

# Race day info

**The Portrush 5k**  
**East Strand Beach**  
**Sun 03 Oct**



[waggy-races.com](http://waggy-races.com)

# Race day is here!

## Arriving at East Strand Beach

There's a charge of **30p per hour** to use the car park, so bring a few quid or you can use the Just Park app.

The car park **toilets** will be open from 8.30am.

## Registration\*

Early reg: If you'd like to register before race day, we'll be in East Strand car park from 2pm to 4pm the day before the race (Sat 2nd). Just look out for our banner!

On race day, registration will be open from 9am to 11am. You'll see our gazebo as you come down the ramp onto the beach.

At registration you'll pick up:

- your starting details - wave/lane/time
- your race number & safety pins
- your t-shirts (if you ordered)

*\*Please physically space if there's a queue at registration.*



**Causeway  
Coast & Glens  
Borough Council**



## Race day schedule

09.00 to 11.00am	Registration
11.15am	Walkers start
Wave 1: 11.25am Wave 2: 11.26am Wave 3: 11.27am Wave 4: 11.28am Wave 5: 11.29am etc	Runners start
12.20pm	Podium ceremony
12.30pm	Dash & splash in the sea!

## \*Top tip 1\*

Arrive early to get registered, visit the stalls and enjoy the atmosphere!

## \*Top tip 2\*

Be sure to start in the correct wave. Wave details are on display at registration and will be handwritten on your race number.

Waves are announced over the megaphone - when wave 1 is at the start line, wave 2 should fill in behind and so on.



# You'll need to know this...

Listen for our megaphone announcements at the **start of the race**. It's very loud, very barky but very organised!

Your **race number** needs to be worn visibly on your front so we can record your finish time.



The **5k course** is a 'there and back' starting on East Strand and following the shore to take you through this arch at Whiterocks.

Marshals, flags, signs and arrows will guide you. It's all sand - **trainers or bare foot**.

**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 per team** will be available when you finish the race.

The **podium ceremony** will take place as soon as the race ends. This will be followed by a **dip in the sea** for anyone so brave!



## Prize categories

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



# Safety and Rules

## The start

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



## 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

Full Waggy Races rules are available on our website [waggy-races.com](http://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.





# COVID-19

Although many restrictions have eased, regulations and guidance remain in place to help stop the spread of COVID-19.

We have a full **risk assessment** in place for this event, which has been approved by Causeway Coast and Glens Borough Council.

Additional precautions will be in place at the event, including hand sanitiser stations and changes at registration.

Please **wash your hands**, use **sanitiser** and **physically space** before, during and after the event.



Full guidance and regulations are at:  
[www.nidirect.gov.uk/articles/coronavirus-covid-19-regulations-and-guidance-what-they-mean-you#toc-3](http://www.nidirect.gov.uk/articles/coronavirus-covid-19-regulations-and-guidance-what-they-mean-you#toc-3)

By participating, you are indicating to us that the following statements do not apply to you:

1. You (& other members of your household) have any of the following symptoms:
  - cough
  - fever
  - respiratory difficulties
  - loss of taste or smell
2. You (& other members of your household):
  - have been diagnosed with COVID-19
  - are awaiting test results for COVID-19
3. You have been advised to self isolate as you have been in close contact with someone who has been diagnosed with COVID-19.

....with thanks to our sponsors & stalls!

