



Volunteer Handbook

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Introduction

Dear Volunteer,

First and foremost, THANK YOU! We know it gets said a lot, but we really could not put on this event without the support of the community and generous support of volunteers donating their time. You are responsible for making this experience a great one for our runners. Thank you again for volunteering and being part of a great community event.

Sincerely,
Moy Park Belfast City Marathon

Important Contacts for Volunteers

Pre-Race Day

- Belfast City Marathon info@belfastcitymarathon.org 028 9060 5922
- Matthew McConnell Matthew.McConnell@belfastcitymarathon.org 07826926777

Race Day

- Belfast City Marathon 07341899601

Please only contact the Control Room in the event of an emergency

Volunteer Handbook Goals

The goal of this handbook is to provide foundational information relevant to all volunteers for the Belfast City Marathon. We want to create a safe, memorable, and personally rewarding experience for all volunteers, spectators, and race participants.

This handbook will allow you to:

- Understand the basic logistics and operations of being a Moy Park Belfast City Marathon volunteer
- Understand the expectations of you as a volunteer both on the route and in the start / finish area
- Understand how to make the Moy Park Belfast City Marathon experience the best for yourself, the spectators, and participants by giving you important information.

History of the Moy Park Belfast City Marathon

The Moy Park Belfast City Marathon was set up in 1982 by Belfast City Council and Athletics Northern Ireland. The Event was originally sponsored by Guinness and in its first year over 3,000 participants ran a two-loop course. As its popularity grew, the Moy Park Belfast City Marathon has become an annual fixture in the events and athletics calendar of Belfast. Due to the success of the Moy Park Belfast City Marathon, the organisers added other elements to the day - Team Relay, 8 Mile Walk, and Fun Run. In 2013, the organisers staged a secondary event – the Moy Park Belfast City Half Marathon. This race annually attracts approximately 6,000 people and takes place on the third Sunday of September.

2023 saw the launch of Moy Park Belfast City Marathon's first women's only event, the Moy Park Belfast City Women's 10k. Taking place in the scenic Titanic Quarter, over 1,200 women ran, walked and jogged the inaugural race.

Moy Park Belfast City Marathon organisers have launched a new 5k event, the Moy Park Belfast City 5k Fun Run. This festive run will tie in with the Belfast Christmas celebrations, running the morning after the Christmas lights switch on, and will take place in the City Centre.

It is estimated that each year the Moy Park Belfast City Marathon creates over £1 million additional economic activity for the city and over £1.5 million for charities connected to the event.

A Volunteer's Impact

Your attitudes and interactions with participants, spectators, other volunteers, sponsors, and community members reflect upon the Event. We ask that you be considerate and helpful to everyone with whom you interact. A smile goes a long way, never forget that. We appreciate your dedication and we will do our best to help make sure we are respectful and value your time. However, we appreciate your patience and flexibility with the roles and other people.

General Guidelines

- By volunteering at the Moy Park Belfast City Marathon, you are assuming a role as a community and race ambassador. Please treat all spectators, participants, guests, and other volunteers with respect and courtesy.
- As a volunteer, you may be asked lots of questions. Be prepared by reading this manual and familiarizing yourself with the information on the Moy Park Belfast City Marathon website (www.belfastcitymarathon.com). If at any time you don't know the answer, seek out a marathon staff member.
- You are committing your time to our event. We will count on your participation and involvement. If at any time you cannot make your shift, please let us know as soon as possible via email (matthew.mcconnell@belfastcitymarathon.org). If given notice, we may be able to find a new spot for you to participate or find a replacement for you.
- The Moy Park Belfast City Marathon will happen regardless of weather conditions (unless it creates an unsafe environment). Please check the forecast and bring appropriate gear as needed.
- We will try to provide you with breaks during your shift where you can sit down and grab a snack if working for longer than 4 hours. However please try to eat full meals before or after your shift.
- During your shift, please refrain from using your mobile phone for personal use. If you have completed your shift, we encourage you to use social media to highlight the event.
- We will do our best to keep you in the role you signed up for. However, being flexible is much appreciated as we may need to shift people around as needs arise. We value your time and want to make sure it is well spent and not wasted so please be flexible if we ask you to do another role within your abilities.

Race Day Volunteers should wear the volunteer jacket that they received at training. Please wear comfortable shoes because you will be busy! You will be working outside so please wear sunscreen. We would advise you to wear layers – it will likely be cool in the morning but may warm up during the day.

The event will once again take place under the new road closure legislation. As such the Moy Park Belfast City Marathon has applied for and been successful in obtaining authority to wholly or partially close the road or create a lane restriction. Anyone who breaches a road closure order will commit a criminal offence, however, this DOES NOT give you any power or authority to stop traffic.

Your role is to advise motorists that the road or lane is closed, if they insist on driving on you should note the details of the car, the registration number, colour, make etc. on your incident report form. **Please see Appendix 1.** A description of the driver, basic details will be required. And lastly and most importantly, the road junction and direction of travel. Please report details to the Control Room or any police officer nearby. DO NOT engage in an argument with the driver or occupants of the vehicle just advise them the road is closed and if necessary, you will note the details which will be reported to PSNI.

This role will come with challenges such as local residents, care assistants, workers and business owners looking access. There has been extensive community and neighbourhood engagement to advise every one of the road closures, however, there could still be persons who are unaware of the closure. If you need advice speak to Race Control.

