



Grant Thornton

# GT5K

## Corporate Team Challenge

Cork • Belfast • Galway • Dublin

WEDNESDAY 4<sup>th</sup> SEPTEMBER 2019

Time: 19:45

CITY QUAY, DUBLIN 2.

### COMPETITOR'S INFORMATION BOOKLET

**Race Route**

- Start** City Quay
- Right** Matt Talbot Bridge
- Right** Custom House Quay
- Right** North Wall Quay
- Right** Turn at 3Arena North Wall Quay
- Left** Samuel Beckett Bridge
- Left** Sir John Rogersons Quay
- Right** Benson Street
- Right** Hanover Quay
- Right** Blood Stoney Road
- Right** Marie School Walk
- Left** Sir John Rogersons Quay
- Right** Samuel Beckett Bridge
- Left** North Wall Quay
- Finish** Custom House Quay

Map not to scale

## TUESDAY 3<sup>rd</sup> SEPTEMBER 2019

<b>11:00 - 17:00</b>	Race Number pick up at the CHQ BUILDING on Custom House Quay
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## WEDNESDAY 4<sup>TH</sup> SEPTEMBER 2019

### RACE DAY TIMETABLE

<b>11:00 - 17:00</b>	Race Number pick up at the CHQ BUILDING on Custom House Quay
<b>18:00</b>	Toilets and Baggage Area Open
<b>18:45</b>	Individual Warm-up
<b>18:45</b>	Deposit Baggage in Allocated Area in Mayor Square
<b>19:15</b>	Go to Assembly Area: (GREEN Wave 1) via SEAN O'CASEY FOOTBRIDGE (RED Wave 2, BLUE Wave 3 and WHITE Wave 4) via SAMUEL BECKETT BRIDGE and CITY QUAY
<b>19:20</b>	Assemble in allocated Zones.
<b>19:35</b>	Mass Warm-up at <b>Assembly Area</b>
<b>19:45</b>	Race Starts on City Quay outside GT building
<b>20:45</b>	Race Finishes <b>on Custom House Quay</b>
<b>20:20</b>	Refreshments in Mayor Square
<b>20:45</b>	Prize giving on CHQ Plaza

## RESULTS

Results will be available to view on the event web site: <https://www.grantthornton.ie/gt5k/> and on Facebook at [www.facebook.com/grantthorntoncorporateteamchallenge](https://www.facebook.com/grantthorntoncorporateteamchallenge).

## BAGGAGE DROP OFF

The baggage area will be in Mayor Square on North Wall Quay and will be well signposted. Please follow the directions of the marshals in order to ensure clear entry and exit from the baggage area.

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.

## TOILETS AND WASTE.

There are no toilets available within the CHQ building. Toilets will be located immediately outside the CHQ Building, on CITY QUAY, and on LOMBARD STREET EAST. We adopt a Leave No Trace policy please dispose of all waste in the appropriate bins.

## MEDICAL

St. John Ambulance will be providing medical cover for this run. If you have an ongoing medical condition please make yourself known to a member of St. John Ambulance before the run commences. The medical centre will be located adjacent to the finish line, on Custom House Quay. Additionally there will be experienced medical personnel located at strategic points along the course.

## REFRESHMENTS & PRIZE-GIVING

After recovering your baggage, refreshments will be available in Mayor Square free of charge. Please join us for the Prize Giving Ceremonies which will take place at 20:45 on CHQ Plaza, we would love to see everyone there.

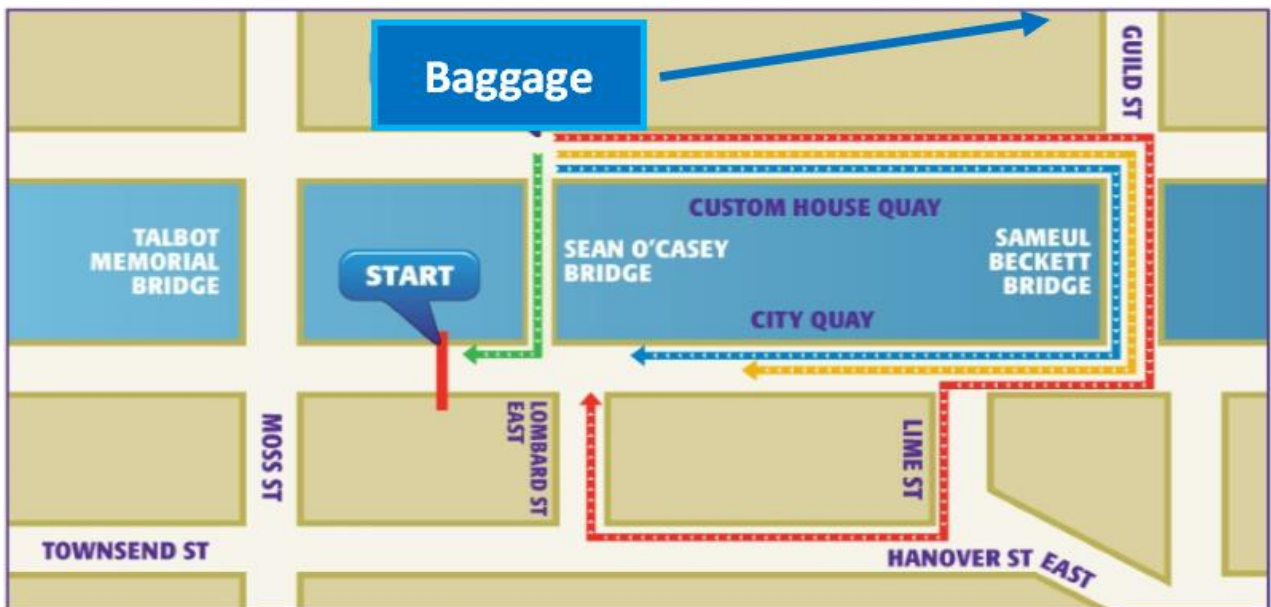
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## ASSEMBLY

The Start/Finish area will be marked by a large gantry containing timing equipment. The assembly area will be divided into sections based on predicted finishing times as follows:

15.00 - 20.00 MINS	VERY EXPERIENCED AND CLUB RUNNERS	GREEN WAVE 1
21.00 - 25.00 MINS	REGULAR RUNNERS	RED WAVE 2
26.00 - 30.00 MINS	LESS EXPERIENCED RUNNERS	BLUE WAVE 3
31.00 - 45.00 MINS	NOVICE RUNNERS AND BEGINNERS	YELLOW WAVE 4

Runners expecting to finish in 20 mins or under will access the start via CUSTOM HOUSE QUAY and over SEAN O’CASEY BRIDGE, while runners expecting to finish in 21 mins or over will access the start via SAMUEL BECKETT BRIDGE. Please follow the instructions of the marshals who will direct you to the staging areas on City Quay). Please be careful when crossing over Macken Street – remember traffic will be live prior to the race



15.00 - 20.00 Mins	Very Experienced and Club Runners	Green Wave 1	
21.00 - 25.00 Mins	Regular Runners	Red Wave 2	
26.00 - 30.00 Mins	Less Experienced Runners	Blue Wave 3	
31.00 - 45.00 Mins	Novice Runners and Beginners	Yellow Wave 4	

## ACKNOWLEDGEMENTS

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

Grant Thornton, Dublin City Council, Dublin Docklands Authority, An Garda Siochana, Dublin Bus, Bus Eireann, St. John Ambulance, Crusaders Athletic Club, CHQ Building, Apleona Facility Management.