

**Waterside Half Marathon – Race Day Instructions**

**Sunday 7th September 2025**

Thank you for registering for the Waterside Half Marathon.

This guide contains all the essential information you’ll need for a smooth and enjoyable race day—from start times and route details to safety guidelines and post-race amenities.

Please take a few minutes to read through these instructions so you’re fully prepared. Whether you’re chasing a personal best or soaking up the atmosphere, we wish you a fantastic run and an unforgettable experience.

See you at the start line!

**Race Start**

* Race Start: [Ebrington Square (Clock Tower)](https://maps.app.goo.gl/mLqMCaateNVDQmxZ7), in front of the Ebrington Hotel, at **9.30am sharp**
* Wheelchair Start**:** 9.28am
* Arrive in good time — **by 8.30am** is recommended — to allow for parking, warm-up, and getting to your start area.

**Waves**

With higher numbers this year, we will be using a two-wave start system to make the race smoother, safer, and more enjoyable for everyone.

* **Wave 1**: for runners expecting to finish **under 2 hours**
	+ **Elite runners** competing in the Championship should position themselves at the front of this wave.
* **Wave 2**: for runners expecting to finish between **2 hours and 3 hours**
	+ This wave will start a few minutes after Wave 1.

Please position yourself in the correct wave based on your expected finish time. Race marshals will be available at the start to direct you.

**Car Parking**

Limited parking is available at Ebrington and is expected to fill early. Overspill parking is available at:

* [**Foyle College**](https://maps.app.goo.gl/s6yMbUu7dzHNX6L39), Limavady Road
* [**Oakgrove Integrated Primary School**](https://maps.app.goo.gl/fvzAyoD4sKNJs61cA), Limavady Road
* [**Old Bridge Car Park**](https://maps.app.goo.gl/bg2j1rHYernHqVJo6), Glendermott Road
* [**Council Offices**](https://maps.app.goo.gl/YUiHkDahn4b9tWFs8), Strand Road (Free)
* [**Queens Quay Car Park**](https://maps.app.goo.gl/v7Y3DW4nnZzgYUKR7)(Free)
* [**Foyleside East Car Park**](https://maps.app.goo.gl/B5s2hi19D12RVmN16) (Paid)

**Free Shuttle Bus**

The Peace Bridge will be closed from 9:00am – 1:00pm to accommodate the race.

* A Free Shuttle Bus will operate between Ebrington and Whittaker Street (Guildhall lay-by) during this time.

**Race Pack Collection (Chipped Numbers & T-shirt)**

Race Packs can be collected from Foyle Arena on:

* **Friday 5th September**: 12:00pm – 8:00pm
* **Saturday 6th September**: 10:00am – 4:00pm
* **Sunday 7th September (Race Day)**: 7:30am – 8:30am *(at Start Line Race Office)*

**Changing Facilities**

If possible, please come changed and ready to run; however, changing facilities and showers are available in the Foyle Arena.

* Toilets are available at the Foyle Arena
* Portaloo’s are available at the **EY** **Race Village** (Ebrington Square).

*The toilets located in the Ebrington Hotel are for residents only.*

**Warm-Up Areas**

Please use the following areas for warming up:

* St Columb's Park
* Waterside Greenway
* Ebrington Square

**Please avoid**: St Columb’s Road, Browning Drive and Limavady Road

You’ll be called to the start line at the Clock Tower in Ebrington from **9:20am**.

**Baggage Drop**

A supervised Bag Drop is available at the **EY** **Race Village** (Ebrington Square).

* Please have your race number with you when leaving and collecting baggage.
* Lockers are also available at Foyle Arena (£1 coin required)

**Race Conduct**

Please arrive at the start line in good time and follow the directions of the race marshals and officials

* **Start Times**:
	+ Wheelchair participants: 9:28am
	+ All other runners (Wave 1 & Wave 2): from 9:30am onwards
	+ First-leg relay runners start with Wave 2
* **Guidelines:**
	+ First-leg relay runners start with Wave 2
	+ Faster runners should position near the front—please respect the wave structure as this will ensure a safer and better running experience for the runners.
	+ No headphones are permitted, except for bone-conduction types like Aftershokz)
	+ For safety reasons, runners are not permitted to participate with prams, strollers, or any other wheeled carriers.
	+ Always follow instructions from Marshals, Police & Officials
	+ If you experience any issues on the course, notify a marshal immediately.

