

Race day info

Portstewart Strand 5k

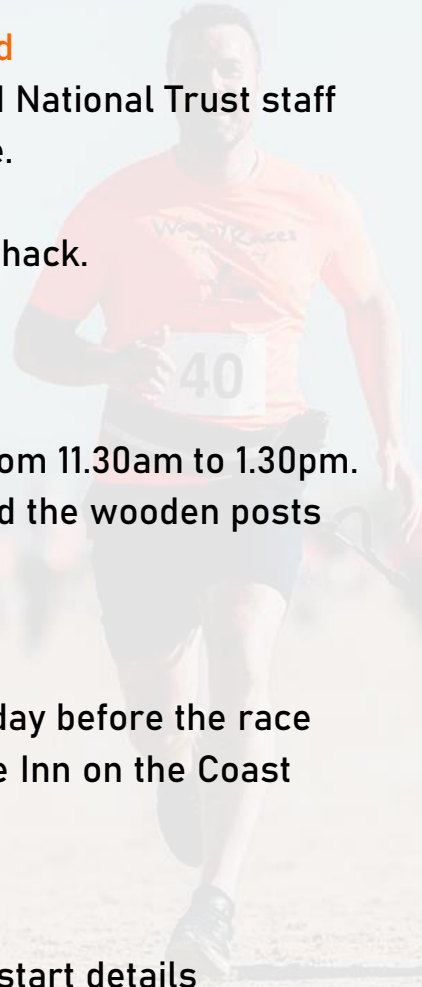
Sun 01 Oct



National Trust

www.waggy-races.com

Event day! *(low tide is at 2.10pm)*



Arriving at Portstewart Strand

Parking is on the beach and National Trust staff will direct you as you arrive.

Toilets are beside Harry's Shack.

Registration:

...on race day

Registration will be open from 11.30am to 1.30pm. You'll see our gazebo behind the wooden posts near Harry's Shack.

...pre-race registration

If you'd like to register the day before the race (Sat 30 Sept), we'll be at the Inn on the Coast from 2 - 4pm.

At registration you'll get:

- your wave and lane start details
- your race number & safety pins
- your t-shirts (if you ordered)



National Trust



Schedule

11.30am to 1.30pm	Registration
1.45pm	Walkers start
1.55pm	Run - wave I
1.56pm	Run - wave II
1.57pm	Run - wave III
1.58pm	Run - wave IV
<i>(approx)</i> 2.45pm	Podium ceremony

*Top tip 1:

Arrive early to register, visit the stalls and get your official portrait pic taken by the amazing Backyard Photography Company!

*Top tip 2:

Be sure to start in the correct 'wave'. Wave info is available at registration, written on your race number and announced over the megaphone.

When wave 1 is on the start line, wave 2 should fill in behind and so on.

You'll need to know this...

Listen out for our **megaphone announcements**.
The start of the race is very barky but very organised!

Wear your **race number on your front** so we can record your finish time.

The **5k course** is a 'there and back' starting at the wooden post line down from Harry's Shack. The route follows the shore to a 'mini-roundabout' turn point at the far end of the beach.

It's all sand - **trainers or bare foot**.

Marshals, distance markers, flags and arrows will guide you.

Poo bins will be at the start/finish and frequently along the course. Bring bags and pick up after your dog.

Water will be available for your dog at the start, finish and on the course. Your goody bag will have drinks for you too.

One goody bag for each team will be available when you finish.

The **podium ceremony** will take place as soon as the race ends.



Prize categories

MALE & 1 dog	1 st - 3 rd
FEMALE & 1 dog	
PACK (2 ppl & 1 dog)	
TWO dogs	
<i>'SPIRIT OF WAGGY RACES'</i>	



Safety and Rules

The start

The race starts at low tide and the start line is wide and divided into lanes. Your dog will be in close proximity to other dogs, so if he/she seems stressed, just move away and consider starting off to the side or behind.



Leads

Keep your dogs on a lead (no longer than 2m) and be aware of participants and other beach users around you.

Passing and overtaking

If being passed or overtaking, please leave enough space for the person & dog to pass.

Full rules

Rules are available on our website: waggy-races.com



Veterinary cover

Will again be provided by the excellent team at Millburn Veterinary practice!

First Aid

By K9 Search and Rescue NI and Dr Lynn.



If you have an issue on the course - speak to a marshal or pass the message to another competitor.

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

Safety (cont)

Cars on the beach

Cars will be allowed to park on the beach at Portstewart Strand on Sunday as normal. The start of the race will be barrier taped off but please do be aware of traffic before, during and after the event.

Blue Green Algae

There has been a lot on the media in the last few months around blue green algae across NI, including at the North Coast.

We have been in regular contact with the National Trust at Portstewart Strand about the levels of blue green algae. The Trust manage the Strand and have been liaising with the Gov Department that monitors the level of algae (DAERA).

We are pleased to confirm that there is currently no red-flag status at the Strand (ie. well below guideline level). As a precaution however we have updated our risk assessment and have some recommendations for you and your dogs on event day:

- Keep your **dogs on a lead** before, during and after the race.
- Keep your dogs **out of the sea** as a precaution.

...with thanks to our sponsors & stalls!



SusieMooArt
Pet portrait artist

www.Susiemoo.art / SusieMooArt@gmail.com

  @SusieMooArt