

Antrim Coast Road Marathon 2018 Race Instructions

Saturday 30th June 2018 Start time 9am @ Glenann Primary School

Larne Athletic Club extend a warm welcome to all the runners taking part in Antrim Coast Road Marathon and wish you success. Please read the instructions carefully.

Runners

It is your responsibility to be fit and well on the day of the Race to enjoy your Marathon experience and not put yourself at risk. If you feel unwell or carry an injury into the Marathon, it would not be recommended that you run.

Weather Conditions

Please check the weather forecast in the days before the race and ensure you are prepared for the conditions clothing before, during and after the race, sun cream, etc.

Parking and Buses

Parking is at Larne Harbour with the buses leaving at 7:30am sharp so please give yourself enough time to get Parked. [Parking and Buses](#)

Collection of Race Pack

You will be able to collect your race pack including race number and T-shirt at Glenann Primary School from 8.00am - 8.40am on the day of the race. Packs will be in order of race number to ease registration you can find your find number on the on-line list on this website. [Entry List](#)

Race packs for local clubs maybe supplied in advance to club contacts from 18 June onwards.

The Race packs will have a bag in it with your race number, this is to be used if you want baggage transported from the start to the Finish.

Baggage

A Bus outside of Glenann PS will be available for you to leave your baggage to be transferred to the Finish, the bus will leave at 8:50am. At the Finish, you can collect it in the Finish Zone Baggage Reclaim area in the McNeill Theatre in Larne Leisure Centre

Start Time

Start at 9.00am sharp, with a Final race briefing at 8:45am at Glenann Primary School. BT44 0TG.
The Start Point is 200 meters from Glenann Primary School

Race Numbers

Race numbers must be worn on the front of vests/T-shirts; Note that you may be disqualified if your number is not clearly visible.

The race number incorporates a timing chip - please ensure you wear the number always during the race. Loss of a number will mean that your time and position will not be recorded.

Headphones

Roads are open to traffic. In line with UK Athletics Rules, the wearing of headphones is NOT permitted.

Buggies, prams and dogs

Please note for Health & Safety reasons, runners will not be allowed to compete pushing buggies or prams.

In line with UK Athletics Rules runners must not be accompanied by a dog in the race.

Course

The race is a straight course to Larne on the Coast Road and Promenade to the Leisure Centre. [Course](#)

The course is marked at every mile point and will be fully marshalled.

The course will remain open to traffic throughout the race and normal rules of the road will apply: traffic has priority.

Runners are asked to use footpaths where available and to keep to the left-hand side road, running in single file.

Runners are to use the footpaths around the Red and Black Arch.

Failure to obey a PSNI officer or race official/marshal at any point may lead to disqualification.

Medical

St John Ambulance personnel will be on the course for your well-being. If you feel unwell or think you need medical attention, inform a Marshal or St John Ambulance staff. Remember, even if it is minor, i.e blisters, chaffing or cramps they are there to help you.

Toilets

Portable toilets will be available at the start at Glennann PS. Public toilets are available along the course in Cushedall, Carnlough, Glenarm, Ballygally, Drains Bay. Toilets, showers and changing facilities will be available inside Leisure Centre at the finish.

Water Stations

There will be Seven official water stations along the route: -

Red Arch 3 mile
Mid East sign 7 mile
Junction Largy rd 10 mile (Sports Drinks+ Water)
Play Park Carnlough 13 mile
Car park outside Glenarm 16 mile (Gels + Water)
Car Park Ballygally 19.5 mile (Sports drinks + Water)
Front of Carnfunnock car park 23 miles

There will be sufficient bottles of water available for each runner to obtain one bottle at each station.

Runners are asked to dispose of used bottles on the road or footpath as near as possible to the water station. Please do not throw them onto the beach, grass verges, over hedges or into gardens.

Finish / Post Race

At the end of the race you should run through the finish line. Do not turn back or stop until you are well clear of the line or unless you are directed to do so by a race official.

All race finishers will receive a medal on crossing the line.
The timing chip attached to your race number is disposable and does not need to be returned.

The race cut off time will be 6 hours, so if your finish time is after 3 pm your time may not be recorded.

Toilets, showers and changing facilities will be available inside Leisure Centre at the finish.

Larne Leisure Centre has a public cafe: - Prom Cafe

Prize Giving

Prize giving will take place at approximately 1:00pm in the McNeill Theatre in Larne Leisure Centre