



Our race team will be busy all week getting ready for the event, so replies on social channels and through emails will be sporadic. Please read this document carefully and if you still have questions, please visit our FAQ's page here: <https://greatlimerickrun.com/faqs/>

NUMBER COLLECTION – Saturday, 2nd May

Number collection will take place in the [UL Sports Arena](#) on Saturday 2nd May from 11am - 4:30pm.

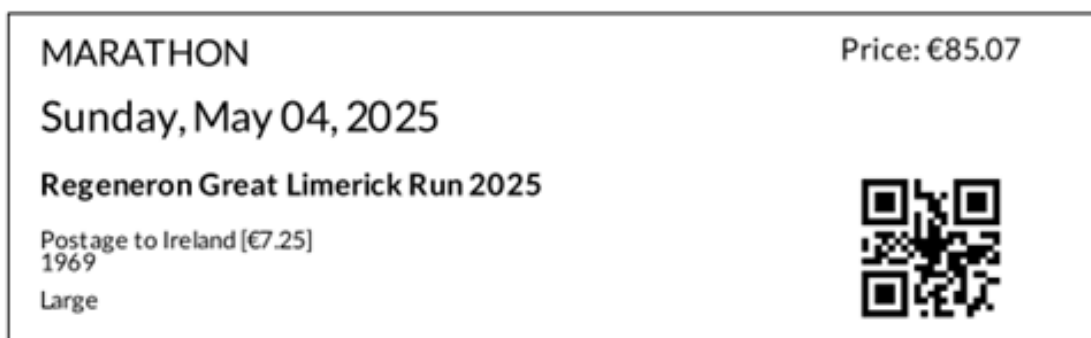
If you did not opt for race number postage as an additional purchase with your order, you will need to collect your race number.

There is NO Race-Day Collection!

Please note: If someone is collecting your race number for you on the Saturday, they will need your booking confirmation email with the QR code. They will not be able to collect your race number if they do not have this.

If you did opt for postage but have not received your race number:

Firstly, please double check that you did successfully add postage to your order. Postage needed to be applied to each entry in your booking. This will show on your e-ticket, the link to which is in your booking confirmation email. See example below.



If you did apply postage and your race number has not arrived, please email info@greatlimerickrun.com with the subject heading 'Race Number Has Not Arrived'. We will then advise you.

PLEASE NOTE: If you lose, forget, have damaged, or did not receive your race number as you supplied an incorrect/incomplete address (and it was not returned to us by An Post), a replacement number can only be issued on proof of booking. Your booking confirmation email and photo ID will be required. A replacement fee of €20 will be charged.

PLEASE NOTE: You cannot run on someone else's number! We do not facilitate ticket resales. If you are not registered for the event and have not signed the online race waiver, you are not permitted to run the race. You will not get a race time or medal.

RACE DAY – Sunday, 3rd May

Start times:

- Marathon & Relay - 9:00hrs
- Half Marathon - 11:00hrs
- 6-Mile - 13:30hrs

The race start areas will open 45 minutes prior to your race start time.

All distances will start in waves.

Please note: your race time will only begin once you cross the starting mat, so there is no need to rush to get over it! Your timing chip is in your race number. Please do not touch/tamper with the chip as this may render it inactive. Make sure your race number is clearly visible on your front, otherwise your race number will not be detected, and your race time will not be recorded! DO NOT block your timing chip by checking your watch as you cross the start/ finish lines.

Start Location

[Pery Square](#)

This can be accessed via Catherine Place/Mallow St, Hartstonge Street or Barrington Street.

Please note: Race Numbers must be pinned to your front and clearly visible to gain access to start area.

Finish Location

[O'Connell Street](#) (Outside the Augustinian Church)

Please note: You are required to keep moving forward through the finish chute as quickly as possible to make way for finishers behind you.

All participants displaying a valid race number will receive a medal once they finish the race. There will be water, bananas and bars distributed in the finish pen. Please move through the finish pen as quickly as possible and take ONE ONLY of each item, to allow room and refreshments for participants finishing behind you!