Finally, Emergency Services SHOULD NOT be stopped whilst they attempt to access the road/route, there will be emergency services representatives within Police Control and they have been notified of the closures. In addition, Race Control will be working with their control rooms to ensure they gain access as required.

Volunteer Roles

Start / Finish Area Volunteers

Volunteers at the start and finish area will be stationed at various spots around Stormont Estate and Ormeau Park respectively. Snacks and refreshments will be provided from the information portacabin at the Finish Line for all working longer than 5 hours at the Marathon (please see finish area map). You will be responsible for setting up and taking down the start / finish area. This may involve (not exclusive or exhaustive) erecting flying flags, displaying continuous branding, arranging barriers, directing participants, handing out water and medals or collecting relay batons.

On-Route Volunteers

The on-route volunteers make up the majority of the volunteer crew and span the entire 26.2 miles of the marathon course. With that many people spread over such a long distance, it is important to be the eyes and ears for safety and security during the race. If there are any problems or issues, please contact Race Control. As a route marshal, we ask that you show confidence in directing participants in the right direction, as per your steward record card. Please see **Appendix 2** for a diagram where you should stand on Race Morning (a painted x will also be visible).

Team Relay Volunteers

Team Relay volunteers will be responsible for distributing medals and water at each of the relay changeover points to runners finishing their leg. A Supervisor has been arranged for each changeover point – they will be your team leader for the day and will delegate duties. Eventsec will manage crowd control at the relay changeover points. Please see **Appendix 3** for a map of each relay changeover point.

Water Station/Energy Station Volunteers

All supplies will be at each water/energy station already – tables, bottles, bin bags and gloves. Please wear the gloves provided to remove all plastic caps from the bottles to make it easier for the runner to get a drink. We ask that you stand to each end of the tables and not in front of the tables, so you do not block runners access. Do have bottles in hand at each side of the table to hand to the fast passing runners! Please do your best to gather all rubbish into the bin bags provided including the plastic caps and disposed water bottles.

Please count how many bottles are left over as well – this will help us gauge how water is needed at each water station.

For the energy stations, please open the Powerade bottles and pour into cups provided, handing the cups to passing runners. This is very important to ensure that the Powerade does not run out, and the tail runners will still have Powerade available.

Please see Appendix 4 for narratives and maps of the route.

Transportation and Parking

The Event starts at Stormont Estate and finishes at Ormeau Park. There will be free car parking provided at Stormont Estate if you are volunteering around this area.

If you are located on the route, please make sure you carefully read parking signs near your designated spot and look at the road closure order for access.

Any volunteers located at Ormeau Park, unfortunately there is no car parking available due to the event build. Please park in the surrounding area and walk to the park. If you do decide to drive, please consider forming a carpool to help reduce the amount of traffic around the venue.

Please read parking signs carefully. This goes for parking on the street, in metered spots, as well as multistory car parks. The marathon is not responsible for parking fines received while participating in marathon activities.

Please see Appendix 5 for full list of road closures.

Safety and Security

The Moy Park Belfast City Marathon is one of the largest road running races in Northern Ireland. We expect over 19,000 participants to participate in the Marathon, Team Relay & 8-Mile Walk events, as well as spectators and volunteers. With this huge influx of people, we want to be diligent about the safety and security of everyone. Below are a few tips to make sure everyone has a safe and fun time over marathon weekend.

- Be aware of your surroundings. If you are on the route, please familiarise yourself with the route map and know your closest points of interest. Your steward record card highlights the closest water station, first aid station, and toilet facilities. If you are in the start / finish area, please pay attention to potential hazards. **Please see Appendix 6 for an example of a steward record card.**
- Since this event is open to the public, there is a potential for items to be left behind. If you see an unattended item and are suspicious of the item, please advise race control. If you are confident it is lost property, please leave it in the information portacabin at the finish area (please see finish area map).
- If you have any questions or concerns, please don't hesitate to contact us at matthew.mcconnell@belfastcitymarathon.org

Spectator Engagement

There will be multiple opportunities for spectators to cheer on racers throughout the route. Remember, if you are a route marshal, you will need to ensure that spectators do not pass in front of

runners and only allow them to cross the course when it is safe to do so. We encourage on-route cheering and encouragement from volunteers as well as spectators.

Start / Finish Area

The start and finish area are the main sources of entertainment and education for the race. There will be music, food vendors, and lots of family fun activities.

Please see Appendix 7 for the Start Area and Finish Area maps.

Expected Participant Times

All participants must complete the full marathon route in 6 hours. The infrastructure along the route is based on expected participant times which can be seen in **Appendix 8**. Volunteer start and finish times are determined through this.

Pack Collection and Expo

All participants must collect their race bag at the Pack Collection and Expo. This is located in the TEC and opening hours are 9:30am – 5:30pm on Friday 3rd May and 10:00am - 5:30pm on Saturday 4th May prior to Marathon Race Day.

Volunteer shifts are outlined below.

