

DEEP RIVERROCK BELFAST CITY MARATHON 2021 TEAM RELAY 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 Numbers

Please ensure these numbers correspond with the numbers on your confirmation letter. Each team runner is issued with two numbers – one for the front and one for the back. If a participant is running two legs, please wear one of each leg number.

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. Leg E runner make sure you **DO NOT** put the safety pins through the chip. Remember, only the final leg runner wears the chip.

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 participants bag drop at the start area at Stormont (available until 8:30am). This will be transported to the finish area at Ormeau Park for collection. 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, and we ask that you only use these if compulsory. The Centre 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.

BEFORE YOU LEAVE HOME

1. Check your equipment including your running 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 nutritional stations (oranges/sweets) or 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. We ask that you wear the facemask provided before and after you run. 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 or if you wish you can put into a charity bin located at the relay changeovers and donate to our Official Charity, Cancer Focus NI.
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, well deserved medal, and a snack. 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.

8. Due to COVID-19, we are asking Leg A, B, C and D runners not to arrange to meet their final team member at the finish area in Ormeau Park to avoid large crowds gathering. Please avail of the FREE park n ride buses from Ormeau Embankment to the City Centre. We appreciate your support on this to help us stage the event safely.

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.

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

THIS IS DESIGNED TO PREVENT ANY UNECESSARY OBSTRUCTIONS.

9. As Leg E crosses 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.

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

10. Results for the Team Relay event will be for the Team and no individual timing results will be available in the 2021 Event.

11. 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.

Results will be published as soon as possible on the website **www.belfastcitymarathon.com** after Race Day.

12. 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.

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

14. 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

15. 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

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.

RELAY TRANSPORT ARRANGEMENTS

Leg A – Stormont (Start) to Montgomery Road

- A shuttle bus will be available from Belfast City Hall (outside SS Moore's) to the Start Line from 07.00am to 08.00am.

Leg B – Montgomery Road to Boucher Road

- Transport will leave Annadale Embankment from 8am

Leg C – Boucher Road to Falls Road

- Transport will leave Annadale Embankment from 8am

Leg D – Falls Road to North Queen Street

- Transport will leave Annadale Embankment from 8am

Leg E – North Queen Street to Ormeau Park (Finish)

- Transport will leave Annadale Embankment from 8am

PLEASE NOTE THAT THESE BUSES WILL DO LOOPS AND DO NOT LEAVE IT TOO LATE TO GET TO ANNADALE EMBANKMENT. WE ADVISE ALL PARTICIPANTS TO ARRIVE AT ANNADALE EMBANKMENT AS CLOSE TO 8:00AM AS POSSIBLE

Best Wishes and Good Luck on the day!

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John Allen

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Chairman, Belfast City Marathon

