



SHOW YOUR SUPPORT

**SUNDAY
OCTOBER 29**

The Irish Life Dublin Marathon is back after an enforced two year break and will celebrate on Sunday October 29 with the largest number of entrants ever. Over 20,000 runners, walkers and joggers from around the world, as well as from the four corners of Ireland, will set out on the classic 26.2 mile challenge.

Starting out in Fitzwilliam Street Upper and winding their way around the Georgian Streets of Dublin and its surroundings, race participants will eventually rejoice at the sight of the finish line in Merrion Square North.

To help them on their way we are asking the people of Dublin to come out onto the route and show their support in as noisy and colourful way as possible. Check the timetable on the back to see when the race will pass through your area. We have also designated 14 excellent locations – **Irish Life Support Zones** – where you can view all the action while enjoying the party spirit. As usual the Finish Zone will be buzzing all day as triumphant participants pass through the finish line and **FM104** will be there pumping out the sounds to add to the atmosphere. So here's hoping we'll see and hear you on the Sunday of the Bank Holiday weekend.



IRISH LIFE SUPPORT ZONES

Phoenix Park (5 MILE & 8.25 MILE MARKS)

Myos, Castleknock (6.75 MILE MARK)

St Patrick's School, Chapelizod (10 MILE MARK)

Kilmainham (11.5 MILE MARK) – *opposite Hilton Hotel*

Junction of SCR and Crumlin Rd (12.75 MILE MARK)

Junction of Cromwellsfort Rd and Bunting Rd (15 MILE MARK)

KCR (16.5 MILE MARK)

Terenure Village (17 MILE MARK)

Milltown (19 MILE MARK) – *opposite Dropping Well Pub*

Junction of Roebuck Rd and Foster Ave (22 MILE MARK)

Junction of Nutley Rd and Merrion Rd (24 MILE MARK) – *opposite Shopping Centre*

Ballsbridge, Junction of Anglesea Rd and Merrion Rd (25 MILE MARK)

GET SOCIAL!

Tell us how you're supporting the marathon by tagging

#PowerofSupport

We'd love to see photos of your banners or you cheering on the runners on race day!



MUSIC ZONE

Mount Street Lower

More information contact: 01 623 2250 up to Fri 27; 087 468 5562 from Sat 28



Irish Life DUBLIN MARATHON

ROUTE TIMETABLE

STREET	MILE	W/CHAIRS	MEN	WOMEN	WAVE 2	WAVE 3	WAVE 4
		4 MINUTE MILE PACE	5 MINUTE MILE PACE	6 MINUTE MILE PACE	10 MINUTE MILE PACE	15 MINUTE MILE PACE	16 MINUTE MILE PACE
Start: Fitzwilliam Street Upper		8:40	8:45	8:45	9:05	9:25	9:45
Kevin Street Lower	1	8:48	8:50	8:51	9:15	9:40	10:01
Ushers Quay	2	8:47	8:55	8:57	9:25	9:55	10:17
North Circular Road	3	8:50	9:00	9:04	9:35	10:10	10:33
Lord's Walk	4	8:54	9:05	9:10	9:45	10:25	10:49
Chesterfield Avenue	5	8:57	9:10	9:16	9:55	10:40	11:05
Chesterfield Avenue	6	9:00	9:15	9:22	10:05	10:55	11:21
College Road	7	9:03	9:20	9:28	10:15	11:10	11:36
Knockmaroon Road	8	9:07	9:25	9:34	10:25	11:25	11:52
Upper Glen Road	9	9:10	9:30	9:40	10:35	11:40	12:08
St Laurence Road	10	9:14	9:35	9:47	10:45	11:55	12:24
Sarsfield Road	11	9:17	9:40	9:53	10:55	12:10	12:40
South Circular Road	12	9:20	9:45	10:00	11:05	12:25	12:56
Crumlin Road	13	9:23	9:50	10:08	11:15	12:40	13:14
Drimnagh Road	14	9:27	9:55	10:14	11:25	12:55	13:03
Cromwellsfort Road	15	9:30	10:00	10:20	11:35	13:10	13:46
Kimmage Road West	16	9:34	10:05	10:27	11:45	13:25	14:02
Fortfield Road	17	9:47	10:10	10:33	11:55	13:40	14:18
Terenure Road East	18	9:50	10:15	10:39	12:05	13:55	14:34
Orwell Park	19	9:53	10:20	10:45	12:15	14:10	14:50
Milltown Road	20	9:57	10:25	10:51	12:25	14:25	15:06
Clonskeagh Road	21	10:00	10:30	10:57	12:35	14:40	15:22
Roebuck Road	22	10:04	10:35	11:03	12:45	14:55	15:38
Stillorgan Road (N11)	23	10:07	10:40	11:09	12:55	15:10	15:54
Nutley Lane	24	10:10	10:45	11:15	13:05	15:25	16:10
Merrion Road	25	10:13	10:50	11:21	13:15	15:40	16:26
Northumberland Road	26	10:17	10:55	11:27	13:25	15:55	16:42
Finish: Merrion Square N	26.2	10:19	10:58	11:30	13:28	16:10	16:58