Friday 3rd May

Morning: 8.30am – 2pm

Afternoon: 1.30pm – 6pm

All Day: 8.30am – 6pm

Saturday 4th May

Morning: 9am – 2pm

Afternoon: 1.30pm – 6pm

All Day: 9am – 6pm

Volunteers will be required to direct participants, hand out bags, scan numbers and answer any queries. A team leader will be available each day for any queries. Volunteers working an all day shift are entitled to a lunch and hot drink voucher, while all other volunteers are entitled to a snack voucher. Expo Volunteers should wear black trousers, and bring a jacket along as the TEC can be quite cool.

Appendix 2 – Route Steward Positioning

MARSHALS AT ALL ROAD CLOSED SIGNS TO ADVISE PERMITTED MOVEMENT

MARSHALS AT CENTRE LINE CONING TO ADVISE PERMITTED MOVEMENT

KEY

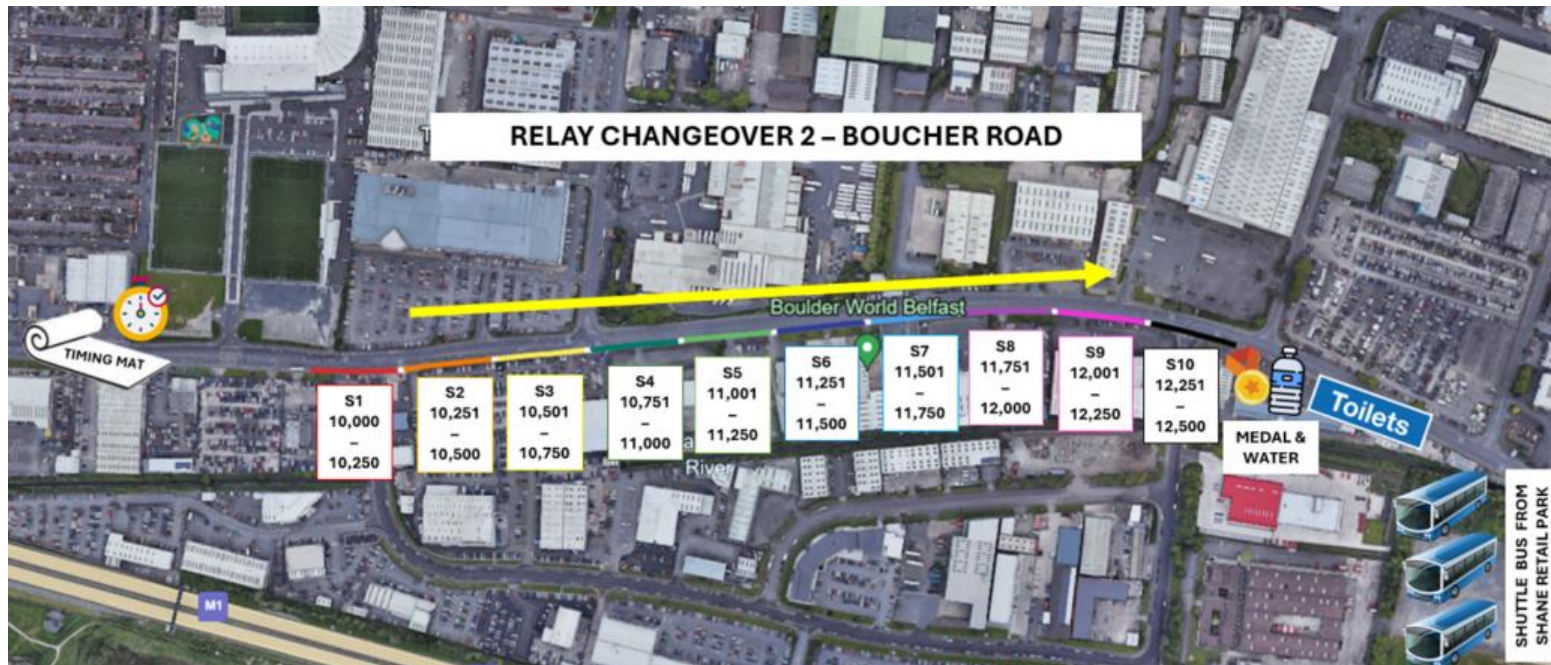
- Traffic sign
- Traffic cone
- Marshal @ road closed
- Marshal @ centre line coning
- Runners
- Traffic

