

# PARTICIPANT INSTRUCTIONS



PLEASE READ THESE INSTRUCTIONS CAREFULLY BEFORE RACE DAY

## EXPO & PACK COLLECTION

<b>EXPO &amp; PACK COLLECTION:</b>	Saturday 16th September
<b>OPENING TIMES:</b>	10:30am - 6pm
<b>LOCATION:</b>	TEC Belfast, 17 Queens Road, Belfast, BT3 9DU

**Car Parking will be FREE for all visitors and participants.**

*The car park will be signposted on the left-hand side of Queens Road before the TEC Belfast and will only open during the times of the Expo & Pack Collection. NO overnight parking will be permitted.*

All participants MUST collect their race pack.

Please bring your email confirmation (phone or printed out) which will show your QR code for allocation of your number. This will avoid any delays and reduce queues for other participants.

When you arrive to collect your pack, please follow the signage and take direction from the volunteers as there will be 2 collection stations;

### Standard Entry

For those who registered at the standard rate before 16th July.

### Late Entry

For those who registered after the 16th July at a discounted rate to include t-shirt only and no medal. If you availed of this rate, please do not try to collect from the standard entry station - your QR code will not be validated by the scanners and you will cause delays.

**There will be no group collection point at the event but you are permitted to collect up to 3 packs at each of the collection stations above.**

If you plan to do this, please ensure you have all QR codes - otherwise race numbers cannot be allocated.\*

*\*Belfast City Marathon accepts no responsibility for mixed up race numbers if collecting multiple packs.*

There will be an array of stands, activities, entertainment, competitions and giveaways for you to enjoy. The event is free to attend and we encourage you to bring family and friends to enhance your experience.

Please note, no packs will be posted and no packs will be available on Race Day. If you do not collect your pack, you will not be permitted to partake in the event.

For more information on the Expo & Pack Collection, please visit [www.belfastcitymarathon.com/race-weekend/Expo-&-Pack-Collection](http://www.belfastcitymarathon.com/race-weekend/Expo-&-Pack-Collection)

## RACE PACK

### 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 or covered by insurance - remember everyone has different medical needs so don't risk the health of another person by running under a different name.

Those who registered at the standard rate before 16th July will receive a **BLUE** race number that has a tag along the bottom to identify that they are eligible to receive a medal at the finish line.

Those who registered at the discounted rate after 16th July will receive a **YELLOW** race number that has a tag along the bottom to identify that they are NOT eligible to receive a medal at the finish line. If you availed of this discounted entry, please do not embarrass the volunteers at the finish line asking for a medal - they will not be able to give you one and it is unfair to others.

### Timing Chip

Pop up Races are the official timing partner. The timing chip is attached to the back of your official race number. Please pin your race number to the front of your top 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 race number to the **FRONT** of your top.

**Bag Label**

Please ensure the label corresponds with your race number. It is suggested that you use the bag which you are given at the Expo & Pack Collection if you intend on bringing a change of clothes after the event. Please be mindful that changing facilities and showers are limited.

If you decide to use this facility, please stick the label to the front of your bag for volunteers to identify quickly. It is advisable not to bring valuables with you.

**T-Shirt**

All participants will receive an event t-shirt in their packs (collected at the Expo and Pack Collection). It is optional if would like to race in this.

**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. RACE NUMBERS CANNOT BE GIVEN OUT ON RACE DAY.**

**RACE DAY**

<b>RACE DAY:</b>	Sunday 17th September
<b>START TIME:</b>	09:00am (sharp)
<b>LOCATION:</b>	Ormeau Embankment, Belfast, BT7

**COMPETITORS ARE ADVISED TO ARRIVE NO LESS THAN 30 MINUTES BEFORE THE START**  
**THE MASH DIRECT BELFAST CITY HALF MARATHON MUST BE COMPLETED IN LESS THAN 3 HOURS**

