



COMPETITOR INFORMATION BOOKLET

KBC NIGHTRUN 2018

**SUNDAY 22ND APRIL AT 21.00
NORTH WALL QUAY, DUBLIN**



IMPORTANT NOTES FOR ALL ATHLETES:

1. There is a **STRICT CUT OFF TIME** of one hour and twenty minutes (80 minutes) for the race. Any athletes who fall outside of this time (a pace of 8 minutes per km along the course), will be instructed by the Gardaí to complete the course on the footpaths and at their own risk. Athletes in this situation may not receive an official race time or finishers medal.
2. Please **expect delays at peak times when registering** and collecting your goodie bag. Registration takes place on Friday 20st April 11.00 to 19.00, Saturday 21st April 12.00 to 17.00 and Sunday 22nd April 12.00 to 15.00 at Trinity College Dublin Sports Hall (see map). Your race number will be pre-notified to you by email at least 24 hours before registration opens.
3. The race baggage area will be located on Mayor Square, IFSC (see map). Athletes can expect congestion and queues when dropping off and picking up their bags. We strongly recommend you make alternative arrangements for baggage where possible if you wish to avoid queues.
4. **Only appropriately labelled KBC branded bags will be permitted in the baggage area.** This will be strictly enforced by the baggage marshals.
5. **Please do not affix pins through your timing chip located on the back of your bib number.** To do so may render your chip invalid. Wear the number to the front with no item of clothing covering it to enable the timing scanners to read it.
6. **Please make sure you follow the signage and adhere to marshal instructions to load into your correct starting pen.** Pens will be split into 3 for runners sub 45:00 minutes, 45:00 – 55:00 minutes and +55:00 minutes.





REGISTRATION AND COLLECTION OF RACE PACK

Race packs can be collected from the Trinity College Dublin Sports Centre, which is located at the junction of Pearse Street and Westland Row (see map), on the dates and times outlined below only. You can access the Trinity College Dublin Sports Centre from Pearse Street at the Science Gallery.

1. Friday 20th April 11.00 to 19.00
2. Saturday 21st April 12.00 to 17.00
3. Sunday 22nd April 12.00 to 15.00

NOTES:

1. Strictly no race packs will be distributed after 15.00 on Sunday 22nd April.
2. Multiple and corporate race pack collection will be facilitated in a designated queue (if you intend to utilise this queue, please expect a wait).
3. Athletes should produce proof of entry or valid ID at registration to collect their race pack (this applies to multiple collections also).
4. Entries to the KBC NIGHTRUN are strictly non-refundable and non-transferrable.

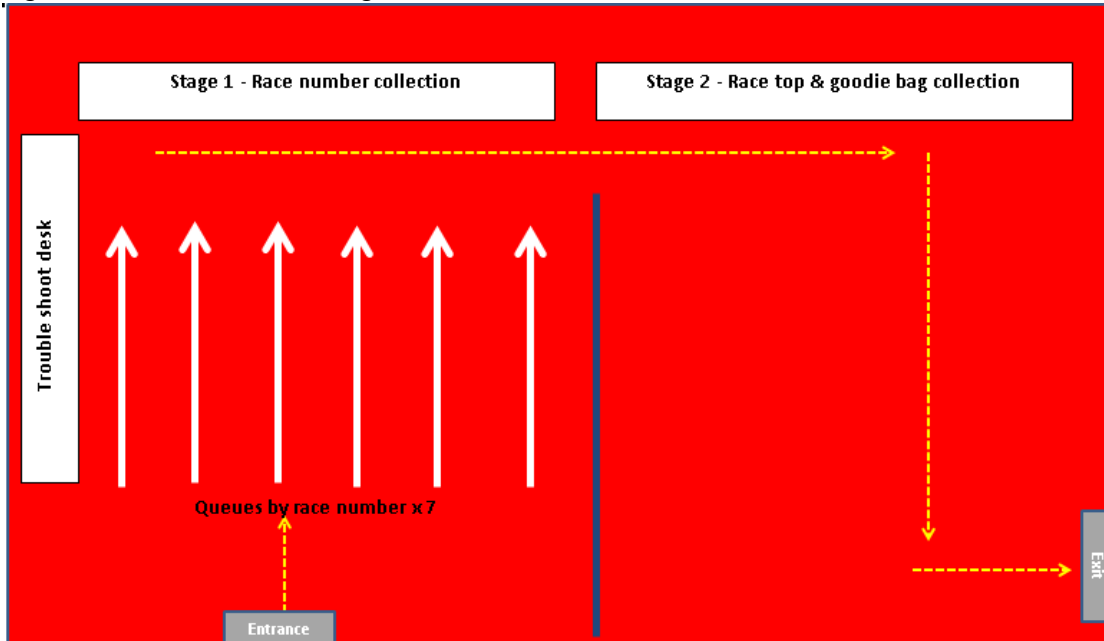
NOTE: We are encouraging all participants to wear their race shirt for the run as it has reflective printed branding on a blue long sleeved shirt which will enhance your visibility at night and aid your safety. There is a race shirt for all entrants, but your preferred size is not guaranteed.