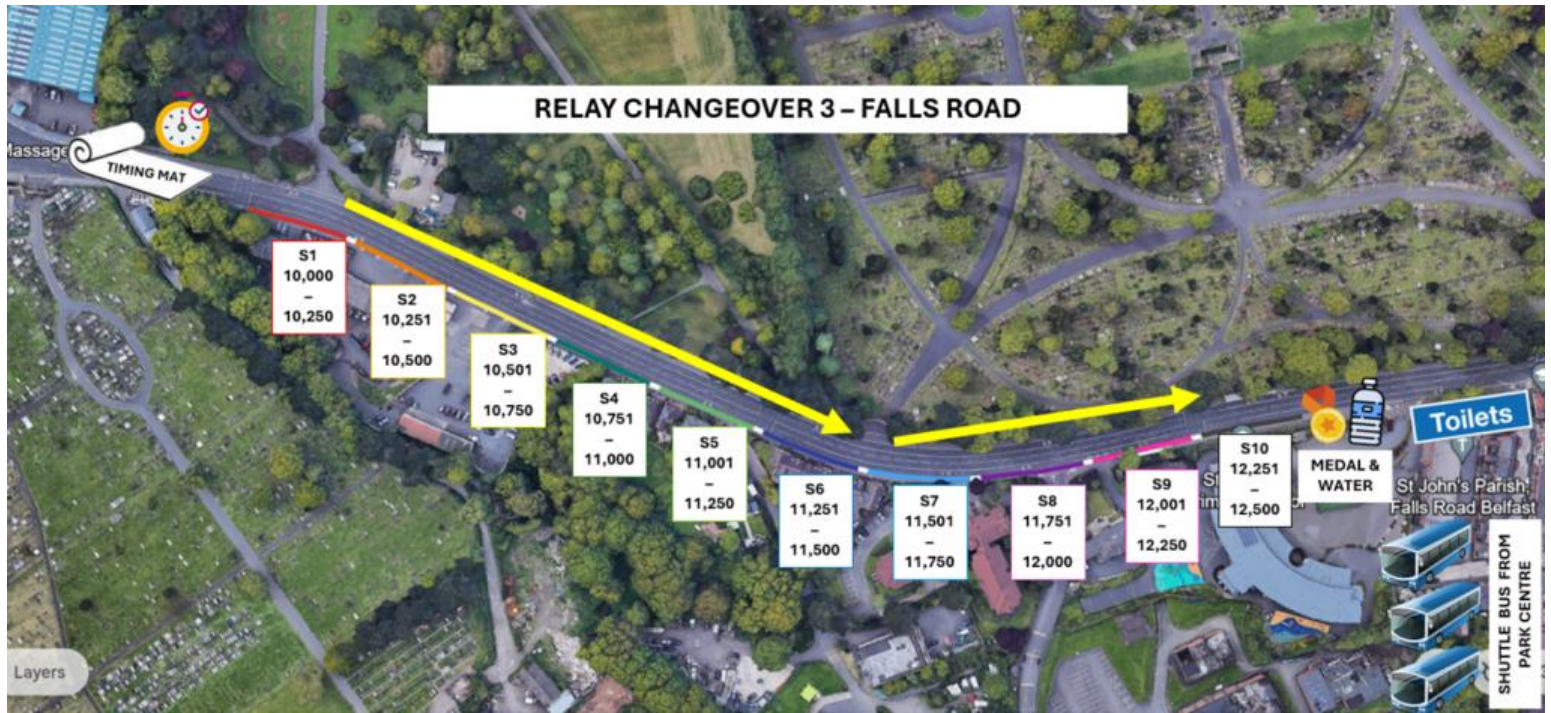
ADDITIONAL CONING TO BE PROVIDED AT ALL ROAD CLOSED SIGNS

EVENT ORGANISER TO PROVIDE MARSHALS AT ALL ROAD CLOSED SIGNS TO ADVISE PERMITTED MOVEMENT

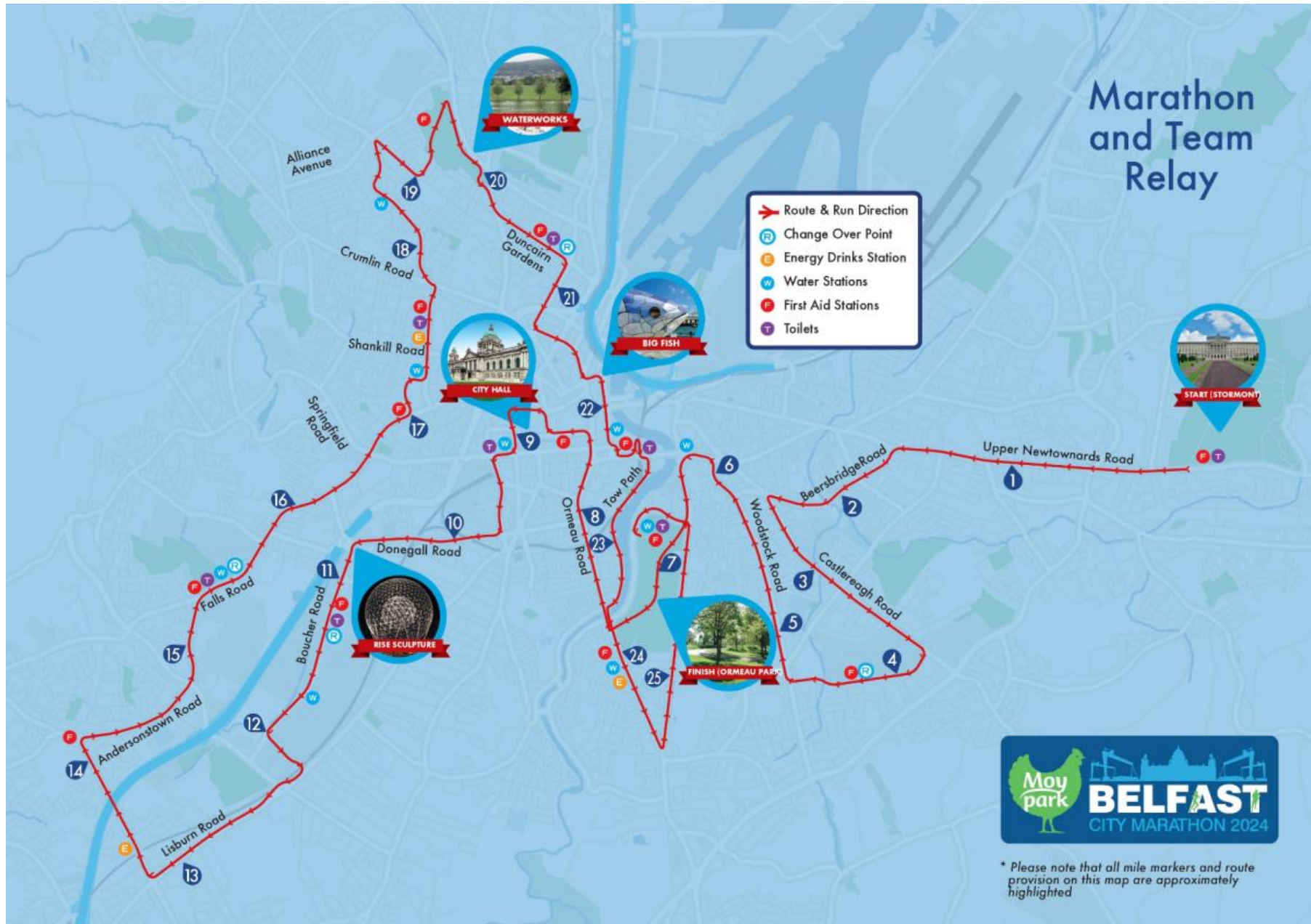
REVIEW	EVENT
BELFAST MARATHON 2022	
MARSHAL INSTRUCTION & POSITIONS	
TRAFFIC MANAGEMENT DETAILS	
1- ARE ADVANCED NOTICE SIGNS/VSIS SHOWN?	Y/N
2- ARE RELEVANT DISCLAIMERS SHOWN?	Y
3- ARE PSNI LOCATIONS SHOWN?	?
4- ARE MARSHALL LOCATIONS SHOWN AT ROAD CLOSED SIGNS?	Y
5- ARE MARSHALL LOCATIONS SHOWN AT CENTRE LINE CONING?	Y
KEY	
PSNI	
Marshalls at Road Closed Signs (Marshalls to advise motorists of permitted movements - i.e. no vehicles allowed onto marathon route from a side street)	
Marshalls at Centre Line Coning (Marshalls to advise motorists of permitted movements - i.e. vehicles from side streets only allowed to turn left)	
EVENT ORGANISER	
EVENT TRAFFIC MANAGEMENT DOES NOT COMPLY WITH CH.8, PLEASE REFER TO CLAUSE 2.5 OF OUR TERMS OF BUSINESS FOR FURTHER INFORMATION	
SCALE	DATE
N.T.S	04/02/2022
DRAWN BY	DESIGNED BY
	PB
BELFAST MARATHON - MARSHALL INSTRUCTIONS	0

Appendix 3 – Team Relay Changeover Maps





Appendix 4.1 - Map of Marathon and Relay Team



Appendix 4.2 – Marathon and Team Relay Route Narrative

Stormont
Turn Right
Pass Clonlee Drive
Turn Left
Beersbridge Road
Turn Left
Castlereagh Road
Turn Right
Montgomery Road
Turn Right
Cregagh Road
Pass Loopland Park
Straight on to Woodstock Road
Turn Left
Albertbridge Road
Turn Left
Ravenhill Road
Into Ormeau Park via the Embankment Junction