**Water Stations & Toilets**

There are 5 water stations along the route, each with toilets:

* **Mile 4**: Greenway at Waterfoot Park
* **Mile 8**: A2 Clooney Road just after Judges Road
* **Mile 9.5**: Layby at the end of the Foyle Bridge
* **Mile 11**: Bay Road Park
* **Finish Line**: Water and refill station

♻️ Please use **recycling bins 150m after each water station**.
 Don’t forget to Squeeze and squash your bottles before disposal as bottles will be reused in local art projects.

**First Aid**

First aiders will be stationed at every mile along the route, with mobile units and ambulance support available throughout the course.

* A triage station will be located at the finish line for anyone needing medical attention.
* Please remember to include your medical information and emergency contact on the back of your bib.
* If you or someone else requires assistance, don’t hesitate to alert the nearest marshal or official.

**Chip Timing & Number**

Your race number **must** be worn on the **front** of your top and remain **clearly visible** at all times.

* Your timing chip is integrated into your race number/bib and will automatically record your race time, so please ensure it is fastened securely.
* Number swapping is strictly prohibited and will result in disqualification.
* Please include your medical information and emergency contact details on the back of your bib.

**Finish Area**

* All participants must cross under the Finish Gantry at Ebrington Square to have their finish time recorded.
* **Do not stop** - Keep moving through the finish funnel to collect your well-deserved medals and refreshments.
* First aid, hydration stations, and sports massage therapists will be available in the Race Village.

**Sports Massage**

In the Recovery Zone at the EY Race Village, four local sports therapists will be on hand near the finish line to help you recover with sports massage, taping, and other post-race treatments.

* You can book and pay for a session directly with them on the day.
* Keep an eye on our Facebook page for further details

**Results & Prizes**

The results will be available after the race on our website - [www.derrystrabane.com/whm](http://www.derrystrabane.com/whm) and the Waterside Half Marathon Facebook Page.

* **Podium finishers** will receive awards immediately after finishing in the Race Village
* **All other prizes** (Open, Age Categories, Relay) will be posted after processing

**Relay Runner Buses**

* **Bus 1 (Leg 2 runners):** Departs at 9:10 am to Waterfoot Park
* **Bus 2 (Leg 3 runners):** Departs at 9:40 am to Judges Road

**Return Pick-Ups:**

* Waterfoot Park (Leg 1 runners): 10:45 am sharp
* Judges Road (Leg 2 runners): 11:45 am sharp

Additionally, a free shuttle will run from Ebrington to Whittaker Street (Layby at the Guildhall) from 9:00 am to 1:00 pm.

**Pacers**

We’ll have official pacers to help you hit the following target finish times:

* **1:30, 1:45, 2:00, 2:15, 2:30**

**Wave 1:** Pacers for 1:30, 1:45, and 2:00
**Wave 2:** Pacers for 2:00, 2:15, and 2:30

Pacers will be warming up in the start area from **9:00 am**—look out for their pacer flags.

Please note pacing by non-participants or cyclists is not permitted.

**Race Cut-Off**

The course has a **strict 3-hour cut-off** for safety and traffic management. After this time:

* Roads will reopen
* Marshals and medical support will be withdrawn
* Participants must use footpaths and follow public traffic laws
* You continue at your own risk

**Route & Map**

The route for the 2025 Waterside Half Marathon will remain unchanged from 2024.
You can view the full course map and details online at:

 [**www.derrystrabane.com/whmraceroute**](https://www.derrystrabane.com/whmraceroute)

  **Sustainability**

* Refill stations in the Race Village.
* Leftover clothing at start/finish will be donated to charity
* Recycled bottles used in future art installations

**Race Permit & Certification**

* Fully certified course
* Race Permit issued by Athletics NI
* Route measured and verified by a certified Athletics Ireland Course Measurer

**Contact Us**

For further details or questions:
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 [**www.derrystrabane.com/whm**](http://www.derrystrabane.com/whm)