



**Grant Thornton**



**Corporate Team Challenge**

**Galway • Cork • Belfast • Dublin**

**Thursday 21 JUNE 2018**

**Race Commencing at 23:15**

**Belfast City Airport**

**COMPETITOR'S INFORMATION  
BOOKLET**

## RACE DAY TIMETABLE

10:00 to 17:30	Race Number pick up at <b>Hilton Hotel, 4 Lanyon Place, BT1 3LP.</b>
22:15	Runners to arrive
22:15	Bag Drop Area Opens in main terminal
22:35	Fitness Freddy begins warm up
22:50	Runners begin moving through security to assemble at start line
23:15	Race Starts
00:00	Refreshments and Prize giving <b>Terminal Building</b>

## NUMBER/ T-SHIRT COLLECTION

Teams can collect their race packs and t-shirts, pins, T-Shirts, and luggage tags from the **Hilton Hotel, 4 Lanyon Place**. This will be open for collection from 10:00-17:30 on the day of the race. Participants are encouraged to collect as early in the day as possible to avoid congestion. **It is a requirement that all 4 team members' numbers are collected together - individual numbers will not be handed out. You must wear the GT Runway Run t-shirt in order to get through security.**

## PARKING:

Free car parking will be available at the airport.

## WARM-UP

It is recommended that you commence your individual warm up before proceeding through airport security. Your warm up should include a few minutes light jogging and stretching. It is vitally important to warm up the working muscles especially if the weather is cool. A few minutes mass warm up will be organised by an experienced trainer before airport security at 22.40.

## BAGGAGE DROP OFF

The baggage area will be in the Main Concourse of the Terminal Building. You should not bring valuables with you as you will be asked to leave all belongings (outerwear, bags, phones etc.) in a designated area in the main concourse before going through security. (It is suggested to bring one bag per team). Put your belongings into the bag provided at registration and ensure you write your race number on the bag. Place the bag in the area allocated to your number

where it will be in safekeeping until you recover it after the race. **For security purposes you will be required to show your race number in order to recover your bag.**

## **ACCESS THE START**

Following your warm up and baggage drop off you will proceed through Airport security; the marshals will then escort you to the assembly area on the runway. Participants will be subject to normal airport search procedures, you will not be permitted to carry liquids through security, however water will be provided free of charge to athletes at the end of the race. There will be no changing facilities available onsite. Please arrive with kit on, or under clothes. No phones, car keys or electrical equipment will be allowed through security or onto the airfield but can be used in the terminal and left at bag drop. To be allowed through security, **you must be wearing both your runner's number and official Grant Thornton Runway Run t-shirt.**

## **AFTER YOU HAVE RUN**

**AT THE FINISH** After you cross the finish line please keep moving and follow the instructions of the marshals who will direct you through the finish system back to **The Terminal Building** where water will be distributed and you can access the baggage area and recover your belongings.

**BAGGAGE RECOVERY:** As soon as you have exited the finish system please recover your left baggage from the designated area. Remember you will need to produce your race number in order to recover your baggage. Please cooperate with the marshals in this regard.

**PRIZE DRAW:** Five pairs of FlyBe flights will be up for grabs. The lucky winners will be drawn via their runner numbers. You must be in the terminal to collect your prize or these will be redrawn.

**TEAM PRIZES:** After recovering your left baggage please join us for the awards ceremony in the Terminal Building. Prizes will also be presented to the top 3 each in category (male, female & mixed).

**REFRESHMENTS AND MEDALS:** Water and snacks will also be provided to each participant; these will be distributed in the terminal building.

**LITTER:** We are grateful to the authorities at Belfast City Airport for permission to run this race. Please do not discard litter or at any point along the race route, place it in the bins provided or bring it home with you.

**RESULTS:** Results will be available to view on the Grant Thornton Corporate Team Challenge event web site and on Facebook on the night of the race.