OVERVIEW OF RACE REGISTRATION PROCESS

When you arrive to the Trinity College Sports Centre (see map) there will be an information stand in the reception of the sports centre that will guide you to the registration area in the 'Ancillary Hall' on the first floor. When you reach the Ancillary Hall you can follow the one-way system through the hall to complete your registration as outlined in the diagram below.



STAGE 1

You will receive your race bib by quoting your **pre-notified race number** and your name to the registration staff and by showing them your proof of entry. Note: queues will be by race number. Race number notifications will be emailed to all registered athletes at least 24 hours before registration opens. There will also be a facility at registration to check your race number. Race staff will be on hand at all times during the registration process to answer any queries you may have.

STAGE 2

You will be provided with a KBC NIGHTRUN branded goodie bag. The KBC branded bag will double as your baggage area bag (see baggage section). To identify your bag, you will be given a baggage tag with your race number on it at the baggage drop on the night. As a strict rule, only KBC branded race bags will be allowed in the baggage area.



IMPORTANT INFORMATION RE: RACE NUMBER

The race number that you will collect at registration contains your timing chip and must be worn for the run for both health and safety reasons and for the validation of your run time.

Please do not affix pins through your timing chip located on the back of your bib number. To do so may render your chip invalid. Wear the number on your front which will enable the timing scanners to read it and record the actual finishing time against your name. Make sure no item of clothing covers your race number.

Your race number and timing chip is exclusive to you – **DO NOT** exchange it with other participants. Your race number timing chip provides you with your personal time for the 10k distance from start line to finish line.

Your result will be available on-line through the KBC NIGHTRUN website (www.nightrun.ie) by inputting your race number. Your race time will also be issued to you by SMS shortly after race finishes.

RACE NIGHT TIMETABLE

19.30	Baggage Area (Mayor Square) Open
20.15	Assemble in allocated time zones on North Wall Quay at the Convention Centre
20.30	Build up to race start begins with DJ Steve Cooper
20.50	Warm up begins with Official Fitness Partner 'FlyeFit'
21.00	Waved starts

BAGGAGE DROP OFF & COLLECTION

The race baggage area will be in Mayor Square, IFSC (see map). Both pre-and post-race, access to Mayor Square will be through Excise Walk from North Wall Quay only and a one-way system will be in place to ensure the safe and efficient movement of athletes when dropping and collecting their bags. Please listen to instructions from marshals in this area to ensure a safe crowd dispersal plan is achieved (see maps).

Important Notes re: Baggage Area

Athletes can expect congestion and queues when dropping off and picking up their bags. Only appropriately tagged KBC Branded bags will be allowed in the baggage area. This will be strictly enforced by the baggage marshals.

For security reasons, you will be required to show your race number to recover your bag. Do not leave valuables in your bag – the organisers cannot take any responsibility for loss or theft of personal items



RACE ROUTE:

Please study the route map on www.nightrun.ie or on Map My Run <http://www.mapmyrun.com/routes/view/2007086845>



KM MARKINGS

Look out for the KM marks positioned at the road side and/or on lampposts.



