

Spirit Sandyford 5k 2019 Pre Race Instructions

Hi there,

We're delighted to welcome you to the 2019 renewal of the Spirit Sandyford 5k. Please take the time to read the pre race instructions below. To ensure a safe and fun event for all please follow the directions of the Race Marshals and Gardaí at all times. Looking forward to seeing you on the 26th September. Have a great race.

Dermot Brennan

Race Director

Race Number Pick Up

- This is a chip timed race and you must collect your **Race Number** at Race HQ in the Spirit Volvo showrooms on Birch Avenue, Sandyford prior to the start of the race.
- Your **T-shirt** will also be provided to you at number pick up.
- Times of Pick up – Wed 25th Sept: 12.00-2.00pm AND Thurs 26th Sept: 5.00 – 7.00pm

Final Call for Entries:

- If any of your friends or colleagues still want to take part they can enter online at <http://sandyford5k.ie> until Wednesday 25th at 10am or on the evening of the race as a late entrant from 5.00 - 6.00pm, at Race HQ, in Spirit Volvo, Birch Avenue, Sandyford.

Race Start:

- The race route is the same as last year and the race will start at 7.30pm sharp
- Race start is on Three Rock Road – you will be guided here from Race HQ and surrounding roads.
- Please be at the start line between 7.00 and 7.15pm for race warm-up and pre race briefing.
- There are marshals in place throughout the course to guide you and ensure your safety.
- The Order of Malta will be on hand to provide Emergency support.

Bag Drop

- Bag Drop is located at Race HQ, in Spirit Volvo, Birch Avenue, Sandyford

Post race : RACE HQ - Goody Bags, Medals and Refreshments

- **Water** will be available after the Finish line
- **Goody bags** and **Medals** are available after the race in Race HQ in Spirit Volvo, Birch Avenue
- There will also be a **post race reception** in Race HQ, with food and light refreshments for everyone and we would be delighted to see you back here after the race.
- Prize Giving will also take place at Race HQ.
- Sandyford 5k race results will be available on the night and on the race website shortly after

- Photos : will be captured on the night and will be posted on Sandyford 5k Facebook page following the race.

Getting to Sandyford:

By Road:

- from M50 heading south – exit at Junction 14, take a left into Sandyford Business Park a left onto Burton Hall Road, and take a left again onto Blackthorn Road. At the Beacon Hotel, take a right onto Blackthorn Drive and 2nd left for Birch Avenue for Race HQ.
- From all junctions entering the Sandyford Business district – follow the signs to Race HQ and Race Car Parks. There will be marshals on hand on race day to guide you.
- See map on www.sandyford5k.ie for Number Pick-up (Race HQ); Car Park and Race start locations.

By Luas:

- Green Line to Stillorgan Luas stop

Parking

- There are a range of parking locations:
- Stillorgan/Sandyford Luas car parks – the Luas car park will be free for from 6-11pm on the evening of the race. There is no need to display a ticket or use the parking machines.
- Near Race HQ – there is free on-street parking on each of the Avenues adjacent to Race HQ
- On Furze Road, Heather Road or Bracken Road from 6.00pm on the evening of the race. Participants can then cross Blackthorn Road onto Three Rock Road and the race start.
- Marshals will be on hand to guide you to the start. Please be at the start between 7 and 7.15pm.

Any Questions:

- If you have any questions in advance of the race you can email info@sandyford.ie or call us on 2930984