1. Please plan your travel arrangements ahead of race day. Consider road closures and traffic disruption when you are planning your travel. Where possible please car share or use public transport. Translink have kindly added **EXTRA** rail services to get you to Belfast on race day. Please visit <https://belfastcitymarathon.com/race-weekend/Travel-&Transport> for travel and transport advice.
2. Before you leave home, check your equipment including your number, timing chip, pins, and final instructions. Use the toilet before leaving home. This is important. Toilet facilities have been arranged for this year's event at Ormeau Park and in the Indoor Tennis Centre, but may not be able to cope with all competitors. There will also be additional toilet facilities on the route, as highlighted on the map.
3. There is a bag drop facility located at the Ozone Centre car park. Please leave your bag securely tied / closed, clearly displaying your race number (label) for easy identification. The

marquees will be signposted and broken down into race number sequence. Please take care when dropping your bag and collecting your bag so as you go to the correct marquee.

4. The race distance is 13.1 miles (see map). Participants are required to complete the course in **under 3 hours**. Please take care making your way around the course as the terrain and surface differs throughout. If you decide not to complete the course, the best place to "drop out" is at one of the First Aid Stations. If you have fallen behind pace and will not make it to the finish line within 3 hours, please move to the footpath and follow the highway code as participants are not permitted to stay on the course after the streets are reopened to vehicular traffic. Officials will be located around the course to advise you.



5. At the start line, please allow space at the front for the elite runners. **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 running. Keep as warm as you can in anticipation for the race starting. Textile banks will be located along the start line courtesy of Cookstown Textile Recyclers for you to donate your garment in support of Air Ambulance NI.

5. Water will be available at the finish line, along with four water stations on the route (see map), sponsored by the official hydration partner Deep RiverRock. There will also be two energy drink stations on the route (see map), sponsored by Powerade. 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 PARTICIPANTS**.

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

Beyond each refreshment station you will see a euro bin - please dispose of rubbish in the allocated bins in a bid to keep our City clean.

6. Pacers have been arranged for 1hr 30mins, 1 hr 45mins, 2hrs, 2 hrs 15mins and 2 hrs 30mins. The Charles Hurst Pacing Team not only help runners achieve their target time but also add to the camaraderie of the day. The pacing team will line out at the start line and can be recognised by their time branded flag. We would encourage you to take advantage of these pacers to achieve your goal time. Visit [www.belfastcitymarathon.com/Training-&-Support/Charles-Hurst-Pacing-Team](http://www.belfastcitymarathon.com/Training-&-Support/Charles-Hurst-Pacing-Team) for more information.

7. As you cross the finish line, glance at the clock which will indicate your finishing time – **AND KEEP MOVING**. The officials will not know your exact finishing position so please do not ask. .

8. If you registered at the standard rate before 16th July, you can collect your medal at the finish line. If you availed of the discounted entry after 16th July to include t-shirt only and no medal, please do not ask the volunteers at the finish line for a medal as they will not be able to give you one. Your colour coded race numbers will allow the volunteers to recognise if you are entitled to collect a medal and will direct you to the correct exit pen.

9. Belfast Live will be the first place to get your OFFICIAL RESULTS - [www.belfastlive.co.uk](http://www.belfastlive.co.uk)  
Details of all other prizes will be available at [www.belfastcitymarathon.com](http://www.belfastcitymarathon.com) after Race Day.  
Don't forget to pick up your Daily Mirror on Monday 18th September which will have a special supplement on the event including printed results.

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

**Best wishes and good luck on the day!**

*John Allen*

**John Allen**

**Chairman, Belfast City Marathon**

# MEDICAL ADVICE



PLEASE 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 EVENT

The intention of this advice 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 event 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 event 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 event route, please see the map provided.

# **CONDITIONS ASSOCIATED WITH 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 event. 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 event that enables ambulances from St 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 event. 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 event. 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 event. 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 event.

**Best wishes and good luck on the day!**

*Dr Aisling Diamond*

**Dr Aisling Diamond**

**First Medic Events**