

SUNDAY APRIL 3RD 2022

Do **NOT** forget your race number as we will **NOT** have a replacement. On race day you must ensure that the bib is secured properly and visible on the front of your kit to ensure the chip is read by the timing equipment. Only finishers with race numbers visible will receive finisher medals/tops

START TIMES

Half Marathon RUN 09:30

Half Marathon WALK 08:30

5K RUN 09:45

NO HEADPHONES



5K REGISTRATION

Registration for the 5K Run will be on Friday 1st April at Omagh Leisure Complex from 6pm-8pm and on race morning of the race from 08:00 until 09:15

AS OUR FIRST SUNDAY RACE MINOR CHANGES WERE NEEDED. THE RACE

WILL NOT GO THROUGH THE T&F JUST AROUND THE 3 MILE MARK. AT THE 7.5 MILE MARK. WE WILL **NOT** GO THROUGH KILLYCLOGHER CENTRE. INSTEAD WE WILL DEVIATE THROUGH OAKLAND AS ON THE MAP, REJOINING THE MAIN ROUTE ON KILLYBRACK ROAD AT 8.2 MILES



WATER STATIONS There will be four water stations on the Half Marathon course.
 3.6 miles, **Deverney Road** 5.4 miles, **Riverview Road**.
 7.5 miles, **TC Autos** 10 miles, **Coronation Cottages**.

PACERS Once again we will have our popular pacers on the course to help you achieve your race day target time. Please check with your pacer before the start. They may start their watch on the main gun and not when they cross the line at the start. Try to start close to your chosen pacer.

There will be pacers for **1h:30min 1h:45min 2h:00min 2h:15min 2h:30min**.

CAR PARKING As a Sunday event we now have more flexibility around parking. Council car parking will be free on a Sunday. **Please check before you leave your car that the parking is not a private car park and chargeable.**

There is now limited car parking available at the Grange Park as this has been a testing centre during the pandemic.

NO HEADPHONES

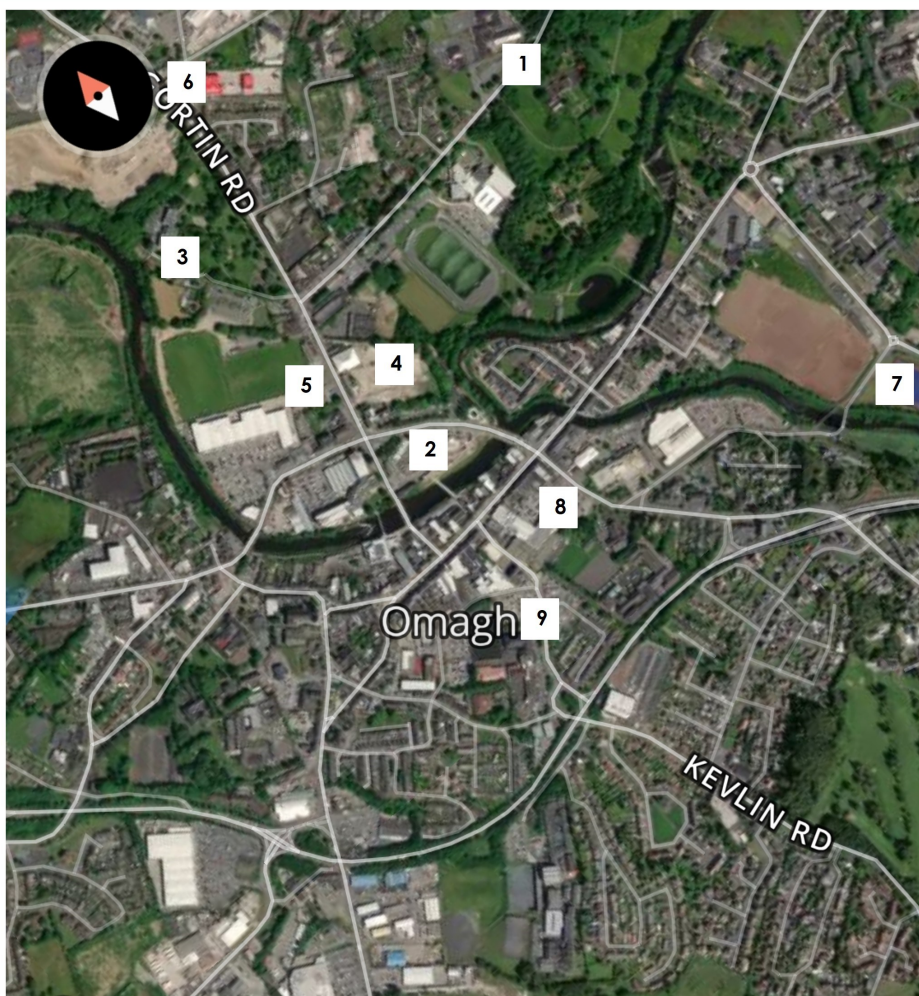


The run takes place on open roads. Ear phones are prohibited by Athletics NI

POPULAR CAR PARKS

- 1, Gibson Primary School**
2 minute walk
- 2, Omagh Bus depot**
5 minute walk
- 3, The Grange (limited)**
2 minute walk
- 4, Naturalle (old factory)**
3 minute walk
- 5, St Patricks Park**
2 minute walk
- 6, Old police station**
5 minute walk
- 7, Crevenagh Park and Ride**
12 minute walk
- 8, Omagh Health Centre (PAY)**
2 minute walk
- Supervalu**
8 minute walk
- 9, Johnston Car Park**
8 minute walk

-Please be aware that parking in all car parks is at the owners risk. Please avoid leaving valuables in view.
-Ensure that you know the status of the car park that you use before leaving the car park.



FIRST SUNDAY EVENT Please bear in mind that there may well be portions of the course that will have traffic going to or leaving Sunday Church Services across town. Just be aware and consider this in the relevant areas.

TRAFFIC Be aware that traffic levels will increase, both in the lead up to the race and after the event. Please plan ahead and allow additional time to arrive. Follow marshal and police directions at all times.

RACE IMPACT We are conscious of leaving Omagh in the condition that we found it. Please limit any litter. We will be using compostable cups at water stations. We will **NOT** be giving out water bottles at aid stations.

POST RACE There will be NO formal prize giving or refreshments available after the race. Competitors will be given water and a goodie bag after the race. We hope that some of the local hospitality outlets will be open for the event. There will be portable toilet facilities on site at the Leisure Complex

COVID-19 There will be no formal COVID restrictions at the event. We recommend that you keep your distance where possible and carry sanitiser in the absence of multiple hand washing facilities.