



RACE DAY INFO 2024

We hope you enjoy your Connemarathon experience on April 21st and have included some key information here that will help your day run smoothly.

If you are looking for information that is not in this booklet you will find it on the event website.

www.connemarathon.com

YOUR RACE PACK

In the post...

Your race pack has already been posted to you so you can just make your way to the race buses on Sunday morning. **Do not forget to bring your race bib and baggage label with you!**

Missing numbers, switching distance...

If you did not receive your number in the post or if you want to switch distance, you will need to come to The PorterShed, Market Street, Galway City on Saturday 20th April between 1pm and 4pm. Eircode: H91 TCX3. You will find a map and more info at www.connemarathon.com/race-numbers/.

Each race distance has a different colour bib:

Half Marathon: blue bibs

Full Marathon: green bibs

Ultra Marathon: orange bibs



- You must wear the correct bib for your race distance.
- Your timing chip is on the back of your race number.
- Wear the bib to the front (safety pins are provided in your race pack – take care not to pierce your timing chip).
- Ultras have a second bib (with no number) which they can wear to the back (this second bib is optional but we recommend it!).

GETTING TO THE START

All participants must fill out a short form to confirm their place and book their bus seat to help us plan the bus schedule. If you haven't done so already please go to www.connemarathon.com/buses/.

All participants should take the race buses to the start lines. There is no parking at any of the race starts. Your bus transfer is included in the race fee and you just need to show your race number to board the bus. **The weather can be very unpredictable so bring appropriate clothing and make sure you can keep warm before your race.**

Buses leave from Galway Cathedral, Oughterard, Clifden and Delphi Resort. Portable toilets will be at the Galway location only. Please use the public car park in Oughterard and not the GAA grounds as in previous years. Maps are on the [website](#).

Half and full marathon buses will be at the pick up points at the same time. Make sure you get on the right bus. Half marathon buses go to the half marathon start area only. Full marathon buses go to the full marathon start area only.

Half Marathon:

Depart Galway: 8:45am (last bus) – buses loading from 8:00am

Depart Oughterard: 9:15am (last bus) – buses loading from 8:45am

Depart Clifden: 9:30am (last bus) – buses loading from 9:00am

Depart Delphi Resort*: 9:45am

Full Marathon:

Depart Galway: 9:00am (last bus) – buses loading from 8:30am

Depart Oughterard: 9:30am (last bus) – buses loading from 9:00am

Depart Clifden: 9:45am (last bus) – buses loading from 9:15am

Depart Delphi Resort*: 9:15am

Delphi bus will pick up in Leenane at:** approx. 9:30am

Ultra Marathon:

Depart Galway: 7:00am

Depart Oughterard: 7:30am

Depart Clifden: 7:15am

Depart Delphi Resort*: 7:00am

Delphi bus will pick up in Leenane at:** approx. 7:15am

Depart Maam Cross for race start at Recess: 8:20am

**Delphi Resort is a different location than Delphi Lodge. Buses pick up at Delphi Resort only.*

***The pick up location in Leenane will be outside the Connemara Sheep and Wool Centre (Eircode H91 P28K). There is strictly no parking in the car park opposite as it is the half marathon HQ. The Leenane pick up is for participants staying within walking distance of the village. Please do not drive to Leenane to get the bus from there.*

BAGGAGE

Half and Full Marathon participants can leave a small bag on the truck at the race start and pick it up at the finish. Your race pack contains a baggage label/sticker which matches your race bib number. Use a distinctive bag that you will recognise.

Please note that the bags will be stored outdoors and it is your responsibility to make sure that the contents of your bag are kept dry.

After the race you can enter the baggage area to collect your bag and will need to show that your race number and baggage label match when exiting.

- Put your post-race clothing in the bag.
- Stick your baggage label around a strap on your bag similar to an airline luggage tag.
- Place your bag on the baggage truck at the start area **no later than 25 minutes** before your race start. Tip: put your bag on the truck **before** joining the queue for the toilets. Remember which zone* you put it in.
- Your bag can then be collected at the finish area.

*The space on the trucks is divided into zones, with 6 zones on the half marathon trucks and 3 zones on the full marathon truck. Put your bag in any of the zones, just remember which one as you will find it in the same zone at the finish area.

Ultra Marathon participants should bring their bags to the designated baggage area at the finish area in Maam Cross at the race briefing.

Half Marathon: zones 1-6 | **Full Marathon:** zones 7-9 | **Ultra Marathon:** zone 10



Please don't leave valuable items in your bags.

