



Final instructions

SUNDAY OCTOBER 27

START SCHEDULE

Do not start before the official time or you could be removed from the course.

The marathon starts at Leeson Street Lower. Participants should arrive no later than 8 a.m. via one of the time Zones. Parking is prohibited in the immediate vicinity of the Start/ Finish area. Multi-story car parks adjacent are: College of Surgeons, Brown Thomas, Stephens Green Shopping Centre, etc. Please check opening and closing times and rates of charge in advance. Participants should arrive prepared to run – changing facilities are not provided.

- Wheelchair/Cerebral Palsy Start:** 08:40am
- Wave 1 Start:** 08:45am
- Wave 2 Start:** 09:05am
- Wave 3 Start:** 09:25am
- Wave 4 Start:** 09:45am





(Wave start times may be subject to minor changes on race day, so ensure you are in the correct start area well in advance).

RACE NUMBER

The official race number must be worn on the front. Failure to do so could result in you being stopped on the route. **Please do not put pins through the timing tags on your number.**

For your own safety, please complete the personal and medical details on the reverse of the race number.

Your race number is coloured according to your time zone and you must line up in that assigned time zone in time. See the **Start and Finish Areas Map** for directions on how you make your way there.

-  **Orange numbers:** entry via Merrion Square East, Fitzwilliam Street Lower
-  **Green numbers:** entry via Merrion Square East, Fitzwilliam St Lower, Baggot Street Lower
-  **Blue numbers:** entry via Mount Street Lower, Warrington Place, Herbert Place, Baggot St Lower
-  **Purple numbers:** entry via Mount Street Lower, Herbert Place, Baggot Street Lower

NUMBER COLLECTION AND EXPO

Collect your race number at the Irish Life Dublin Marathon Expo in the Main Hall of the RDS Dublin 4 – open from 12 to 7pm on Friday 25th and 9 to 6pm Saturday 26th.





Please note that peak times are 12 to 2pm on Friday and 2 to 4pm on Saturday so use some other time-slot to avoid delays.

Also be aware that 6pm is the cut-off time for number collection on Saturday.



BAGGAGE AREAS

The four Baggage Areas are located in Merrion Square North, entry via Merrion Square West or Lincoln Place. **Please allow time to walk to the start zones. 15 minutes for Green and Blue numbers. 20 minutes for Purple numbers.**

-  **Orange baggage area**
Open from 7:15 to 8:00am
-  **Green baggage area**
Open from 7:35 to 8:20am
-  **Blue baggage area**
Open from 7:55 to 8:40am
-  **Purple baggage area**
Open from 8:05 to 9:00am



Only official Irish Life Dublin Marathon bags will be accepted. No rucksacks, holdalls or any other type of bag can be used. Please make sure to **stick the official baggage label in the space indicated** on the top of the bag and present it no later than 9:00am.



TOILETS

FOR THE START, THE MAJORITY OF TOILETS WILL BE LOCATED IN EACH OF THE WAVE ZONES. A smaller number will also be located in the Start/Finish area adjacent to the Baggage Area. On the course, toilets are provided adjacent to the feed stations at approx. 3, 5, 7, 9½, 11½, 13, 16, 19, 21 and 24 miles.



WATER STATIONS

Ishka Water will be provided in 250 ml. bottles at drinks stations 1, 2, 4, 6, and 8, and also in your goody bag at the finish. Cups will be used at stations 3, 5, 7, and 10.

Lucozade Sport will be provided at 9½, 13, 19 and 22 miles, and in goody bags at the finish.

High5 energy gel will be available at 16 and 22 miles. (Please dispose of gel wrappers carefully or carry them with you to the finish, as they can cause a slip hazard to other runners).

If you slow at these stations please move to the side of the road to avoid impeding other competitors. Your co-operation would be appreciated in disposing of used containers alongside water stations.

Please be aware that this year, we are going greener. Dedicated receptacles will be located at strategic points along the route and should be used for the disposal of recyclable material for example plastic bottles and paper cups. All participants are kindly asked to use the recycling bins provided and to make the event as environmentally friendly as possible.



USE OF BICYCLES ON THE ROUTE

Please advise anyone who may have planned cycling the route beside you that it is strictly forbidden and may result in you being disqualified from the event. Our stewards and Gardai will take race numbers of anyone who is being accompanied by cyclists. You may not be allowed to finish the event.



