFORE YOU START YOUR LEG AS THIS COULD VOID / CORRUPT YOUR LEG TIME.

9. As Leg E crosses the finishing line glance at the clock which will indicate your finishing team 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.

**ANY TEAM WHERE MORE THAN 1 RUNNER PASSES THROUGH THE FINISH GANTRY WILL BE DISQUALIFIED AND THIS WILL BE IDENTIFIED BY YOUR TIMING CHIP. THIS IS FUNDAMENTAL TO ENSURE TEAM RESULTS ARE ACCURATE.**

10. Results for the Team Relay event will be for the Team. Individual timing results will be available on the official website.

11. Belfast Live will be the first place to get your OFFICIAL RESULTS. In addition, don't forget to pick up your Daily Mirror on Monday 1<sup>st</sup> May for the official supplement. For more information visit [www.belfastcitymarathon.com](http://www.belfastcitymarathon.com)

Details of all other prizes will be available on the website **[www.belfastcitymarathon.com](http://www.belfastcitymarathon.com)** after Race Day.

12. 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 3<sup>rd</sup> May.

13. 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.

14. PLEASE SHOW RESPECT TO FULL MARATHON RUNNERS WHO ARE PACING FOR 26.2 MILES

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

16. The organisers are aware that there will be a number of parades taking place on Sunday 30<sup>th</sup> April around Belfast. However please be assured that we are putting plans in place to ensure these will have no impact on the event or route for Belfast City Marathon participants.

17. 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>

## 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.

**Team Relay Transport** - a shuttle bus service will run 8:00am – 10:00am from Annadale Embankment at Dunnes Stores to drop runners off at each relay changeover point on loop. \* REMEMBER LEG A MUST MAKE THEIR OWN WAY TO STORMONT FOR THE START OF THE RACE. Leg B, C, D and E can avail of the team relay transport shuttle.

**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 until 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](http://www.translink.co.uk) for more info.

Best Wishes and Good Luck on the day!

*John Allen*



# Marathon and Team and Relay



Route & Run Direction

Change Over Point

Energy Drinks Station

Water Stations

First Aid Stations

Toilets

Route & Run Direction

Change Over Point

Energy Drinks Station

Water Stations

First Aid Stations

Toilets

\* Please note that all mile markers and route provision on this map are approximately highlighted

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  
**Into Ormeau Park via the Embankment Junction**  
Through Ormeau Park  
Onto Ormeau Road - **Turn Right** Citybound  
Past Shaftsbury Avenue  
Remain on Ormeau Road  
**Veer Left** onto Victoria Street  
**Turn Left**  
Chichester Street  
**Turn Right**  
Donegal Place  
**Turn Left**  
Castle Street  
**Turn Left**  
Queens Street  
**Turn Right** onto Wellington Place  
**Turn Left**  
Great Victoria Street  
**Turn Right**  
Donegall Road  
**Turn Left**  
Glenmachan Street  
**Straight On**  
Boucher Road  
**Turn Left**  
Main Gate Charles Hurst into Lislea Drive  
Onto Lisburn Road  
**Turn Right** - country bound over the bridge  
Continue up the Lisburn Road  
**Turn Right**  
Finaghy Road North  
**Turn right**  
Andersonstown Road  
Through Kennedy Road crossroads onto Falls Road  
**Turn Left**

North Howard Street  
**Turn Right**  
North Howard Link  
**Turn Left**  
Northumberland Street  
Through crossroads onto Agnes Street  
**Turn Left**  
Crumlin Road  
**Turn Right**  
Oldpark Road  
**Turn Right**  
Cliftonville Road  
**Turn Left**  
Up side of Solitude  
**Turn Left**  
Waterworks (clockwise)  
Exit bottom gate (opposite Pacific Av)  
**Turn Right**  
Antrim Road  
**Turn Left**  
Duncairn Gardens  
**Turn Right**  
North Queen Street  
**Under the bridge & Turn Left**  
Fredrick Street  
**Turn Left** onto Albert Square  
Pass Tomb Street  
**Turn Right**  
Donegall Quay (Past The Big Fish)  
**Straight on** to Oxford Street  
**Turn Left**  
May Street / Lanyon Place  
Follow Lanyon Place around  
**Turn Right**  
Mays Meadow  
**Turn Right**  
East Bridge Street  
Onto Tow Path  
Follow Tow Path to Ormeau Road  
**Turn Left**  
Ormeau Bridge  
Ormeau Road  
**Turn Left at Rosetta Roundabout**  
Ravenhill Road  
**Turn Left**  
Along Ormeau Embankment  
**Turn Left**  
Driveway to Ozone Tennis Centre



# MEDICAL INSTRUCTIONS

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

**DO NOT RUN 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 in clouding 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.

## **RELAY RUNNERS**

**Participants in the RELAY should take this event seriously. An area of concern is that some people think running a SECTION OF THE MARATHON is easy - it is not and requires the same focus and build as the marathon. People tend to run faster if running a section of the marathon and place strains on the heart. Take it easy and make sure you have trained beforehand. The above conditions also apply to the relay.**