START TIMES

9:00am – ultra marathon starts at Recess*

11:00am – full marathon starts at Lough Inagh

11:00am – half marathon starts at Leenane**

*Ultra runners must attend the pre-race briefing at 8:00am in Maam Cross so they can drop their nutrition and post-race bags. Buses then leave for the start at 8:20am.

**In the half marathon, walkers and slower runners should make their way to the start line first so they can line up at the back of the field, with faster runners waiting in the village until approx. 10 mins before the start. You will then run back down into the village the way you went up.

DURING THE RACE

All race distance markers are given in miles. Water (330ml cartons) is provided at:

Half Marathon: 3, 6, 9, 11

Full Marathon: 3, 6, 9, 13, 16, 19, 22, 24

Ultra Marathon: 2.75, 6, 9, 12, 15.5, 18.5, 22, 26, 29, 32, 35, 37

These are approximate distances. There will be bananas at the water station 4 miles from the finish. Participants should be self-sufficient and bring their own gels, etc.



Ultra participants can have their own nutrition at any 3 water stations. Small easily identifiable bags of items are handed in at the race briefing and transferred to your selected water stations. Clothing left on the course will be donated to charity. Please see the 'ultra info' tab on the website for full details.

If you need to drop out of the race please inform the nearest marshal or ask a fellow competitor to alert the nearest marshal. We will get you back to the finish area.

CARTONS & GEL WRAPPERS

IMPORTANT: Please drop your water cartons, gel wrappers and any other on course rubbish at a water station or at mile markers only. Please do not throw anything in ditches or along the side of the road.

MEDALS

There are three different medals for the three different race distances and the colour of the ribbon on your medal should match your race bib. You receive your medal at the finish line!



AFTER THE RACE

After you've soaked up the atmosphere of the finish area and have your medal and post race refreshments (sandwich, Fulfil protein bar & drink), head to the baggage area to collect your bag, relax for a while and start making your way to the buses.

PEACOCKES HOTEL

Peacockes is an accommodation centre for Ukrainian nationals. This is currently their home so please do not enter the hotel grounds for any reason.

GETTING HOME

Buses will return to Oughterard, Clifden, Galway City, Leenane and Delphi Resort throughout the afternoon after the race. There is no timetable for the return buses. Once a bus is full it will leave and the next one will pull up.

SPECTATORS

Spectators are very welcome at the Connemara Marathon (note that there is no parking at the finish area). Spectator bus tickets must be booked in advance online. Tickets include the return journey from Galway, Oughterard or Clifden to Maam Cross.

Depart Galway: 11:15am & 12:15pm

Depart Oughterard: 11:45am

Depart Clifden: 12:00pm

- Spectator buses bring spectators to the finish area at Maam Cross only.
- Road closures are in place and spectators are not allowed at any of the race starts.
- Please arrive 15 minutes early to secure your seat.
- The cost for the return journey is €20 per adult and €15 per child.
- Spectators may use the same coach as participants on the return journey.

Tickets can be purchased online at www.connemarathon.com/spectator-info/

One recommendation is that spectators walk the two miles to the top of the 'hell of the west' where support is most welcome by the weary participants. Bring plenty of clothing - the weather can turn nasty in this beautiful place!



AFTER PARTY

Congratulations, you did it! If you are staying in Galway head along to The Front Door for the official after party where you will find great food and a 15% discount!

THE FRONT DOOR
A GREAT NIGHT STARTS HERE!

OFFICIAL AFTER PARTY OF THE CONNEMARATHON

EXCLUSIVE CONNEMARATHON OFFER:
+ 15% DISCOUNT ON FOOD*

SUNDAY 21ST APRIL 2024, FROM 8PM

LIVE DJ • COMPLIMENTARY PARTY FOOD • LATE BAR

BEST OF LUCK TO ALL THOSE TAKING PART!

FIND US AT @FrontDoorPub | CROSS STREET, GALWAY, EIRCODE H91 YY06

*T&C APPLY

MORE INFORMATION

If you are looking for information on pacers, course profiles, accommodation, etc. you will find it on the event website: www.connemarathon.com.

DEFERRALS & TRANSFERS

It is no longer possible to defer or transfer an entry.

RACE MERCHANDISE

We will have a selection of Connemarathon merchandise for sale at the finish area, including t-shirts, beanies, jackets and hoodies. We will have a SumUp card reader but the internet connection can be poor so please have cash if this is possible.



CONNEMARATHON 2025

We haven't confirmed a date for 2025 yet but will do so soon. Check the website and Facebook page in the weeks after this year's event and let's do it all again!

Good luck on Sunday!