



great Ireland run[®]

COMPETITOR'S INFORMATION



WHERE:

THE PHOENIX PARK, DUBLIN

WHEN:

SUNDAY 15 APRIL 2012



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Acknowledgements

The organisers of the SPAR Great Ireland Run would like to thank all of the various individuals, organisations and companies who have helped organise this event. Special thanks go to:

An Garda Síochána, Aqua Pura, Code Blue, Athletics Ireland, Dublin City Harriers, IAAF, The Irish Independent, The Jack & Jill Foundation, Lifestyle Sports, Marie Keating Foundation, Martin Mulcahy Travel, Ordinance Survey, Our Lady's Hospice & Care Services, Powerade, Renault, RTE Sport, SPAR, The Office of Public Works, The Order of Malta and The 3T's.



Good luck message from SPAR

SPAR would like to take this opportunity to congratulate you on taking the challenge of the SPAR Great Ireland Run. We hope you have enjoyed both the preparation for the event and will enjoy the event on the day. At SPAR we are committed to encouraging our customers to get active and be involved in activities suited to all levels of fitness and we are delighted to be the title sponsor of the SPAR Great Ireland Run.

We hope that taking the first steps of signing up for the SPAR Great Ireland Run will encourage you to continue to get involved in fun runs in the future and we look forward to cheering you, and the thousands of others who take on the SPAR Great Ireland Run challenge on Sunday 15 April 2012. See you at the finish line...

RACE DAY TIMETABLE

10:00	INFORMATION DESK, TOILETS AND BAGGAGE OPEN
13:10	SPAR GREAT IRELAND RUN START (ELITE WOMEN'S RACE) *
13:15	SPAR GREAT IRELAND RUN WARM-UP STARTS
13:30	SPAR GREAT IRELAND RUN START (ELITE MEN AND SENIOR RUNNERS) * ORANGE WAVE START WHITE WAVE START GREEN WAVE START PINK WAVE START

* Times may be subject to change on the day.
Incorporating the AAI National 10km

Non-Valid Entrants

Only participants wearing an official SPAR Great Ireland Run race number and a timing chip on their shoes laces have paid to enter the run. Race officials will be making spot checks at the start assembly area and as runners cross the finish line and anyone found to have joined the race without an official race number will be removed from the event and will not receive a finishers pack or bottled water.

Remember that medals, T-shirts, finishers pack and water quantities have been based on official entry levels so anyone who has joined the race without runner identification will be taking items intended for a runner who has paid the entry fee. Please report any such runners to race officials and help to make the event as enjoyable as possible for all official entrants.

RACE PACK

Your race pack includes:

1. SPAR Great Ireland Run official race number

Please check your run number to ensure it is identical to the master number on the address label of your envelope. If it is different please email info@greatrun.org.

Please make sure you fill in the personal details on the reverse of your race number the night before in case you need medical attention on the day.

2. Your race day Competitor's Information booklet

This contains all the information you may need to know about the SPAR Great Ireland Run 2012.

3. Timing chip (including 2 bobble ties)

This timing chip is exclusive to you and you alone – **DO NOT** exchange it with any other participant. Your timing chip provides the following two functions:

A) Your personal time – from the point you cross the start line until you cross the finish;

B) Your result – which will feature within the special results supplement in the Irish Independent on Monday 16

April 2012. Results will be posted online from 12:00 on Monday 16 April – please go to www.greatirelandrun.org

IMPORTANT NOTE – please ensure that ALL timing chips are returned post event. This can be done at the beginning of the finish system once you have crossed the finish line. For those unable to participate timing chips should be sent back to the organisers using the self-addressed envelope within your race pack.

Your timing chip

How to attach your timing chip:

Step 1 – Thread the 2 bobble ties under your laces approximately halfway down your running shoe.

Step 2 – Now thread them through the holes on the timing chip – see diagram below.

Step 3 – Close the bobble ties by feeding the “pin” end through the “lock” end. Pull tight, securing the chip to your shoe. **Be careful not to over tighten as the tags only adjust one way.**



Pass the bobble ties through your laces and then through the holes in the chip.
Pull the ties until the chip is firmly attached and not flapping.
DO NOT THREAD LACES THROUGH CHIP



Remove the timing chip by giving it a sharp tug.
The ties should break easily!!

