



Race Over the Glens 2024 Race Information



Dear ROTG Runner,

Thank you for entering the Race Over the Glens 2024, the best way to start the new year!

This year we are fortunate to have the support of many local companies and you will see their logos across the course and at the finish line. Their details are available on our social media posts if you would like to avail of their services.

We are proud to have JB Doors as Main Sponsor, Helen McCormack (Ballymena Runner) will be running the course and one of her colleagues will be presenting our awards.

Runner's refreshments, are sponsored by; Lucozade, Tesco's, Lidl, and Perfect Protein. However, you may wish to bring along hot drinks, or additional food to enjoy after the race.

Arrival

This year, we are encouraging runners and supporters to car share where possible. To help arrangements, we recommend using:

- A. Ballymena Park and Ride, Ballee (130 Spaces) next to Seven Towers Roundabout.
- B. Ecos Park, car park (100 spaces) accessible by the St Patricks Barricks Link Road.

For those driving directly to Glenariff Forest Park, please park where you are directed to by the Marshalls. You are not required to pay for parking as this is included in your race fee.

Covid Awareness

Please do not attend if you have Covid, and maintain hygiene disciplines. No high fives, spitting etc.

Registration

Registration will open at 10.00am in the Park Visitor Centre. Marshals will be there to direct you to the registration area in the Visitor Centre. Please obtain your race number from the Ballymena Runners website (available from 28th December) or from the lists posted outside the visitor centre, before proceeding inside. Quote your race number to the volunteer, they will give you your race number and pack. Please arrive in good time as packs must be distributed to all 500 runners.

Facilities

Toilets are available beside the café (unfortunately the café will not be open this year). There is limited shelter available at the park so please dress for the conditions.

Warm up

The forest is a large area with adequate trails to allow a safe warm up, please be aware that members of the public with children and dogs will also be using the park. Please be respectful and courteous.

Race Start

- **A ten minute** warning will be denoted by **three** large blasts on an acne thunder whistle. All runners should proceed to the large roundabout outside the caravan park.
- **A five minute** warning will be denoted by **two** large blasts on an acne thunder whistle. All runners will receive a race safety brief at the roundabout outside the caravan park. Please pay attention to the brief as it is for everyone's safety.
- **Starting Groups:** Runners will be asked to pick a starting group from the list below:
 - Group 1: People who run 5km in under 20 minutes.
 - Group 2: People who run 5km in under 23 minutes.
 - Group 3: People who run 5km in under 26 minutes.
 - Group 4: People who run 5km in under 29 minutes
 - Group 5: People who run 5km in over 29 minutes.
- **Race Start** will be denoted by **one** long large blast on an acne thunder whistle.
- Before during and after the race, please avoid spitting and 'high fives' etc.

Your race time will be your chip time; from the time of whistle until you pass the finish mat. Times for each finisher will be displayed on a screen at the finish, and will be publicised on social media.

The Course

Our 10 Km course will start at the caravan park along the wide exit road for 750m. This will allow you to find space and race pace. After this, marshals will direct runners left on to the first ascent.

The course is a trail course and you will travel over: steep inclines/declines, steps, rocks, slippery surfaces and parts of the **course have deep ruts**, therefore you **must** keep your speed appropriate to the terrain and wear appropriate footwear/clothing.

Our marshals will provide safety information, so please listen to their advice. Please observe their directions and do not seek shortcuts to the posted route - this could lead to disqualification 😞

Race Finish and Awards

Once you have crossed the finish line, please exit the area, do not cross the finish line again. You will be funnelled through by our finish team. Prizes will be distributed 'live' starting with podium positions and then on to team and age category winners and if you believe you are a possible prize winner, please make contact with the Marshalls who will be able to confirm that within a couple of minutes.

Alan O'Neill

Race Over the Glens – Race Director