Through Ormeau Park
Onto Ormeau Road - **Turn Right** Citybound
Past Shaftsbury Avenue
Remain on Ormeau Road
Veer Left onto Victoria Street
Turn Left
Chichester Street
Turn Right
Donegal Place
Turn Left
Castle Street
Turn Left
Queens Street
Turn Right onto Wellington Place
Turn Left
Great Victoria Street
Turn Right
Donegall Road
Turn Left
Glenmachan Street
Straight On
Boucher Road
Turn Left
Main Gate Charles Hurst into Lislea Drive
Onto Lisburn Road
Turn Right - country bound over the bridge
Continue up the Lisburn Road
Turn Right
Finaghy Road North
Turn right
Andersonstown Road
Through Kennedy Road crossroads onto Falls Road
Turn Left

North Howard Street
Turn Right
North Howard Link
Turn Left
Northumberland Street
Through crossroads onto Agnes Street
Turn Left
Crumlin Road
Turn Right
Oldpark Road
Turn Right
Cliftonville Road
Turn Left
Up side of Solitude
Turn Left
Waterworks (clockwise)
Exit bottom gate (opposite Pacific Av)
Turn Right
Antrim Road
Turn Left
Duncairn Gardens
Turn Right
North Queen Street
Under the bridge & Turn Left
Fredrick Street
Turn Left onto Albert Square
Pass Tomb Street
Turn Right
Donegall Quay (Past The Big Fish)
Straight on to Oxford Street
Turn Left
May Street / Lanyon Place
Follow Lanyon Place around
Turn Right
Mays Meadow
Turn Right
East Bridge Street
Onto Tow Path
Follow Tow Path to Ormeau Road
Turn Left
Ormeau Bridge
Ormeau Road
Turn Left at Rosetta Roundabout
Ravenhill Road
Turn Left
Along Ormeau Embankment
Turn Left
Driveway to Ozone Tennis Centre