TOP TIP: During step 3 only tighten loosely and then put your running shoe onto your foot, you can then make minor adjustments to the chip position before you tighten it fully.

Training and preparation

You should ensure that you have trained for the challenge responsibly. You can access all your training requirements free at <http://trainingroom.taketothestreets.org/run.aspx> and runner's welfare advice at www.greatirelandrun.org/RespectTheChallenge/

GETTING THERE

Travel information

The event organisers advise all participants to take public transport to access The Phoenix Park on race day. There are numerous options available.

For those travelling by car please note that there is NO PARKING available in the Park on Sunday 15 April 2012. It is recommended that drivers use the multi-storey car parks in the Dublin 1/2/7 and 8 areas and take public transport to the Park. There is a certain amount of free on-street parking available within the city centre on Sundays but participants are advised to take note of the street parking signs and avoid causing inconvenience to residents.

Here is a full list of available multi-storey car parks:

Ashling Hotel, Parkgate Street, Dublin 7;
Smithfield via Queen's Street, Dublin 7;
Thomas Street, Dublin 8;
Usher's Quay, Dublin 8;
Wood Quay, Dublin 8;
Christchurch Place, Dublin 8;
College Green, Dublin 8;
Brown Thomas, Clarendon Street, Dublin 2;
Drury Street, Dublin 2;
St. Stephen's Green, Shopping Centre, Dublin 2;
Royal College of Surgeons, Dublin 2;
Jervis Street, Dublin 1;
LAC Centre, Dublin 1;
Parnell Centre, Parnell Street, Dublin 1;
Arnotts, Princes Street, Dublin 1;
Dawson Street, Dublin 2;
Temple Bar, Fleet Street, Dublin 2.

An excellent public transport service is in place, involving numerous bus routes, with frequent journeys. Details of the service are outlined below:

From Dublin City Centre: Nos. 37, 38, 39 & 122
Disembark at Baggot Road/Navan Road stop, and turning

left, walk down Baggot Road to the Phoenix Park (approx 200m) and follow the signs to the race (approx 1km).

From Dublin City Centre: Nos. 46A
Disembark at terminus (Infirmary Road) and turning right, walk to NCR Gate to the Phoenix Park (approx 100m), follow the signs to Parkgate Street (approx. 800m) and walk past the Phoenix Monument to the Start/Finish.

From Dublin City Centre: Nos. 25,26,66,67,68 & 69
Disembark at Conyngham Road Bus Depot and turn left to the main entrance of The Phoenix Park (approx 100m). Again take the shuttle bus as above. For participants arriving by train at Heuston Railway Station cross the bridge, turn left and walk along Parkgate Street to the main entrance of The Phoenix Park (approx 400m). Continue along Chesterfield Avenue past Phoenix Monument to the start/finish.
Bus/LUAS journeys from City Centre to The Phoenix Park normally take between 10 and 20 minutes depending on the route chosen.

For participants arriving by train or Dart at Connolly Railway Station, or by bus to Busarus (Bus Station), take the LUAS, Red Line, to Heuston Station.

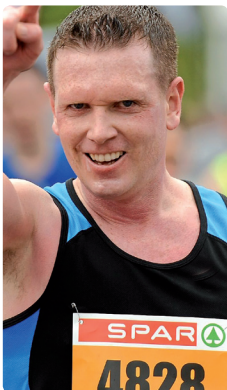
We would advise participants to leave the City Centre no later than 11:15 to ensure that they arrive in ample time for the mass warm-up and race start.

Further details on bus timetables can be seen at www.dublinbus.ie

Further information on road closures may be broadcast at www.aaroadwatch.ie

Accommodation

For information on accommodation, eating out and other attractions in Dublin please visit www.visitdublin.com



THE START

Customer services point

There will be a Customer Services Point in the marquee located near the start/finish line which will be open from 10:00 on Sunday 15 April 2012. Please note that any problems with your race entry, race number or electronic chip must be resolved at least one hour before the race starts. If you do encounter a problem please contact the SPAR Great Ireland Run at info@greatrun.org before the day of the run.

