

## **INFORMATION AND FINAL INSTRUCTIONS FOR THE ENERGIA 24 INTERNATIONAL (INCORPORATING THE NATIONAL 24-HOUR CHAMPIONSHIPS).**

**June 22/23,2019 - Victoria Park, Park Avenue, East Belfast BT4 1JT. START TIME: NOON.**

Registration will be available at these times:

Friday, June 21 from 1pm-6pm in the Marquee in the Car Park, Victoria Park.

Saturday, June 22 from 8am- 11am in the Marquee in the Car-Park, Victoria Park.

Competitors will collect a Goody Bag with among other things a water bottle, T-shirt, Race Programme and 2 numbers with a MyRunResults chip included.

There is no access to the Park on Friday to set-up, so, on Saturday morning you are advised to come early to allow time to set up your tent, table and make preparations. ( Because of the race there will be NO Parkrun on the Saturday morning).

There is NO PARKING inside Victoria Park.

All competitors and crew/helpers should approach the Victoria Park from the Airport Road(BT3 9EU). There will be parking available beside the Park on Connsbank Road(BT3 9EF) opposite Sixt car-hire; and in Topaz next door. The police have been made aware that cars will be parking there for an extended period and overnight.

You should then come over the pedestrian Sam Thompson bridge, turn right and follow the course for 400 metres around to the pits/camp area. (Registration will be a further 100 metres on in the car-park area) There will be marshals at all these points to direct you.

**The relay camp/pits area is a further 400 metres on past the Medical Centre.**

There are two other ways to walk into the park: 1. The underpass at Park Avenue Being among highly packed terraced housing, the underpass is tricky to find. Good landmarks are the Strand Cinema(BT4 1NY) and the Park Avenue Hotel on the Holywood Road(BT4 1PB). The underpass takes you under the A2 dual carriageway and into the park . **THERE IS NO ACCESS INTO THE PARK FROM THE DUAL CARRIAGEWAY.**

2. Alternatively there is a footbridge into the Park at Sydenham Station, Inverary Drive(BT4 1RD). Cross the footbridge turn left past East Belfast yacht club sign(right leads into Belfast City Airport). Then 50 metres up the side of the dual carriageway and right into the park. There is parking on the street at the station. That area is on a 3A metro bus route.

For night-time running, it is advisable to bring a head torch. It may not be needed as there is 'street' lighting for 500 metres and the rest will have temporary lighting - but just in case. (As it is the day after the longest day of the year darkness hours will be roughly between 10pm and 5.30am).

All competitors( plus 1 lead helper if desired) must attend the race briefing at 11.15pm in the car-park near the start. **Only relay team captains need attend.**

The race will start at noon for the 24-hour race and the Relay.

The first lap will be 1692 metres. Each subsequent lap will be 1652 metres.

There will be a 2.4min race for the U12s at 3pm on the Saturday; and a 24sec. race for the U5s.

The men's, women's and team winners (mixed/women/men) will be the competitors who record the greatest distance in the 24-hours.

**Each relay team member will do 3 stints of 2 hours in rotation. They will wear a green armband on their wrist with their number which they will wear at all times and hand over to their teammate at the end of each stint. They will be directed into a changeover point on the bend at the airport end of the course and just past the team relay pits/camp area .**

**Team changeovers will be on the hour - so, a team member arriving a minute or two before the allotted time must decide whether to go on for a further lap or wait in the change-over pen.**

**Team members who are not running are not required to stay in the Park during rest periods.**

**There is one exception to the 'on the hour' rule. If a team member becomes ill or injured and cannot continue, the other team members - in consultation with the organisers' Team Relay Co-Ordinator- should divide the remaining slots between them.**

To have your laps recorded you must wear the chip provided in your number (of which you will have two) and recorded on the overhead gantry. (You should check your chip is working before the start).

The RFID chip does not react well to water - so be careful while, for example, drinking or using a sponge.

Laps completed will be shown on a course-side 80" screen some 30 metres beyond the gantry. There is a 6 second delay in relaying the information. The screen will show name, laps, and distance (of the lap just completed) with a maximum of 10 names scrolling through the screen at any one time.

Runners will be able to track their laps at MyRunResults. Just type in race number or surname. There will also be a live video periodically including the last hour of the race.

(There will also be updates on the Energia24 Facebook page.)

