

Waggy Races: Murlough Bay (5.3k)

Race Day Schedule

Time	Whats happening	Where
11.30am - 12.45pm	Registration	National Trust car park
12.45pm	Race brief (5mins)	
Walk to start line at shore [8-10 min]		
1.15pm	WALKERS start (cheered on by everyone!)	Start line - Beside beach
1.20pm	Group warm up with Claire Withers & Cash the Beagle	
1.30pm	PRO & CASUAL waves start	
2.30pm (approx)	Awards / Mince pies / mulled wine	National Trust car park



Race Rules

Please take 2 minutes to familiarise yourself: [WAGGY RACES RULES](#)

Please keep your dog on a lead. During the race, leads must not be longer than 2 metres (ie. no long expanding leads).

Registration

Registration will take place in the **Murlough Car Park** beside the cafe from 11.30am, closing promptly at 12.45pm.

You will receive your race pack, including your number (& pins), wrist band and goody bags (generously sponsored by **Jollyes Petfood Superstore**).

Parking

We will be using the Murlough National Trust car park - It is sign posted (brown National Trust sign) on the main road between Dundrum and Newcastle. Please be sure to park tightly to ensure there are enough spaces for everyone.

If you are late....

If you are late, please follow the signs to the start line [at the shore] and seek out one of the organisers.

Please note: It is 8-10 mins walk from the car park to the start line - we will be walking there en masse after registration.

Pre race brief

Will take place immediately after registration – please listen to us as this is our final chance to relay important stuff to you!

Warm clothing

If you wish to take warm/waterproof clothing to the start line, we will be able to transport it back to the finish in the official Waggy Races trolley! Be sure to keep a close eye on the weather and bring a towel and change of clothes if needed!

The start

WALKERS..... 1.15pm
PRO & CASUAL..... 1.30pm (Waves at 1 minute intervals)

It is very important that we get the start correct - you MUST be in position at your allotted time! Your wave number, lane number and start time will be on your wrist band.

Waves will be announced over the megaphone and released at one minute intervals - please do not miss your wave! When wave 1 is at the start line, wave 2 will fill in behind and so on.



The course (5.3km)

The course is approximately 2.1km of beach and 3.2 km of sandy/grassy tracks through the dunes and heath. We will have marshals, orange signs, orange flags and barrier tape to guide you. An interactive route map of the course is available to view here: [COURSE MAP](#)

Course Safety

It is a beautiful course but please take your eyes off the views for long enough to watch your feet and be careful:

- A short section of the course is along **boardwalk**, which could be **slippery** if wet or frosty
- The **grass tracks** are well established but are **uneven in places**
- Please take extra care if **running downhill being pulled by a dog, especially on the boardwalk**
- **Overtaking** - please call out politely to the person in front and pass on the **right hand side** (as if overtaking a car).
If being passed, please leave room for the person & dog to get past - **this is very important, especially as the walkers will be starting first.**
- **Other Trail users** - please be polite to other users and **keep an eye out for other walkers, horses, ponies**
- **Headphones** – if you wear headphones, please ensure you are aware of other runners around you.

Water

There will be 2 **water stops** for your dogs at 2.3k and 4.3k as well as at the start and finish line. We will have **padding pools** at the finish line also! Getting water around the course is tricky this time - please help us by bringing water for your dog to the start line (there is a tap at registration by the toilets).

First Aid

Dr Lynn Cromie will again be present at the race. If you are in trouble on the course - speak to a marshal or pass the message to another participant to speak to a marshal.

Please record any relevant medical conditions on the back of your race number.

Veterinary care

Cromlyn House Veterinary Surgery (based in Hillsborough) will be attending the race to look after your furry team mates!

Poo (dogs)

There will be bins at the start and finish lines and buckets around the course - please use them! Poo bags will be included in your race pack.

Future events will depend on us leaving the course clean – **as Ruth famously said in the pre race brief at Castle Ward "Poo is very important to us"**.

Race Timing

You must wear your race number visibly (preferably on the front) to get an official time.

After the race

Please stay for **mulled wine and mince pies**, chat to other competitors, meet the Guide Dogs NI team and cheer on/bark at the other Waggy Racers as they finish!

The quaint and cosy Murlough tea room (with its wood burner!) will also be open in the car park.

Prizes (2.30pm approx)

Prizes will be awarded as soon as the race is over– please bring your dogs! The prize categories are:

- **Male** (1 dog) (1st - 3rd)
- **Female** (1 dog) (1st - 3rd)
- **Team** (2 people & 1 dog) (1st - 3rd)
- ...and of course the spot prize – **'Spirit of Waggy Races – fancy dress'** award! (*Judged by the Guide Dogs NI team*).

Guide Dogs NI

We are again delighted to be working with the Guide Dogs NI team for this event. They will be present at the race and have responsibility for judging the **'Spirit of Waggy Races - best dressed dog award'**!

Stalls

The peerless **Murphy's Bark'ery** will be in the car park - don't miss their awesome selection of **homemade baked dog goods!**

Photography

Paul Carron Photography and **Kalos photography** will again be taking action shots along the route and at the start and finish lines. Photos will be available from their websites/Facebook - we will post details later.

ENJOY!