Route Maps

[Marathon](#) – [Half Marathon](#) – [6 Mile](#)

Parking

As the race will be taking place on a Sunday, all on street parking will be free, however please observe signage as parking is restricted in some areas because of the route.

Limerick Greyhound Stadium - Shuttle Bus

There is a shuttle bus for participants & spectators from [Limerick Greyhound stadium](#) from 7.30hrs. Drop off is [Scanlon's Express Pharmacy](#) beside Mount Kennett Place. Shuttle buses will return to Limerick Greyhound Stadium until 18.00hrs. This is free for runners and spectators.

Alternative parking options are the multi-story car parks in the city centre.

Changing Race Distance

You are able to switch to a shorter race distance, but you cannot switch to a longer race distance.

For example, you can switch from the Marathon to the Half Marathon, but you cannot switch from the Half Marathon to the Marathon.

Please note: that your race bib will still display the race you originally signed up for, but the timing chip contained within it, will detect what race you take part in.

You MUST ONLY take the medal for the distance you actually ran!

Pacers

Marathon Pacers:

- 3hrs
- 3hrs 15mins
- 3 hrs 30 mins
- 3 hrs 45 mins
- 4hrs
- 4 hrs 30 mins
- 5hrs

Half Marathon Pacers:

- 1hr 30mins
- 1hr 40 mins
- 1hr 50mins
- 2 hrs
- 2hrs 10mins

A lead car and 2 lead bikes will lead the marathon. Some sections of the route aren't suitable for the lead car; at these points the lead bike will assume control and the car will divert to a further point.

Bag Drop

The bag drop will be open from 8:00hrs and will close at 16:00hrs.

Your bag drop label is the bottom part of your race number. Carefully remove along the perforated strip and secure to your bag as you would an airport luggage label. Unbagged items like keys/phones/water bottles cannot be accepted. One small bag only per participant.

Please Note: You will need your race number to retrieve your bag after the race, so ensure your race number is securely pinned to you. If no race number is presented, you will have to wait until all other bags have been reclaimed, to collect your bag! Bag-drop will be supervised; however, management cannot accept any responsibility for lost or stolen items.

6-Mile Bag Drop

6 Mile participants must use the bag drop located in St. Michael's Church, on Pery Square. One small bag only! No loose items will be accepted.

Marathon, Half Marathon & Relay

Marathon, Half Marathon & Relay participants must use the bag drop located in the marquee on Barrington street. This is just off Pery Square at the side of St Michael's Church. One small bag only! No loose items will be accepted.

Please note: There will be peak time queues both before and after the event. Please arrive early to allow time to drop your bag before the race start time. When collecting please ensure you have your race number clearly visible. You will not be able to collect your bag without your race number.

Bag Drop will close at 16:00hrs. You will not be able to collect your bag after this time.

Hydration Stations

Hydration stations are located at Miles:

- 3
- 6
- 8.5
- 12
- 15
- 17.5
- 20
- 22
- 23.5
- 25.5

Please Note: It is vitally important you arrive at the race well hydrated! The water stations are there for additional hydration only. Commencing a race when you are not sufficiently hydrated will be detrimental to your race experience.

Litter / Gel Wrappers

DO NOT drop or discard your race litter along the course. We are a litter free event with a 'leave no trace' approach. We therefore request and appreciate your respect and consideration for the local environment and its residents, by NOT LITTERING. There will be skip bags at water stations where you can dispose of your wrappers etc. ANYONE CAUGHT LITTERING WILL BE DISQUALIFIED FROM THIS AND ALL FUTURE EVENTS.

Please Note: Littering also refers to discarded items of clothing. Any clothing left in the area that has not been officially handed into the bag drop and tagged with an official race number bag tag, will be regarded as litter.