Appendix 4.3 – Map of 8 Mile Walk



Appendix 4.4 – Narrative of 8 Mile Walk

Stormont

Turn Right

Pass Clonlee Drive

Turn Left

Beersbridge Road

Turn Left

Castlereagh Road

Turn Right

Montgomery Road

Turn Right

Cregagh Road

Pass Loopland Park

Straight on to Woodstock Road

Turn Left

Albertbridge Road

Turn Left

Ravenhill Road

Turn Right

Along Ormeau Embankment

Turn Left

Driveway to Ozone Tennis Centre

Appendix 5 – List of Road Closures

Road Traffic Regulation (Northern Ireland) Order 1997 Notice of Proposed Special Event



**Belfast
City Council**

Notice is hereby given that Belfast City Council by virtue of the powers conferred on it by Article 8A of and Schedule 3A to the Road Traffic Regulation (Northern Ireland) Order 1997 is minded to make an Order to temporarily restrict or prohibit all traffic from using the following roads in accordance with the details in the Schedule hereto to facilitate the safe operation of **Belfast City Marathon on 5 May 2024** organised by Eimear Degan. Where necessary, local diversions will be in operation, signed as appropriate during the times stated below or until the time the event is announced by the organiser as completed, whichever is the earlier, the right of way on the road, vehicles and other forms of traffic shall be restricted or prohibited.

Street	Portion	Time	Extent of closure/ restriction	Street	Portion	Time	Extent of closure/ restriction
Massey Avenue	Belmont Road - Stormont Estate	06.00-10.30	Full closure	Falls Road	Andersonstown Park - Glen Road	09.30-14.00	Lane closure country bound
Upper Newtownards Road	Comber Road junction - Beersbridge Road	06.00-10.30	Full closure	Falls Road	Glen Road - Broadway	09.30-14.00	Full closure
Beersbridge Road	Upper Newtownards Road - Castlereagh Road	08.30-11.00	Full closure	Falls Road	Broadway - North Howard Street	09.30-14.00	Lane closure city bound
Castlereagh Road	Outer Ring - Beersbridge Road	08.30-11.00	Full closure	North Howard Street	North Howard Street - Cupar way	07.00-14.15	Full closure
Montgomery Road	All	08.30-11.00	Full closure	Cupar Way	All	07.00-14.15	Full closure
Cregagh Road	Greenway - Ravenhill Avenue	08.30-11.30	Full closure	North Howard Link	All	07.00-14.15	Full closure
Woodstock Road	Ravenhill Avenue - Albertbridge Road	08.30-11.30	Full closure	Northumberland Street	All	09.30-14.15	Full closure
Albertbridge Road	Woodstock Road - East Bridge Street	08.30-11.30	Lane closure city bound	Shankill Road	Millfield - Tennent Street	09.30-14.15	Full closure
Ravenhill Road	Albertbridge Road - Ormeau Embankment	07.00-11.30	Full closure	Agnes Street	All	09.30-14.30	Full closure
Ravenhill Road	Rosetta roundabout - Ormeau Embankment	09.00-16.30	Lane closure city bound	Crumlin Road	Cliftonville Avenue - Hillview	09.30-14.30	Full closure - access to Mater Hospital maintained from Carlisle Circus
Ormeau Embankment	All	06.00-16.30	Controlled local and event access will be maintained	Oldpark Road	Crumlin Road - Cliftonville Road	09.30-14.30	Lane closure city bound
Ormeau Road	Rosetta roundabout - Ormeau Avenue	08.30-16.30	Lane closure country bound	Cliftonville Road	Oldpark Road - Linden Gardens	09.30-14.30	Full closure
Ormeau Road	Ormeau Avenue - East Bridge Street	08.30-11.30	Full closure	Antrim Road	Cavehill Road - Duncairn Gardens	09.30-14.30	Full closure
Cromac Street	All	08.30-11.30	Lane closure	Duncairn Gardens	All	09.30-14.30	Full closure
Victoria Street	May Street - Chichester Street	08.30-11.30	Lane closure	North Queen Street	Brougham Street - Carrick Hill	09.30-14.30	Full closure
Chichester Street	All	09.00-11.30	Full closure	Frederick Street	All	09.30-14.30	Lane closure city bound
Donegal Place	All	09.00-11.30	Full closure	Great Patrick Street	Great Patrick Street - Dunbar Link	09.30-14.30	Lane closure city bound
Castle Street	All	09.00-11.30	Full closure	Dunbar Link	All	09.30-14.30	Lane closure city bound
Queens Street	All	09.00-11.30	Full closure	Waring Street	All	09.30-14.30	Full closure
Wellington Place	All	09.00-11.30	Full closure	Albert Square	All	09.30-14.30	Lane closure from Tomb Street
May Street	Cromac Street - Donegall Square South	08.30-12.30	Full closure	Victoria Street	High Street - Waring Street	09.30-14.30	Lane closure
Donegall Square South	All	08.30-12.30	Full closure	Donegall Quay	All	09.30-15.00	Full closure
Howard Street	All	08.30-12.30	Full closure	Bridge End	Queens Quay - Queens Bridge	09.30-15.00	Full closure
Donegall Square North	All	08.30-12.30	Full closure	Queens Bridge	All	09.30-15.00	Full closure
Donegall Square West	All	08.30-12.30	Full closure	Oxford Street	All	09.30-15.00	Full closure
Great Victoria Street	Fisherwick Place - Bruce Street	08.30-12.30	Lane closure country bound	Lanyon Place	All	09.30-15.30	Full closure
Great Victoria Street	Bruce Street - Donegall Road	08.30-12.30	Full closure	Mays Meadow	All	09.30-15.30	Full closure
Donegall Road	All	09.00-12.00	Full closure	Sunnyside Street	All	06.30-11.00	Full closure, Local Access maintained
Donegall Road	Entrance to City Hospital	09.00-12.00	Full closure	Ravenhill Road	Ravenhill Road - Rosetta roundabout	11.30-15.30	Local Access maintained
Glenmachan Street	All	08.30-12.30	Full closure				
Boucher Road	Tates Avenue - Stockmans Lane	08.00-13.30	Full closure				
Lislea Drive	All	08.30-13.30	Full closure				
Lisburn Road	Lislea Drive - Kings Hall	09.30-13.30	Lane closure city bound				
Lisburn Road	Flyover	09.30-13.30	Full closure				
Upper Lisburn Road	Kings Hall - Finaghy Road North	09.30-13.30	Lane closure city bound				
Finaghy Road North	Upper Lisburn Road - Finaghy Park Central	09.30-13.30	Full closure				
Finaghy Road North	Finaghy Park Central - Andersonstown Road	09.30-13.30	Lane closure country bound				
Andersonstown Road	Finaghy Road North - Falls Road	09.30-14.00	Lane closure country bound				

