



LAP OF THE GAP MARATHON

BRIEFING SHEET

The 10 most important things to be aware of:

1. Aim to be at the front of the Glendalough Hotel no later than 20 minutes before your start (at hotel: 7:10 latest, briefing: 7:25, start: 7:30 am)
2. There are portaloos and toilets (open 6 am) near race parking and near the half-marathon start line (open 7 am)
3. Secure your number with the four pins and make sure it is visible and unfolded throughout the race to marshals and at the finish line
4. **No headphones allowed in this race as it puts you at risk on the roads. Bone conduction technology headphones are allowed.**
5. Ensure you have all your belongings stored in your car, in a drop bag or on your person (note we take no responsibility for lost items)
6. Stay alert on the course and keep to your right in tight bends. Every mile is marked **yellow** and with signs. Marshals and other signs will direct you where junctions exist. Should an emergency block the road follow the instructions of nearby marshals.
7. If you miss a cut-off or need to retire due to illness or injury, notify the next marshalled point or water station or wait for the sweeper vehicle to catch up with you so you can be returned safely to Laragh
8. In case of acute injury marshals will notify the race organisation and mobile first aiders will try to reach you as soon as possible
9. Water on the course comes in compostable cups of 200ml. Please discard in bins at water station if possible and do not litter the National Park area.
10. Carry a light windproof running jacket in adverse weather conditions - the high part of the race is 5 degrees colder than the valley and more exposed.



GLEN TO GLEN BRIEFING SHEET

The 10 most important things to be aware of:

1. Aim to be at the front of the Glendalough Hotel no later than 20 minutes before your start (at hotel: 7:40 latest, briefing: 7:55, start: 8:00 am)
2. There are portaloos and toilets (open 6 am) near race parking and near the half-marathon start line (open 7 am)
3. Secure your number with the four pins and make sure it is visible and unfolded throughout the race to marshals and at the finish line
4. **Strictly no headphones allowed in this race as it puts you at risk on the roads. Bone conduction technology headphones are allowed**
5. Ensure you have all your belongings stored in your car, in a drop bag or on your person (note we take no responsibility for lost items)
6. Stay alert on the course and keep to your right in tight bends. Every mile is marked **white** and with signs. Marshals and other signs will direct you where junctions exist. Should an emergency block the road follow the instructions of nearby marshals.
7. If you miss a cut-off or need to retire due to illness or injury, notify the next marshalled point or water station or wait for the sweeper vehicle to catch up with you so you can be returned safely to Laragh
8. In case of acute injury marshals will notify the race organisation and mobile first aiders will try to reach you as soon as possible
9. Water on the course comes in compostable cups of 200ml. Please discard in bins at water station and do not litter the National Park area.
10. As you cross the finish line stay in order until you have received your medal and water. Then make your way for refreshment and treats at the finish line.