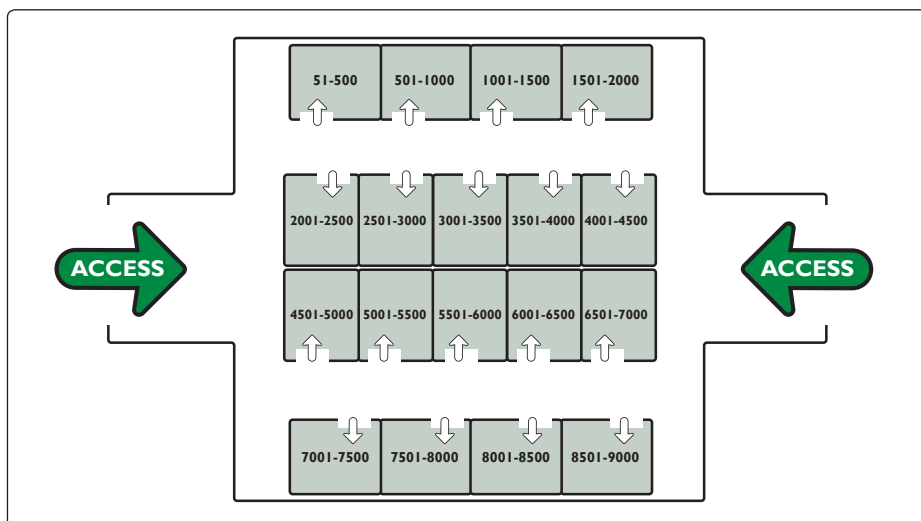
There will be no late entries taken on the day.



Toilets

Toilets are available on the main site near to the start and finish areas. We politely ask that, if possible, male participants make use of the urinal units to reduce the queues at the other toilets.

Baggage area map



Baggage drop off

Due to the large numbers attending the run, it is not possible to provide changing rooms. Please come changed and ready to run. You can leave your bag with a friend, or use the baggage drop area next to the start. If you cannot leave your bag with a friend please deposit as follows:

- Put your belongings in the waterproof bag provided;
- Please be aware that this is an external, open air facility where participants deposit their bag according to race number (e.g. number 4132 would drop bag in area marked 4000-4500);
- Please use a marker pen to write your details on your baggage bag the night before the run.

Please do not leave any valuables in your baggage - the race organisers cannot accept any responsibility for the security of these items.

Collecting your bag

- All participants will need to show their race number to gain access to the baggage drop area
- On exiting the baggage drop area, all bags will be checked to verify baggage numbers with race numbers.



ASSEMBLY AT THE START

Assembly at the start

The start assembly area will be on Chesterfield Avenue near to Phoenix Monument. The start will be clearly marked by the start gantry.

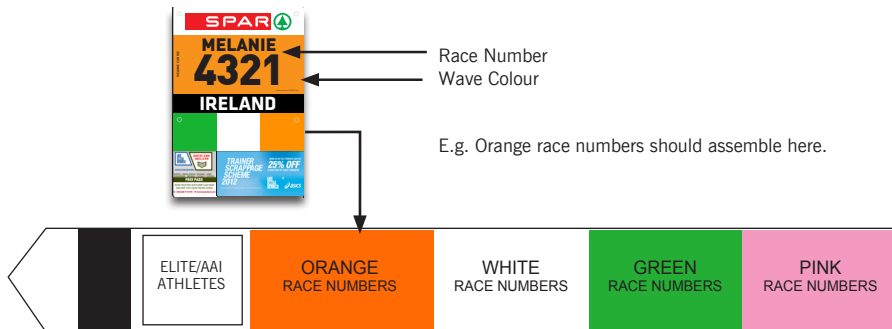
Runners are asked to assemble in their coloured waves (see map below). You have been allocated a coloured race number based on your predicted running time; this is the time that you nominated during the entry process. This enables you to run with similar paced runners, thus improving your running experience.

The coloured areas are clearly defined using coloured signage corresponding to your coloured race number. Access to each coloured area is from the rear of this assembly zone – marshals will check your coloured race number at the access gates.