Relocation of taxi rank on Donegall Square North to Donegall Square East on 5 May from 06.00 to 12.30.

A copy of the application may be inspected free of charge at the address stated below or online at www.belfastcity.gov.uk/roadclosures

Persons wishing to make representations to the Council regarding the proposals may make representations in writing to the Building Control Service at the address below by 5pm on 19 March 2024. Representations received after this date will not be considered. Building Control Manager, Building Control Service, Ground Floor, Cecil Ward Building, 4-10 Linenhall Street, Belfast BT2 8BP or by email to buildingcontrollicensing@belfastcity.gov.uk

Kate Bentley
Director of Place and Economy
Belfast City Council

Date: 26 February 2024

STEWARD RECORD CARD

Position Number: 18

Location: Upper N'Ards Road / Earlswood Road

Additional Locations: Hillview Avenue

Start Time: 8.35am

Finish Time: 9.35am

Time first participant is expected: 9.05am

Time last Participant is expected: 9.14am

Next Water Station: @ 6.2 miles approx.

Next First Aid Point: @ 5 miles approx.

Next WC: @ 9 miles approx.

Specific Duties:

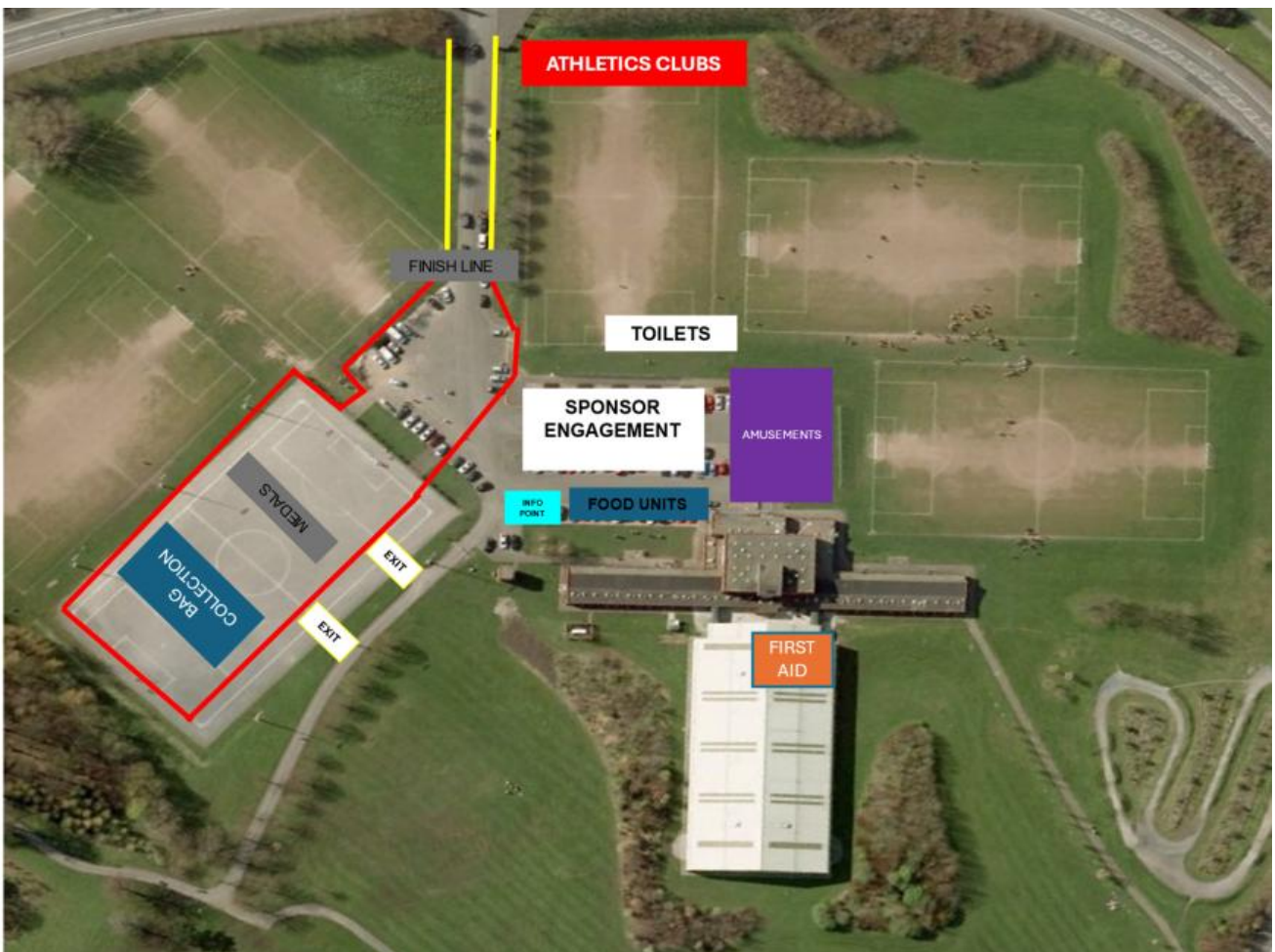
- Direct Participants towards Beersbridge Road junction
- Check road closure signage is in place and any cones in your area are not disturbed
 - Alert and advise traffic
- Endeavour to ensure no traffic onto race route
- Take note of details of any vehicles breaching road closure (reg no)
 - Note any other incidents to Event Control (07341899601)

