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Subject: BELFAST 2 DUBLIN Return and Dublin 2 Belfast Ultra
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To: atlas@atlasrunning.co.uk



Final Information

Registration for Belfast 2 Dublin Return Ultra will be from 11.30 PM to 11.45 PM on 27th March from outside the Europa Hotel Belfast

Start 12 midnight Europa Hotel Belfast on 27th March
214 miles

Registration for Dublin 2 Belfast Ultra will be from 11 am to 11.45am on Friday 29th March At Arthur's bar Dublin
Race brief 11.45am

Start 12 noon at Arthur's bar Dublin 29th March
Finish out side Europa Hotel Belfast
107 miles.

At registration you will be given

1 x label for your drop bag.

1x map of the course.

1x tracker.

1 x race number.

1 x event top.

1 x sheet with contact telephone numbers of Adrian, Sammy and the medic. You must carry this with you throughout the event.

Tracker....

This must be with you at all times . Put it somewhere high in your bag. Each tracker has an SOS button . Only press this in an emergency. If your SOS goes off we will phone to check your ok . And send the medic to you if needed.

Live tracking...the link for live tracking is on our Facebook page or you can find it on race drone. Save it to your home page of your mobile, it makes it easy to see where you are at all times on the route.

Race numbers... Must be worn were it can be seen at all times.

Mobile phone....

You must have a mobile phone where we can contact you if needed. You will need a battery pack if you are using your phone as a map.

Route map .you can download this from atlasrunning Facebook page and website, and at race drone. You will also be given a paper map at registration.
Stay on foot paths were possible. Use the highway code at all times.

Checkpoints. There will be water /food every 10 to 13 miles, and at the drop bag stations.

Drop bags We will carry 1 x bag to all drop bag stations and to the finish.

Belfast 2 Dublin Return

Drop bag station1 will be at Newry at 40 miles

Drop bag station 2 will be at the Dunleer inn at 70 miles
Drop bag station 3 Dublin at Arthur's Bar 107 miles
Drop bag station 4 Dunleer 147 miles
Drop bag station 5 Newry 177 miles
Finish at 214 miles

Dublin to Belfast
Drop bag station1 Dunleer at 40 miles
Drop bag station2 Newry at 70 miles
Finish at 107 miles

Cut offs...Belfast 2 Dublin Return
1 Newry 12 hrs (midday)
2 Dunleer inn 24hrs (12 midnight)
3 Arthur's Bar Dublin 36 hrs (12 midday)
4 Dunleer inn 48hrs (12 midnight)
5 Newry 60 hrs (12 midday)
Finish 72 hrs

Dublin 2 Belfast
1 Dunleer 12 hrs (midnight)
2 Newry 24 hrs (midday)
Finish 36hrs (midnight)

If you are late getting to cut off you will be asked to stop.
If a checkpoint has to be moved we will allow you the extra time to get there.

Hi Viz must be worn at all times. Anyone not wearing Hi Viz will be told to put it on or asked to retire.

Medic... there is a medic for the duration of the event . You will have their telephone number . If for any reason they tell you to stop . Stop . it's your safety they are thinking about.
The medic is not there to give you food or water . They are there in case you need medical help.

Head torchs. You will need these for night time . Don't forget spare batteries.

Waterproofs. Hopefully you won't need them . But it is Ireland . so bring them.

Retirement. If you have to retire let us know . We will try and take you to the next checkpoint . or nearest bus . Make sure you have money in sterling and Euros

Money... bring sterling for Belfast and euro for the south of Ireland.

Getting to the start and home from the finish....
It's your own responsibility to get to the start and home from the finish.
Make sure you have warm clothes in your drop bag for when you finish.

Crews are welcome .
All crews must attend the crew briefing. This is 5 mins after the start of each event.
Your crew must obey the highway code at all times. If they leave their vehicle they must wear Hi Viz.
If you have to sit in your crews vehicle for any reason the vehicle must not move.

All crews must be within easy reach of their runner, should they need you.
IF your crew sees a runner in difficulty please help them first then phone the race staff.

This is not a flat course.

It's on open roads and through towns . Be careful. Look out for other runners. Watch out for traffic especially at night time.

Getting lost... We will be watching your tracker . If you are going the wrong way we will phone you.

IF we have to keep phoning you we will pull you out of the event.

IF you think you have gone the wrong way look up the live tracking you will see the route and where you are .It updates every minute .

Finishers. All finishers will receive a medal and a atlasrunning 100 mile club medal or coin.

200 mile club coin for Return Ultra

Winners trophies

Phoning the race staff.

Only phone use if you need medical help.

Get lost.

Retire from the event.

There are 80 runners and we might be busy.

See you all soon.

Good luck.

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