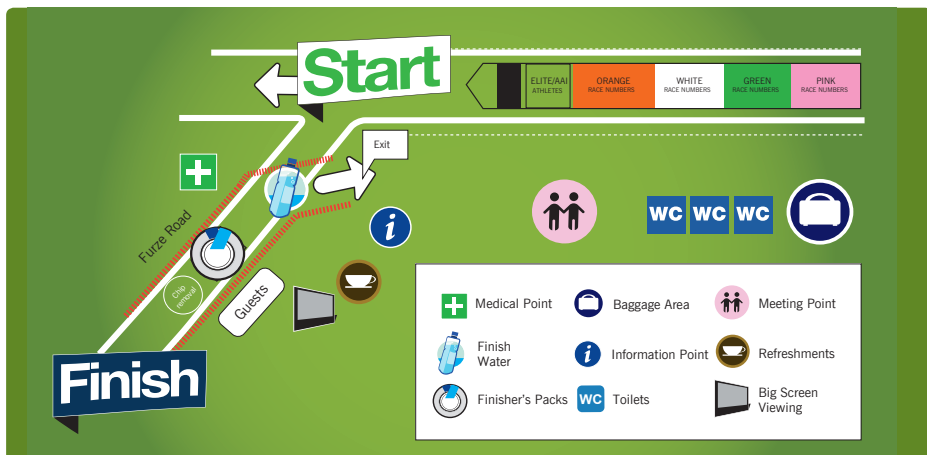
The assembly sections are as follows: Elite Athletes / AAI Championship / Orange numbers / White numbers / Green numbers / Pink numbers.

Assembly map

Your race number shows you where you should stand at the start of the run.



Start & finish map



ON THE COURSE

SPAR Great Ireland Run Course map



Warm-up

Warm-up experts from Lifestyle Sports Bootcamp Ireland will be on hand to get every runner ready for the SPAR Great Ireland Run. From their platform high above the start area they will lead you and thousands of other runners through just the right stretches to get you ready for the 10km ahead of you. The warm-up starts at 13:15 so make sure you are in the start assembly area in plenty of time.

Run in your County Colours

All Irish entrants have provided us with details of which County they wish to represent. Your County colour race number will be included in your pack - please wear this on the day. You will be able to see your fellow County runners on the day.

Don't forget that we will compile all the results to identify the fittest County in Ireland. Results will be based on the average time for runners of each County. Full results will be printed in the Irish Independent newspaper on Monday 16 April 2012 and will be posted on the website at www.greatirelandrun.org from 12:00 on Monday 16 April 2012.

Medical support

Code Blue and The Order of Malta will be in attendance along the course and at the start/finish area providing full medical support.

Km markers

Look out for the kilometre markers positioned at the side of the road.

Stay Hydrated

There will be an Aqua Pura water station at approx. 4.5km. Please only take one bottle as there will probably be a lot of runners behind you who are just as thirsty. When you have finished drinking please throw your bottle to the side of the road when it is safe to do so.

WHEN YOU FINISH

At the finish

When you cross the finish line don't just stop! Keep moving and follow the instructions of the marshals who will direct you to the chip collection area. Please remove your own timing chip – if you have followed the instructions on page 3 of this booklet it will be easy to remove with just a sharp tug.

After returning your electronic timing chip keep moving through the finish system to collect your bottle of Aqua Pura water and your finisher's bag. In the bag you will find your race medal and souvenir T-shirt as well as a bottle of Powerade and much more. The finisher's bags are sorted by T-shirt size so please take the T-shirt size you asked for on your entry form.



Meet friends and family

With so many people taking part it is not possible for everyone to meet their family and friends as soon as they cross the finish line. Agree on a meeting place in advance (this could be a café or where your car is parked) or use the large blue Meeting Point banners on the main site. These banners are marked from A – Z so simply stand beside the banner which corresponds to the first letter of your surname.



Missing person's point

The missing persons point is located in the marquee adjacent to the finish line.



Spectators

The entire Phoenix Park will be open for everyone to enjoy and catch a glimpse of loved ones running along with celebrities and some of the world's best athletes. As

you move around the course, please be aware that only those roads used for the race are closed to traffic, so stay on the footpath at all times and only cross the roads at designated crossing points.



Refreshments

Hot and cold drinks, soup and freshly prepared sandwiches and cakes are available from The Phoenix Park visitor centre in the gardens opposite the finish line (see map on page 7 for details).

There will be a number of catering stalls on site where you can buy hot and cold drinks and food. Please dispose of your rubbish in the litter bins provided.

