



Race briefing for the HIGH5 Run Belfast and Swim Belfast Sunday 31st July 2016



Thank you for entering the HIGH5 Run Belfast or Swim Belfast 2016. The information contained within this document is designed to make your race experience as safe and enjoyable as possible. We have furnished you with a wide range of information but if you have any more specific questions, please don't hesitate to contact us through the website or speak with one of our Race Crew over the weekend. Read On!

Registration:

Although you have entered the race, you still need to register prior to the event as confirmation that you will actually be on the start line. Registration will take place at Victoria Square, Belfast during the following hours:

Friday 29 th July	10:00 – 20:00
Saturday 30 th July	10:00 – 18:00
Sunday 31 st July	06:00 – 08:00

Location information is at www.victoriasquare.com/visiting. We will be in Unit 68 on the upper ground floor near the Ann Street entrance beside Specsavers.

At registration, you will receive:

- a race number to be worn, unfolded, on the front (Run Belfast only)
- an electronic timing chip (to be worn on your ankle throughout the event)
- a colour coded, race specific swim cap (Swim Belfast only)
- event goodies!

There will be limited 'on the day' entries available at Victoria Square during the times above. An additional fee of £5 will be charged for these.

Car Parking:

Free parking is available in the public car parks around Corporation Square, only 200m from transition. Road signage will guide you from the major access routes. If using sat nav, the postcode is BT1 3AJ. Please allow time for race related traffic diversions. While parking is free, you will be assisted by volunteers from our charity partner, the Mary Peters Trust. Please consider making a donation.

M1/Westlink

Follow signs for Bangor/City Airport from York Street junction. Turn right onto Nelson Street rather than going up slip road onto M3. Turn left into Little Patrick Street. Turn left on Corporation Street. Turn right into Corporation Square.

M2

Leave motorway at Duncrue Street exit and follow signs for City Centre. Proceed along Corporation Street. Turn left into Corporation Square.

M3

Cross bridge and leave motorway at junction 1A. Turn left onto Nelson Street. Turn left into Little Patrick Street. Turn left on Corporation Street. Turn right into Corporation Square.



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Verbal Race Briefing:

A verbal briefing will be given by race organisers five minutes prior to the start of each race. This will take place at the relevant start line. This provides an opportunity to update all competitors on any changes to the published information or issues with the course.



Swim Course for Swim Belfast

Competitors should assemble at the swim start on Queen's Quay no later than 09:30. You will enter the water using the concrete steps. The race will start promptly at 09:45. Timing chips should be worn on the right wrist throughout the race as you will be required to touch against a vertical timing point once out of the water.

The swim course will run anti-clockwise, heading along the southern bank before crossing and returning along the northern bank. Once under the last M3 bridge support, swimmers will spot the exit ramp directly ahead. The first buoy encountered is for sighting only and you will turn left at the second buoy. Kayaks will lead out the swim and be patrolling to ensure safety. The swim exit utilises a modular ramp. You must go up the ramp before touching your timing chip against the timing point. Once finished you will be required to leave the pontoon and assemble on the quayside.

The swim is for both wetsuits and skins. Please ensure that you tick the correct category at registration. It is compulsory to wear the official swim cap outermost. If a second cap is being worn for warmth, it must be underneath the official cap. Anticipated water temperature is 16 degrees centigrade. If you get into difficulty during the swim, you should try to remain calm, roll onto your back and raise an arm. A kayaker will approach you and ask you to take hold of one end of the craft. Please do not try to hold the centre of the kayak. We will have a large number of experienced kayakers providing safety cover. We recognise that some swimmers may be quite slow and will endeavour to get all competitors to the finish. So if the athlete is safe and comfortable in the water, every effort will be made to escort them to the exit ramp.

There are risks associated with all open water swimming events. We would encourage all participants to ensure that open wounds are covered with a waterproof dressing.



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Run Course for Run Belfast:

The run will start on Donegall Quay near Tedford's restaurant at 09:00. The course is coned off from traffic throughout the city centre. Static marshals will be in position around the course and several will also be mobile on cycles. Please be aware that a number of vehicles may have been parked overnight on the course and may attempt to cross the racing line to reach the open road. A water station will be available at the end of your first lap. Your race number should be visible on your front during the run.

You will do two laps. At the end of lap one, you will turn into Queen's Square and run past the finish chute. At the end of lap two, follow the sign for Finish.

It is the athlete's responsibility to count their laps. An electronic count will take place to identify those who may run short.

Once over the finish line, you will receive a medal and drinks will be available. Prize giving will be at 12:00 within the finish area. Prizes will be awarded to first, second and third, male and female.

Results:

ChampionChip Ireland has been contracted to provide timing for the event. Results will be posted on the Community Multisport website several hours after the race. Any queries regarding individual times should be directed to glenn@championchpireland.com.

Event safety:

We believe safety to be paramount, and therefore three paramedic units will be active throughout the event. A comprehensive event management plan has been compiled and shared with the PSNI, the River Management Team, Belfast Harbour, Harbour Police and many others.

The Race Crew:

More than 100 volunteers have given up their time to provide you with an opportunity to race. We ask that these marshals are treated with respect. They in turn will do their utmost to provide you with a great race experience.



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Thank You:

We wish you a safe and enjoyable race on Sunday 31st July. Belfast has much to offer visitors and we hope that this event remains a feature of the city's sporting calendar. Enjoy your race and we'll see you again!

Thank Them:

This event takes place thanks to the support provided by a range of public and private bodies. These include:

Belfast City Council
Police Service of Northern Ireland
Translink
Belfast Harbour
HIGH5 Sports Nutrition
Traction Finance
Amphibia Sport
Pioneer Group
Napiers Solicitors
and our charity partners at the Mary Peters Trust

Department for Communities NI
TransportNI
The River Management Team
Harbour Police
Colliers Property Services
Fit, Happy and Healthy
Erdinger Alkofrei
Victoria Square
Triathlon Ireland

Further information:

Event website – www.communitymultisport.org

Facebook - <https://www.facebook.com/BelfastTitanicTriathlon>

Twitter - @BelfastTri