

Thank you for registering for the **2023 Irish Wheelchair Association Run 'n' Roll event proudly supported by Liberty Insurance**. We hope you are looking forward to taking part on Sunday.

We have some important race day information and instructions for you to read below.

Race numbers & t-shirts:

All race numbers and t-shirts can be collected from our registration desk situated between the start and finish line from **11.45am on Sunday**.

Please note - U16s will not receive a race t-shirt.

Registration/start location:

Our registration desk will be located between the start/finish line which will be located on the main avenue in the park (see map below). The start line is approximately 200m from the registration and bag drop area and will be marked with yellow flags. Please ensure you have adequate time to sign-in, collect your t-shirt/pack, and get to the start line!



Car parking:

Please, wherever possible walk, jog, cycle or use public transport when attending the event. If you do need to drive, please arrive early and carpool where possible. There is limited car parking available in the Red Stables car park and around the perimeter of St Anne's Park. There are a limited number of wheelchair accessible spaces available within the park.

Race times:

Wheelchair users are welcome to join at the front of the start line to ensure a safe start. Runners and walkers will follow soon after.

1pm sharp – Wheelchair users

1.02pm – Runners, other rollers, and strollers!

Please note you must pass under the start line gantry to activate your chip time. Please follow the instructions of the stewards at all times.

Race facilities:

Portaloos will be available near the start/finish line. We are delighted to announce that Accessoloo will be on site on the day ensuring all participants needs are catered for. More information about Accessoloo can be found here:

<https://accessoloo.org>

There are public toilets also available in St Anne's Park close to the Red Stables car park entrance.

Bag drop:

Bag drop is available near to the registration desk. Please do not leave any valuables as we cannot take responsibility for any loss or damage to any items.

Water stations:

There will be water available at the finish line. Water will be provided in compostable cups. We ask that you kindly use the bins provided to dispose of your cups.

Stewards:

Stewards will be available before, during and after the race to ensure the safety and smooth running of the event. Stewards can be recognised by the navy Run 'n' Roll crew vests. All stewards are volunteers so please give them a wave as you pass them out on the course 😊

Medals/goodie bags:

Each participant will receive a medal - this will be handed to them after they cross the finish line.

All participants will also receive a goodie bag on completion – these can be collected from the registration table.

Bananas and water will also be available.

On the Day:

There will be other park users using the route so please be mindful of others and give way when and if needed. We all have a responsibility to maintain the cleanliness of the park, so please do not litter and let's leave the park in the wonderful condition we'll find it in.

We will have face painters on the morning (for small & big kids!) and our wonderful MC Mark will be spinning the tunes, so get ready to have some fun and please join in to make the atmosphere as good as possible.

Thank you and good luck!

Thanks to Liberty's support 100% of your registration fee will go directly to the IWA. We would like to take this opportunity to thank you for your support and wish you the very best of luck on Sunday.