Prizes

Men's & Women's Races

1. 500 EURO
2. 300 EURO
3. 200 EURO

Irish Male/Female

1. 500 EURO
 2. 300 EURO
 3. 200 EURO
 4. 100 EURO
 5. 90 EURO
 6. 80 EURO
 7. 70 EURO
 8. 60 EURO
 9. 50 EURO
 10. 40 EURO
- (AAI Club entrants only)

Results

Full results will be available first within the special results supplement in the Irish Independent newspaper on Monday 16 April 2012. From 12:00 on Monday 16 April 2012 race results will be available to view on www.greatirelandrun.org. Race reports and details of other Great Runs across the globe will also be available on the website.



See yourself on TV

The SPAR Great Ireland Run will feature in a special live programme between 13:00 and 14:35 on RTE 2 on Sunday 15 April 2012.

SPAR 

junior
and mini

great Ireland
run

SUNDAY 15 APRIL 2012
THE PHOENIX PARK, DUBLIN



2.5 km
For children of all abilities
aged 5-15

GET INVOLVED AT

WWW.GREATIRELANDRUN.ORG

SPAR 

asics
sound mind. sound body

AQUA PURA

great run

BABY MAX
Wings of Love Fund
www.babymax.ie

Irish Independent 

OPW
Office of Public Works
www.opw.ie

350
www.350.ie

SPAR JUNIOR & MINI GREAT IRELAND RUN

RACE DAY TIMETABLE

10:00	INFORMATION DESK, TOILETS AND BAGGAGE OPEN
11:00	SPAR JUNIOR GREAT IRELAND RUN WARM-UP
11:15	SPAR JUNIOR GREAT IRELAND RUN START
11:20	SPAR MINI GREAT IRELAND RUN WARM-UP
11:30	SPAR MINI GREAT IRELAND RUN START

Times may be subject to change on the day.

* Incorporating the AAI National 10km Championships

Please read the following information:

Remember the chip enclosed (junior run participants only) is personal to you, so don't swap it or exchange with anyone! We will also determine the fittest province from the results, so please make sure you wear your race number and listen out for the result on the day.

Details of the first three boys and first three girls will be printed in the Irish Independent newspaper on Monday 16 April 2012 and will be posted on www.greatirelandrun.org from 12:00 on Monday 16 April 2012.

Check your number

Please check your run number to ensure it is identical to the master number on the address label of your envelope.

If it is different or you have any other queries please. Please make sure you fill in info@greatrun.org email the personal details on the reverse of your race number the night before in case you need medical attention.

Timing chip inc. 2 bobble ties (SPAR Junior Great Ireland Run participants only)

This timing chip is exclusive to you and you alone – **DO NOT** exchange it with any other participant.

Your timing chip provides the following two functions:

A) Your personal time – from the point you cross the start line until you cross the finish;

B) Your result – which will be printed in the Irish Independent newspaper on Monday 16 April 2012 and will be posted on www.greatirelandrun.org from 12:00 on Monday 16 April 2012.

Understanding your race number

(SPAR Junior Great Ireland Run only)

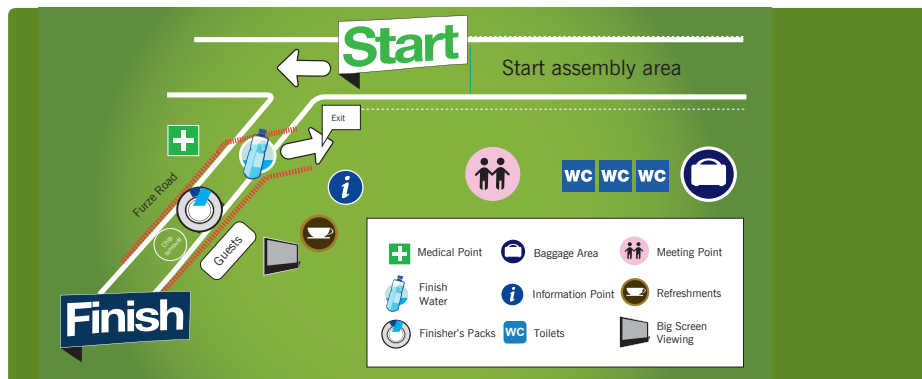
In order to make your run as enjoyable as possible and enable you to run against people of a similar age, we have divided entries up into different "waves". The colour of your race number determines which "wave" you are running in. Your "wave" will be detailed along with your start time on the back of your race number

- AGES 9-11 - **Blue** numbers
- AGES 12-15 - **Red** numbers

In addition to the above, girls will be identified by a white stripe. All entrants in the SPAR Mini Great Ireland Run will be issued with a **Green** race number. Girls will be identified by a white stripe across their race number.

