



Grant Thornton

GT5K

Corporate Team Challenge

Cork • Belfast • Galway • Dublin

WEDNESDAY 12TH JUNE 2019

Commencing at 19:45

Start - South Mall, Cork City

**COMPETITOR'S INFORMATION
BOOKLET**

RACE DAY TIMETABLE

10:00 to 18:30	Race Number pick up at Clayton Hotel, Lapps Quay
18:30	Information Desk, Toilets and Baggage Area Open
19:00	Individual Warm-up
19:00	Deposit Baggage at Clayton Hotel, Lapps Quay
19:20	Go to Assembly Area on South Mall
19:30	Assemble in allocated Zones.
19:35	Mass Warm-up at Assembly Area
19:45	Race Starts
20:30	Race Finishes on Monaghan Rd
21:00	Refreshments and Prize giving Clayton Hotel, Lapps Quay

NUMBER/ T-SHIRT COLLECTION

Teams can collect their race packs and t-shirts, pins, T-Shirts, and luggage tags from the **Clayton Hotel, Lapps Quay**. This will be open for collection from 10:00-18:30 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. Your warm up should include a few minutes light jogging and stretching. It is vitally important to warm up the working muscles especially if the weather is cool. A few minutes mass warm up will be organised by an experienced trainer at the assembly area at 19.45. Please remember that traffic will be moving as roads are not closed until the race starts.

BAGGAGE DROP OFF

The baggage area will also be located in **Clayton Hotel, Lapps Quay**. 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. For convenience it would be best to come dressed in tracksuit and avail of the secure baggage area 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.

ACCESS THE START

Following your individual warm up and baggage drop off the marshals will escort you to the assembly area on the South Mall. At the assembly please locate your time zone which will be signposted, please follow the instructions of the marshals who will direct you to your appropriate time zone.

ASSEMBLY

The assembly area is on the Assess Road 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 25.00 MINS REGULAR RUNNERS

26.00 to 40.00 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 line on Monaghan Road please keep moving and follow the instructions of the marshals who will direct you through the finish system back to **Clayton Hotel, Lapps Quay** where water will be distributed and you can access the baggage area and recover your belongings.

BAGGAGE RECOVERY: As soon as you have exited the finish system please recover your left baggage from the designated area. Remember you will need to produce your race number in order to recover your baggage. Please cooperate with the marshals in this regard.

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

PARKING: There will be limited designated parking available in the various City Centre Car Parks which will be signposted. 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: 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 Monaghan Rd.

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

LITTER: We are grateful to the authorities at Cork City Council for permission to run this race. Please do not discard litter or at any point along the race route, place it in the bins provided or bring it home with you.

RESULTS: Results will be available to view on the Grant Thornton Corporate Team Challenge event web site and on Facebook 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, Cork City Council, An Garda Síochána, Bus Éireann, St. John Ambulance,