Relay Transition Areas

1st Transition Area will be @ Mile 5.5, [Milford Credit Union, Plassey Road](#)

2nd Transition Area will be @ Mile 12.7, [Johns Square](#)

3rd Transition Area will be @ Mile 20.5, [Henry's St @ Dunnes Stores.](#)

Please be aware that the timing chip is in the baton.

Relay Buses

Buses are available to take runner No 2 in the relay event out to transition area 1 ([Milford Credit Union](#)) between 8.30am – 8.45am from [Arthurs Quay](#) Bus Stop.

Buses are then available to take runner No 1 back to [Arthurs Quay](#) from [Milford Credit Union](#), where they can make their way to the reunion point at the Strand Hotel, Ennis Road.

The transition areas for the 2nd & 3rd transition are within walking distance of the start & finish line.

Relay Reunion Area

[Strand Hotel, Ennis Road, Limerick](#)

Relay Baton Return

Please ensure ALL Marathon Relay batons are returned. There will be a container to return them, just as you cross the finish line. Please ensure that the team member running the last leg is aware that they MUST return the baton. There will be a charge for any unreturned batons!

Cut off Points | MARATHON

The table below details the cut-off times that participants must pass the noted mile markers.

<u>DISTANCE</u>	<u>TIME</u>
Mile 9	11:10
1/2 Point	12:00
Mile 18	13:15
Mile 20	13:40
Mile 23	14:15
Mile 25	14:40
Finish	15:00

Mile Markers / Kilometre Markers

Mile Markers; please refer to the route maps:

[Marathon](#) – [Half Marathon](#) – [6 Mile](#)

KM Markers; 10KM, 20KM, 30KM, 40KM

Course Marshals

Event marshals are volunteers from local sports clubs, community groups and schools. Please adhere to their directions and guidance. The event would not be possible without their support. Please show them courtesy and respect. They are there so that everyone can have a fun and run safely.

Toilets

Please refer to the route maps:

[Marathon](#) – [Half Marathon](#) – [6 Mile](#)

Medical Services

Provided by Civil Defence and Red Cross Ireland.

Please write any important medical information on the back of your race bib, including your emergency contact name and number. This is vitally important in the case of any medical incident/assistance you

may require. Failure to provide this information may cause delays in assisting you!

Live Participant Tracker

See times and current pace within seconds of a participant crossing each split point. Estimated times will be provided based on current pace.

Live Leader board

See who is winning via the Live Leader board. Top runners in each category will be displayed in real-time as they lead the way through the course.

Real-time Twitter Notifications

Get automatic posting as progress is made on the course. As a spectator, the times of the participant you are tracking can be posted to your Twitter feed automatically allowing friends and family to share in the excitement! If you are a participant, claim your profile and enable Twitter notifications. Your stats will post live as you pass each checkpoint. This can be done through the TDL App.

Live Map Tracking

Participant locations will be plotted on the Interactive Course Map as progress is made on course. The position of each participant is estimated based on the most recent timing received from the bib read.

Please Note: Participants do not need to carry their phones for this feature to work.

Mobile App

Features include Live Participant Tracking, Push Notifications, Leader boards, Map Tracking, Event Messages, Event Info and more!

Please Note: Times posted during the event are Unofficial. Official results are posted upon completion of the event.

Tracker Website URL: <https://rtrt.me/glr26>

Tracker App link to download: <https://rtrt.me/app/TDLA>

Official Race Results

You will receive an email with the link to your race results shortly after the event concludes.

Getting your Professional Race Photos

There photographers on the course. After the event, you will be sent a link by [Marathon Photos Live](#) where you will have the option to purchase your photos.

Get notified when your photos are [live](#)

What to do in Limerick this May Bank Holiday Weekend

As well as the Regeneron Great Limerick Run, Limerick City and County plays host to Riverfest over the bank holiday weekend.

[Riverfest](#) will begin on Friday the 1st of May and end on Monday the 4th of May, please [click here](#) to see a full list of all that's planned.