Trophies will be awarded to boys and girls winners in both the above age categories.

SPAR Junior & Mini Great Ireland Run start & finish area map



ESSENTIAL INFORMATION

Start time

The SPAR Junior Great Ireland Run starts at 11:15 and the SPAR Mini Great Ireland Run starts at 11:30. There will be a special warm up at 11:00 for the junior runners and another at 11:20 for the mini participants, so please do not be late.

Please listen out for any important announcements regarding the race and when junior and mini runners will be able to access the start area.

Both junior and mini races start at the gantry on Chesterfield Avenue and run in a clockwise direction down Chesterfield Avenue to Mountjoy Cross. At the roundabout, the runners will turn left past the Ordnance Survey offices to the cross roads and then turn left into Furze Road, coming through Old town wood to the finish line.

Please note that the start and finish are in separate locations.



Missing person point

The missing persons point is located in the marquee adjacent to the finish line.

Meet friends & family

With so many people taking part it is not possible for everyone to meet their family and friends as soon as they cross the finish line. Agree on a meeting place in advance (this could be a café or where your car is parked) or use the large blue Meeting Point banners on the main site. These banners are marked from A – Z so simply stand beside the banner which corresponds to the first letter of your surname.

Finisher's pack

At the end of the race all participants will receive a Finisher's Pack containing their exclusive event t-shirt, medal and other items. Bottled water will also be available once you have completed the race.

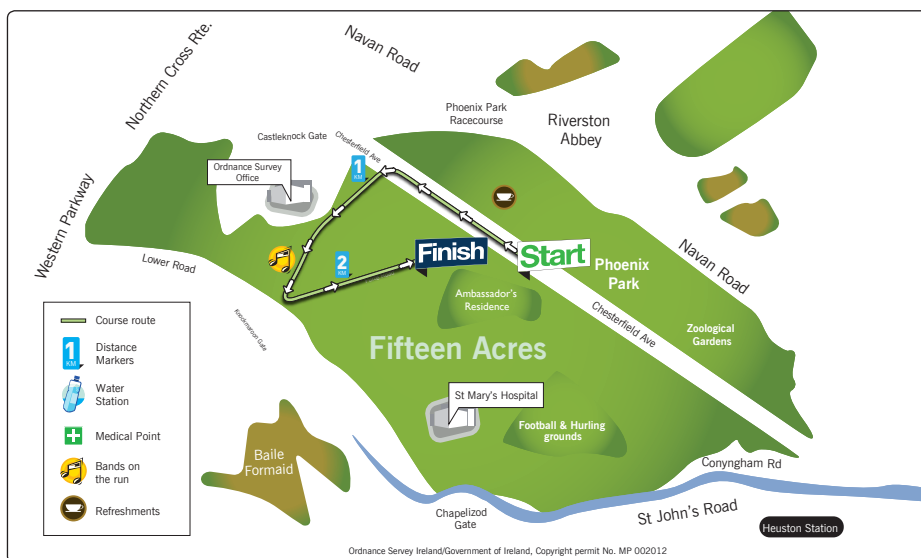
Travel

For details of how to get to the start of the SPAR Junior & Mini Great Ireland Run 2012, please see the traffic and travel guidance on Page 4 of this booklet.

Prizes and results

After the results have been verified, trophies will be awarded to the first three boys and girls in each age group. All participants in the junior event will be sent a special timing chip which must be attached to your shoe laces (see Page 4 for how to attach the Timing Chip). The mini event is not chip timed so participants in this event will not receive a timing chip.

SPAR Junior & Mini Great Ireland Run course map





1life
suicide helpline
1800 24 7 100

Follow us on   www.spar.ie

If you would like to take part in the
SPAR Great Ireland Run on 15th April 2012
in aid of 3ts - SPAR Charity of the Year

simply email: 3ts@alburn.com
or call **01 2139905** to get your sponsorship pack



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UNDER THE TREE AT