The MyRunResults station is out of bounds. All queries should be directed to the Race Director.

There will be no change of direction.

You cannot be paced during the race.

Crew positions will be one metre back from the course (it is hoped a coloured line will be visible on either side of the course) for the handing out of food and drinks. Crews/support

cannot come over that line onto the course nor can they accompany their runner out of the pits/camp area. This will be strictly enforced by the marshals.

Your number must be clearly visible at all times even in adverse weather conditions.

You must wear a top at all times whatever the weather.

You are allowed up to a maximum of 4 helpers(crew).

There will be toilets on the course close to the Medical Centre and also at the individual pits/camp area.

You must devise your own race strategy whether to run, jog, walk or whether to step off the course for toilet breaks or rest periods.

\*It is important that you be aware of faster runners coming through. 'Headphones' are permitted but you must remain alert to this.

A physio/massage team will be available in the Medical Centre. You must give your consent before you avail of this treatment. Paramedics from Ambutran will also be in attendance.

Please make any medical condition known and put it on the back of your two numbers.

You must heed medical advice. The medical teams decision( whether for example you can continue or must stop) will be final.

You must tell an Official if you retire during the race.

There will be a wide selection of drinks and food throughout the 24-hr period available at the Food and Water station(on the course near the start in the car-park) including the night-time pasta and dawn porridge.

For crew/helpers there will be 3 microwaves and 2 combi- boilers available for use in the marquee immediately behind the Food and Water station.

Last Lap Cafe( in the car park) will have a wide range of food available to purchase from 8am on the Saturday morning and throughout the race. They will also have 2 microwaves available for use.

Tables and chairs(up to a limit) will be available for use in the pits/camp areas.

There will be two organisers' tents for the use of international ultra runners who are unable to bring a tent with them. They will be sited at the car-park end of the individual camp area.

A hooter will sound to signal 24-hrs is over. If you are still on the course you will be given a number on a wooden block at least 30 minutes before the hooter sounds. You must stop where you are and place the block on the course beneath you. The additional metres will be measured as soon as is practicable.

If you are able, you should stay beside the block.(It would be advisable that support crews have a chair handy!)

This is an Irish Championship. Athletics Ireland will award championship medals for the 1-2-3 in the 24-hour men's and women's race.To qualify for the title you must be a member of an athletics club north or south.

To be crowned Irish champion you must complete at least 200kms(men) or 160kms(women).

This is also a consideration race for the World Championships in France in October.To qualify for international selection you must also be eligible to carry an Irish passport.

There will be winners' Irish Age-Group medals. The age band starts from 35+ and again to be eligible you must be a member of a club north or south. These will NOT be declared at the Awards Ceremony but sent out subsequently once checked and verified.

Any competitor is eligible in the men's and women's 24-Hour race to lift the Energia24 overall title with cash prizes and glass trophies as follows: 1st: £500. 2nd: £300. 3rd: £200. A cash bonus is in place for an Irish record(£100)(If more than one person breaks the record, the bonus will go to the athlete who holds the best new mark at the end of the event.)

There will be a special jacket for any athlete who reaches 100 miles. These will not be handed out at the Awards ceremony but posted out afterwards.

Every entrant will receive a medal.

**There will be glass trophies for the Mixed,Women's and Men's Relay Winners.**

Adjudication on any matter relating to the event will be made by the Race Referee. Appeals should be placed with the Referee as soon as is practicable.A further Appeal will be available once the provisional results have been released and heard by the Appeals Jury.

The Organisers are making a big effort to cut down on the use of plastic at this year's race.

Please be careful with litter/plastic bottles in the park; and that they do not get into the lake.

There will be specific bins for use around the circuit; and black bags around the tented area. Take any rubbish away with you at the end.

Entrants should volunteer members of their team/family to help the organisers.

There will be a prize-giving reception with food and drinks in the marquee in the car-park near the start as close to 1pm as is possible on Sunday.

The event has been awarded a Gold Label from the International Association of Ultra Runners; National Championship status from Athletics Ireland; a race Permit from UK Athletics;

and the race will be run under rules established by the Road Runners Club and recognised by UKA.

You may find more useful information on the website under FAQs at [www.Energia24.co.uk](http://www.Energia24.co.uk).

GOOD LUCK!

Ed Smith,  
Chairperson, Local Organising Committee(LOC)