- Start** North Wall Quay, outside Convention Centre
- 1KM.** Custom House Quay, West of Customs House
- 2KM.** Sir Rogerson's Quay/Lime Street (70m east of Lime street)
- 3KM.** Macken St – outside **FlyeFit Gym**
- 4KM.** Shelbourne Park Greyhound Stadium / Doris St
- 5KM.** Thorncastle St (50m north of Cambridge Rd)
- 6KM.** Sean Moore Rd, opposite Bremen Ave
- 7KM.** R131 approach to Thomas Clarke Bridge (East Link)
- 8KM.** East Wall Rd (70m North of Castleforbes)
- 9KM.** North Wall Avenue
- Finish.** North Wall Quay, after Samuel Beckett Bridge





RACE MARSHALS

Race marshals will be positioned at each junction along the route to ensure the safe movement of athletes through the race. Please obey the instructions of marshals along the route at all times. All marshals will be identifiable through the high viz jackets they wear. The Gardaí are also assisting us with the running of this race and will also have personnel in place at various locations and junctions around the course.

ASSEMBLY AREA

The assembly area is on North Wall Quay outside The Convention Centre. Please follow coloured directional signage along the Quays to access the assembly area safely. Your race number colour matches the start pen you are allocated to based on the time you entered at point of entry. Access to start pens will be by coloured number only.



RESULTS

Race results will be available on the KBC NIGHTRUN website immediately after the race – www.nightrun.ie. The results link will also be posted on our social media channels immediately post-race.

TRANSPORT & PARKING

All participants are advised to take public transport for the event if possible. When parking, please remember that there are numerous residential areas within the city centre and we would ask race participants to be mindful of this when parking. Under no circumstances should participant's park anywhere along the course.

MEDICAL

The medical centre will be located on North Wall Quay after the finish line just before Commons St outside Citi Bank (see map). Code Blue will be providing medical cover for this run and there will be experienced medical personnel located at strategic points along the course.

If you have an ongoing medical condition, please make yourself known to a member of Code Blue before the run commences.

By signing up to the KBC NIGHTRUN, you have accepted the 'Terms and Conditions' set out in the entry process and indicate that you're medically fit to complete a 10k run and do so at your own risk.

HYDRATION

There will be a Water Station located in Shelbourne Park Greyhound Stadium thanks to our official hydration partner Deep River Rock. At the Water Station, water will be available in 330ml bottles. Hydration in the form of bottles of Deep River Rock will also be available immediately after the finish (see map). It is important that all athletes stay hydrated for the run. Please ensure you drink an adequate volume of hydration pre-and post-race to prevent dehydration.





TOILETS

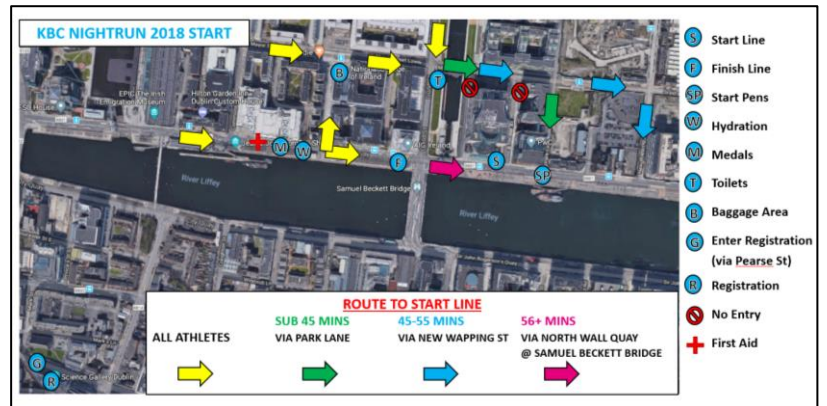
Portaloos will be available to participants on Guild Street before the race (See Map). There will be no toilet facilities provided on the route or at the finish.

QUERIES

If you have any queries in relation to the information contained in this booklet, please contact info@nightrun.ie or check out the FAQ's on the website www.nightrun.ie

OVERVIEW OF START AND FINISH SET UP

1. Pre-Race Athlete Flow



2. Post-Finish Athlete Flow

