



**Q: How old do I have to be to take part?**

A: You have to be 18 years of age or over

**Q: What time will the races start?**

A: The half marathon race starts at 8.00am for walkers and 9.00am for runners from Doolin Pier. The Full Marathon starts at 9.00am for all runners from Lahinch (There is not a walkers option in the Full Marathon)

**Q: What time does the course close?**

A: The course will close at 2pm at Lahinch. This will allow half marathon walkers to complete the race in 4hrs and runners to complete the full marathon race in 5hrs. There will be a 4hr pacer that will leave with the half marathon walkers at 8.00am this will be the last person across the finish line on the route. There will also be a 5hr pacer that will leave with the Full Marathon group at 9am. Please ensure you keep close by with the pacers or before to make sure you complete the course in time.

**Q: Where do I park?**

A: There will be parking in and around Doolin Pier at the start line area there shall also be parking at Nagles Caravan park for the half marathon. There shall also be parking available at Lahinch.

**Q: When and where is registration?**

A: Your race number and chip will be posted out to you 2 weeks before the event. Any runners registering after 1st September will be asked to collect their race information on Friday 24<sup>th</sup> September from The Cliffs of Moher Visitors Centre between 12noon & 8pm. There shall also be collection points in Doolin & Lahinch late evening on the 24<sup>th</sup> September and early morning on race day.

**Q: Where will Spectators wait & support you?**

A: Spectators will be encouraged to wait at Lahinch at the finish line area due to limited space and access along the route.

**Q: Will there be a timing chip supplied to each runner?**

A: Yes, you will receive this with your number and race guide that will be posted out to you. The chip will provide you with an accurate finish time and split times.

**Q: Has the course been accurately measured?**

A: The course has been measured by an international course measurer supplied by the Athletic Association of Ireland. The course will have mile markers and some KM markers around the course.

**Q: Is the course suitable for wheelchair users?**

A: Please contact the information line on 0871477911 with regards to gradient levels on parts of the course to check for suitability

**Q: Where will the prize ceremony take place?**

A: The prize ceremony will take place in Lahinch. Times will be confirmed nearer to the event.

**Q: Will there be refreshment available?**

A: There will be complimentary refreshments and snacks supplied after the race to each participant to enjoy at the beech or to take back to Doolin.

**Q: Is the course safe?**

A: The course will be marshaled for your safety and the majority of the roads will have good surface to run on. A road closure will be applied for. Ipods or similar devices are not advised as your road awareness is compromised.

**Q: Is there a map of the course?**

A: Yes, go to the course page of our website and download a course map.

**Q: Is there a baggage area available?**

A: Yes, you will be issued with a number for your bag in the envelope with your Chip and number that will be posted out. Please come prepared for all weather conditions. The baggage collection area will be clearly marked at the finish area. All runners are advised not to leave valuables in the bag as you leave your bag in the baggage area at your own risk.

**Q. What facilities are available at Start and Finish line?**

A. There will be music and refreshments available at the start line. There are plenty of toilets at the start on route and at the finish line. Water is available on the route and after the run. There are first aid and ambulance services on route for your well being, (please complete the reverse of your race number for health reasons). Refreshments are available to all participants after the race.

**Q: Where can I stay?**

A: We have been in touch with Doolin Tourism, Clare Coast Hotels and The Whites Group with regards to accommodation for you in Doolin, Lisdoonvarna, Liscannor and Lahinch. Visit the North Clare Page on the website for more details on accommodation .

**Q: Are buggies and dogs allowed to accompany runners taking part in the event?**

A: Strictly not. Due to health and safety, runners are not allowed to take part with a dog or a pram or anything else that could cause a safety risk to other runners.

**Q: Is it possible to enter on the day?**

A: No, the race will close 2 weeks before the race day. Please enter sooner rather than later as the race is limited to 2000 runners.

**Q. Where should I wear my race number?**

A. Pin it to the front of your t shirt that you are wearing for the race with the pins provided.

**Q: Can I give my race number to another participant a month before the race?**

A. No, for health and safety reasons it is strictly forbidden.

**Q: Can I transfer my place to another runner if I give enough notice?**

A: This can be done before 31<sup>st</sup> August by emailing a request to [info@cliffsofmohermarathon.ie](mailto:info@cliffsofmohermarathon.ie) After this date it is not possible.

**Q. Will the roads be closed to traffic?**

A. A road closure has been applied for, some roads will be closed and the Gardai/Civil Defence will be present to make sure you are safe from traffic. In final instructions this will be covered in more detail.

**Q. How many competitors are expected?**

A. 1500 competitors, once we reach this number the race will close.

**Q. Can I run for a charity?**

A. The Cliffs of Moher Marathon have chosen 3 charities to work with for this event, Special Olympics Ireland, The Clare Crusaders and The Saint Vincent de Paul. They are all very worthy causes and easy to sign up with. Go to our charity page on our website and click on which charity you want to support and the rest is easy. Alternatively you can choose to run for one of your own and let your chosen charity know.

**Q. Who do I contact for help if my query is not answered on this sheet?**

A. Race and events contact: [info@cliffsofmohermarathon.ie](mailto:info@cliffsofmohermarathon.ie)  
For Accommodation and travel information, go to the North Clare Page on the website

**Q. What does my entry fee include?**

A. Entry into the cliffs visitors centre (valued at €8) Race Entry, Postal of race number (if before 1<sup>st</sup> September), water, energy boost and aid stations, entertainment at the race, Finishers T Shirt, Finishers Medal, Goody Bag, Shuttle bus if required, pasta party and a professional well organized race.

**Q. Are there prizes of offer?**

A. Yes the first 3 men and the first 3 women past the finish line for the half and the full receive a prize, there will also be spot prizes randomly given out on the day. There shall all be some category prizes available.

**Q. When will I receive my final instructions for the race?**

A. The final instructions will be posted on the Cliffs of Marathon website 2 weeks before the event date there will also be a general information leaflet posted to you in plenty of time before the event.

**If your question has not been answered in the above information, please email us on [info@cliffsofmohermarathon.ie](mailto:info@cliffsofmohermarathon.ie). Your question will then be added to the list to assist other runners.**