USE OF MOBILE DEVICES

The organisers strongly advise against wearing earphones or similar devices whilst participating in the event. You may not be able to hear instructions or safety warnings from our stewards. Be aware that even closed roads will have course vehicles and Emergency vehicles passing competitors. **IF YOU CANNOT HEAR, YOU ARE IN DANGER.**



FIRST AID STATIONS

First Aid facilities will be available at the Finish Area and at the 3, 5, 9½, 11, 13, 16, 19, 21 and 24 mile marks. **IF YOU WITHDRAW FROM THE RACE, PLEASE DO SO AT ONE OF THESE STATIONS, INFORM THE MEDICAL PERSONNEL AND ENSURE THAT YOUR RACE NUMBER IS RECORDED.** Ensuring that your withdrawal is recorded is vitally important to avoid unnecessary distress to friends or relatives enquiring for you at the finish, should you be delayed in meeting up with them.

CHIPS AND TIMING

On the back of your race number you will find a transponder. It must be left in place on the back of the race number. Any other placement of the chip will jeopardise the time keeping function of the device.

Do not remove the chip: **NO CHIP, NO TIME.** If for some reason your chip is missing please contact the help desk at registration for a replacement unit.

Race progress and results will be available from www.tdlevntservices.co.uk. Race results and finish certificates will also be available on www.IrishLifeDublinMarathon.ie

The course is marked in miles and every 5K. Timing clocks will be provided periodically. Chip timing mats will be located at a number of points along the route, including the start, 10K, half-way, 30K, 40K and at the finish. Competitors must pass over the mats at all locations to ensure their times are recorded.

PACE TEAMS

There will be pacers for the following times:

- Wave 1** 3:00 3:10 3:20
- Wave 2** 3:20 3:30 3:40 3:50
- Wave 3** 4:00 4:10 4:20
- Wave 4** 4:30 4:40 4:50 5:00



They will run the race at a steady pace throughout, and aim to finish a few seconds under each time band. To be paced by them during the race, just turn up at the start, look for the runners wearing backpacks with large balloons, and stand behind the corresponding time.



FINISH AREA

The finish area is in Merrion Street Upper, past the Peppercanister Church. Please ensure your race number is visible to photographers when crossing the line. (Photos available from www.finisherpix.com).

PLEASE DO NOT CARRY CHILDREN ACROSS THE FINISH LINE OR HAVE THEM ACCOMPANY YOU IN ANY WAY TO THE FINISH LINE. FAILURE TO COMPLY MAY LEAD TO DISQUALIFICATION. It is important that you pass quickly through the finish zone to avoid impeding other finishers.


When you cross the finish line proceed to the medal and goody bag areas. Each competitor will receive a finisher's Commemorative Medallion, T-Shirt and a Goody Bag. Care should be taken of these – if mislaid or lost, they cannot be replaced.

DO NOT STOP BEHIND THE FINISH LINE

Congestion at the finish line is dangerous and unfair to those competitors approaching the finish line. For safety and security reasons, we operate a one-way system beyond the finish line. Please obey all instructions from the Volunteers – they are there to help you and your fellow competitors. First Aid facilities will be available beyond the finish zone.


When you have collected your medal and baggage, do not double back towards the finish line.

YOU MUST FOLLOW THE ONE-WAY SYSTEM. YOU CANNOT EXIT THE FINISH AREA BY HEADING BACK TO THE FINISH LINE. YOU CANNOT WAIT FOR OTHER COMPETITORS AT THE FINISH LINE. YOU CANNOT MEET FAMILY MEMBERS AT THE FINISH LINE. Arrange to meet your family or friends at the designated Post Race Meeting Area.

 **The course will close after 7 hours and from then on ALL must obey the Highway Code.**

Tail Walkers will walk the route at the 7-hour cut-off time and will encourage participants still on the road to use the footpaths.

CLOCKS GO BACK!

 **Don't forget, summer time ends on the morning of the Marathon (Sunday, October 27) and the clocks go back by one hour at 2am.**

Drink, Splash, Trash

DRINK YOUR FILL, EMPTY THE BOTTLE AND BIN IT! – WE'LL TAKE CARE OF THE REST

#DrinkSplashTrash