Great Places to Stay

- [George Boutique Hotel](#)
- [The Savoy Hotel](#)
- [Maldron Hotel](#)
- [Limerick Strand Hotel](#)
- [The Old Quarter Townhouse](#)
- [Castletroy Park Hotel](#)
- [Great National South Court Hotel](#)
- [Absolute Hotel](#)
- [Radisson Hotel](#)
- [Kilmurry Lodge](#)
- [Clayton Hotel](#)



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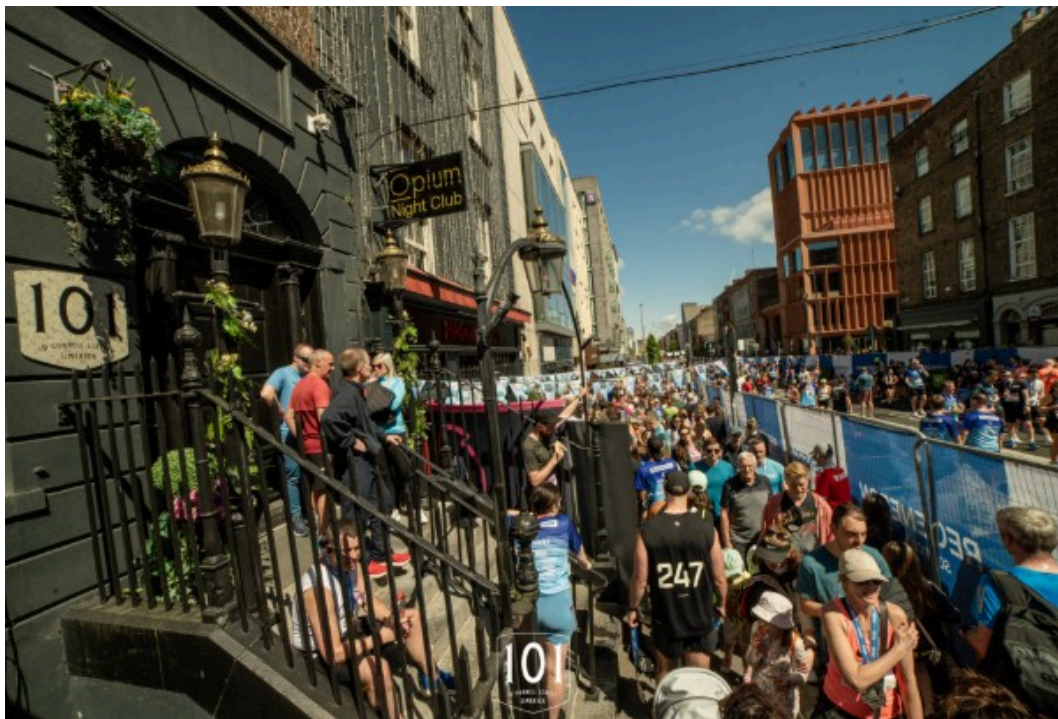
Celebrate in style by personalising your finishers medal with an iTAB; a custom insert, which fits neatly onto the ribbon of your medal, engraved with your name and finish time.

[Order My Custom iTAB](#)



Celebrate Your Achievement

Bar 101



Bar 101 are kicking things off right at the finish line of the Great Limerick creating an electric atmosphere as you cross over in style. Plus, we'll have a photowall and professional photographer on hand to capture those amazing moments with you, your family, and your crew.

And the celebrations don't stop there. Later that evening, 101's Opium Nightclub will host The Great Limerick After Party. Expect free entry, a buzzing atmosphere, and the option to treat yourself to bottle service for the ultimate night out.

The Locke Bar



Once you've crossed the finish line, get ready to unwind with live music, dining and drinks at The Locke Bar. With live music performances throughout the day and a full menu served until 10pm! Suitable for families and groups of all sizes, early arrival is advised to secure your spot.

Find The Locke Bar on George's Quay, V94 K8KX. Open from 10am until late with breakfast, Sunday Lunch and dinner served throughout the day - full menu served until 10pm!

We look forward to seeing you on race day,

The Regeneron Great Limerick Run Team.

Title Sponsors

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