



Grant Thornton



Corporate Team Challenge

Cork • Belfast • Galway • Dublin

Thursday 27TH June 2019

Commencing at 19:00

Galway Racecourse

COMPETITOR'S INFORMATION BOOKLET

RACE DAY TIMETABLE

11:30 to 18:15	Race Number pick up at Main Stand, Galway Racecourse
17:30	Information Desk, Toilets and Baggage Area Open
18:00	Deposit Baggage at Main Stand, Galway Racecourse
18:30	Individual Warm-up
18:40	Go to Assembly Area
18:55	Mass Warm-up at Assembly Area
19:00	Race Starts
19:30	Race Finishes
20:00	Awards Ceremony and Refreshments in Main Stand

NUMBER/ T-SHIRT COLLECTION

Teams can collect their race packs and t-shirts, pins, T-Shirts, and luggage tags from the **Main Stand, Galway Racecourse**. This will be open for collection from 11:30-18:15 on the day of the race. Participants are encouraged to collect as early in the day as possible to avoid congestion. **It is a requirement that all 4 team members' numbers are collected together- Individual numbers will not be handed out.**

WARM-UP

It is recommended that you commence your individual warm up approx. 45 Mins before the start time. This is to allow time for access to the toilets, access to the baggage area and timely assembly. A mass warm up will be organised by an experienced trainer at the assembly area at 18.55.

BAGGAGE DROP OFF

The baggage area will also be in the **Main Stand**. Because of the number of competitors participating in the run there will be limited changing accommodation available, but there will be some dressing accommodation provided. Put your belongings into the bag provided at registration and ensure you write your race number on the bag. Place the bag in the area allocated to your number where it will be in safekeeping until you recover it after the race.

For security purposes you will be required to show your race number in order to recover your bag.

Under no circumstances should you leave valuables in your bag. While the organisers will make every effort to ensure the safe keeping of your bag, no responsibility can be accepted for loss of personal effects.

ASSEMBLY

The assembly area is behind the main stand and will be secured with control barriers. The start area will be marked by a large gantry containing the timing equipment. The assembly area will be divided into sections based on predicted finishing times as follows:

15.00 to 20.00 MINS EXPERIENCED AND CLUB RUNNERS

21.00 to 30.00 MINS REGULAR RUNNERS

31.00 to 60.00 MINS LESS EXPERIENCED RUNNERS

PLEASE ENSURE THAT YOU ENTER THE START SECTION CORRESPONDING TO YOUR ANTICIPATED FINISHING TIME. Also pin your number on your front and do not interfere with the timing chip which is contained in the number. Team results will be based on aggregate times of each member of your team. Because this is a chip timed event your individual time will be recorded only from when you cross the start line to when you finish. Don't rush the start therefore approach it in an orderly manner and enjoy your run. **Please follow the instructions of the stewards at all times.**

AFTER YOU HAVE RUN

AT THE FINISH: After you cross the finish please keep moving and follow the instructions of the marshals who will direct you through the finish area back to **Main Stand** where water will be distributed and you can access the baggage area and recover your belongings.

REFRESHMENTS & TEAM PRIZES: After recovering your left baggage please join us for some light refreshments in the Main Stand. Prizes will also be presented to the top 3 each in category (male, female & mixed).

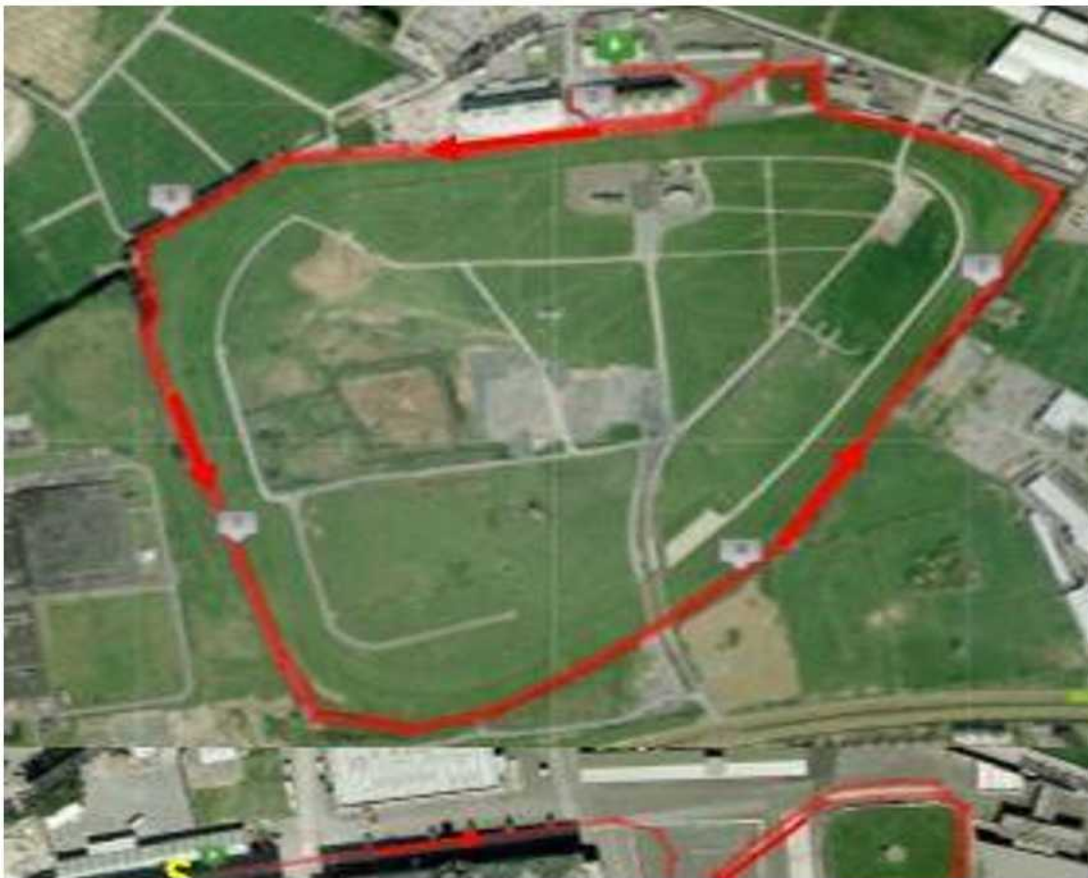
PARKING: There will be some public parking in the Galway Racecourse will take place on a first come basis. When parking please remember that there are numerous other road users and we would ask race participants to be mindful of this. Please follow the directions of the race marshals at all times.

MEDICAL: Galway Civil Defence will be providing medical cover for this run. If you have an ongoing medical condition please makes yourself known to a member of Galway Civil Defence before the run commences. The medical centre will be located adjacent to the finish line.

WATER: Water will also be provided to each entrant immediately after the finish line.

RESULTS: Results will be available to view on grantthornton.ie/gt5k and on the GT5K Facebook/Twitter page on the night of the race.

MAP OF COURSE



ACKNOWLEDGEMENT Athletics Ireland wishes to acknowledge all those without whom this event could not have taken place:

Grant Thornton, Galway County Athletics Board, Galway Racecourse, An Garda Siochana, Galway Civil Defence, Event Stewards