Supplier: **Volunteer** / Eventsec / Charity

Appendix 7.1 –Start Area Map (Stormont Estate)



Appendix 8.2 –Finish Area Map (Ormeau Park)



Appendix 9 - Expected passing and finishing times of participants

Location	Distance	First Runner	Last Runner	Road Closure
564 metres from centre of main Stormont Gates on Prince William Way	Start	9am	9am	6am - 10.30am
Stormont Dental Care, 502 Upper N'ards Rd	1 mile	9.05am	9.14am	6am - 10.30am
156 Upper N'ards Rd approaching Beersbridge Rd	2 mile	9.10am	9.28am	6am - 10.30am
62 Castleragh Rd	3 mile	9.15am	9.42am	8.30am - 11.30am
Lampost 78 at 442 Castlereagh Rd	4 mile	9.20am	9.56am	8.30am - 11.30am
5 metres before lampost at exit from Montgomery Rd	5 mile	9.25am	10.10am	8.30am - 11.30am
Willowfield Church at My Lady's Rd	6 mile	9.30am	10.24am	8.30am - 11.30am
45 metres before start of 1st exercise station in Ormeau Pk	7 mile	9.35am	10.38am	N/A
88 Ormeau Rd on right	8 mile	9.40am	10.52am	8.30am - 4.30pm
Taxi's only sign opposite Queen Victoria just before turn onto Donegall Place	9 mile	9.45am	11.06am	8.30am - 12.30pm
Allen's Tours 29 Donegall Rd on right	10 mile	9.50am	11.20am	9am - 12noon
Green electrical box between lamposts 10 & 11 Glenmachan St	11 mile	9.55am	11.34am	8.30am - 12.30pm
Bus stop on right at entrance to Charles Hurst Jaguar / Land Rover Boucher Rd	12 mile	10am	11.48am	8.00am - 1.30pm
Beechmount Park on right, Upper Lisburn Rd	13 mile	10.05am	12.02pm	9.30am - 1.30pm
Centre Creightons Eurospar Upper Lisburn Rd	HALFWAY	10.06am	12.16pm	9.30am - 1.30pm
221 Finaghy Rd North on right at Ladybrook Park	14 mile	10.10am	12.16pm	9.30am - 1.30pm
Entrance to Kennedy Way Junction	15 mile	10.15am	12.30pm	9.30am - 2pm
Lampost 80 at Sean Graham Bookmakers bottom of Whiterock	16 mile	10.20am	12.44pm	9.30am - 2pm
Cluain Ard bus stop on left of Falls Rd	17 mile	10.25am	12.58pm	9.30am - 2pm
7 Old Park Rd on right	18 mile	10.30am	1.12pm	9.30am - 2.30pm
268 Cliftonville Rd at Kingsmere Avenue	19 mile	10.35am	1.26pm	9.30am - 3pm
73 metres before drop down to lower lake on Cavehill Rd side of Waterworks	20 mile	10.40am	1.40pm	N/A
Lampost 214 North Queen Street just around the corner from Duncairn Gardens	21 mile	10.45am	1.54pm	9.30am - 2.30pm
At 'STAFFLINE' on Donegal Quay at entrance to bus depot	22 mile	10.50am	2.08pm	9.30am - 3pm
On River walkway at triangular rest area on the left	23 mile	10.55am	2.22pm	N/A
343 Ormeau Rd "total orthodontics" on left at North Parade	24 mile	11am	2.36pm	8.30am - 4.30pm
North Parade on left of Ravenhill Rd	25 mile	11.05am	2.50pm	9am - 4.30pm
Rubbis bin opposite Ravenhill Reach on Ormeau Embankment	26 mile	11.10am	3.04pm	6am - 4.30pm
Finish Line - 5mph sign Ozone entrance road	26.2 mile	11.12am	3.10pm	N/A

