



FAQ Rathlin Run 2016

Pre – Race Information

Where is the race?

Rathlin Island – Saturday 27th August 2016.

What time does the race begin?

10 miles – 1pm

5K – 1.15pm

How do I book?

Via the BAC website or by calling Belfast Activity Centre (BAC) on 028 90 600 132

How much does it cost and what does this cover?

Early Bird Special ends on the 29th February 2016

10 miles – £20

5k – £12

After the 1st March 2016 the cost is:

10 Miles – £25

5k – £15

The prices includes your race entry, timing chip, race number and a race t-shirt.

How do I get to Rathlin Island?

You will need to pre book your ferry by following the link:

<http://www.rathlinballycastleferry.com/tr/index.php?id=17> the ferry will sell out quickly.

We advise booking your ferry as soon as you receive your booking confirmation. **Belfast activity centre are not responsible for organising transport to Rathlin Island.** The maximum capacity for the ferry is approximately 400. However this will include spectators.

Can I bring my car?

Cars are not allowed on Rathlin.

Do I have to be a member of a running club?

No, we accept entries from individuals.

Can I book a team and is there a group rate?

You can book as a team, all group rates can be found online at <http://www.belfastactivitycentre.com>

Is there a maximum capacity for the race?

This will depend upon the availability of the ferries.

Minimum age?

The minimum age for entry is 14. Parents/ Guardians will need to sign medical declarations for all minors and accompany them on the day.

Can I register on the day?

No registrations will be accepted on the day.

What is the closing date for registration?

The closing date will be 14th August 2016.

Can I change my distance?

This will only be allowed in exceptional circumstances and will need to be approved by BAC prior to 14th August 2016 to change your distance.

Is the race refundable?

Refunds will not be given after 14th August 2016 unless accompanied by a doctor's note.

On the Day

Where will the race results be published?

The race results will be published on www.NiRunning.com and www.belfastactivitycentre.com

What medical cover is available on the day?

There will be First Aid cover and The Coastguards will be on standby.

How long do I have to complete the race?

Runners must finish the race in under 3 hours.

Can I walk?

This is not a walking event, however we understand participants may need to walk some of the course.

Will I receive a medal?

Only those who win a prize category will receive a medal – please see BAC website for categories.

Will I receive a t-shirt?

T-shirts will be given to runners on completion of the race. Sizes must be submitted at the time of booking.

Are there official pacers?

There are no official pacers.

Can I run with a pet?

Pets are not permitted on the course.

Course Information

Where does the race begin?

The race will begin close to the public toilets along the front (close to the harbour)

Is there somewhere to leave my bag?

You can leave your belongings in the first aid tent, however neither BAC nor NI Running can take any responsibility for them.

Where do I collect my timing chip?

You can collect your timing chip upon registration. The registration desk will be signposted from the harbour and located at the back of McCuaigs' pub.

What happens if I forget what my race number is?

We will e-mail a list of people's names against their race numbers to all participants prior to the event start date. Please take note of this as you will be asked for this upon registering on the day to receive your race pack.

Will there be a water station?

Water stations will be available throughout the course.

Are there first aid stations?

There is one First Aid station at the start and finish line of the course and mobile first aiders cycling along the course.

Is the race suitable for all abilities?

Rathlin is a challenging road run and involves steep hills. Participants should consult their doctor before embarking on an exercise regime.

Is the course difficult?

A copy of the route can be found online at www.belfastactivitycentre.com or www.NiRunning.com. The route will involve hill climbs and rough terrain.

Will I be able to buy food after the race?

There is food served at the local pub and local fish and chip shop. There may also be a BBQ on the day which we will confirm closer to the race date.

Are there toilets and showers available?

Toilets are available. Showers are not available.

Do I have to fundraise?

Runners do not have to fundraise, however people are welcome to run for a charity of their choice.

Accommodation

What accommodation is available on Rathlin?

A list of accommodation on Rathlin can be found here:
<http://www.rathlincommunity.org/accommodation>

Can I camp?

Camping is not permitted unless permission has been given by the landowner.

Organisers and Social Media

Who are the official organisers of the race?

The run is co-organised by BAC and NiRunning.

BAC is a charity that aims to deliver personal and social development opportunities for young people from across Northern Ireland with a disability or from a disadvantaged background, through the medium of the outdoors. This will be delivered alongside leadership training to support sustainable outdoor adventure learning within communities. More information can be found here: <http://belfastactivitycentre.com>

NiRunning strive to keep you up to date with all of the latest events and developments happening on the Northern Ireland running scene. The team all have a deep passion for running and through a lot of hard work and extensive knowledge of running, are rapidly becoming an important 'hub' of the NI running community.

Who are the sponsors?

TBC

[How can I get involved with social media?](#)

Follow 'Belfast Activity Centre' on Facebook or @BACCharity on twitter.

Follow NiRunning on Facebook or @NiRunning on twitter.

All race updates and photographs of the race will also be posted here.

We hope you have found the answer to your question! If you do have any further questions, please don't hesitate to ring Belfast Activity Centre on 028 900 600132 or email us at – officeadmin@belfastactivitycentre.com

