

**Event Instructions - Strabane Lifford Half Marathon**

**Sunday 18 May 2025**

Thank you for registering for the forthcoming Strabane/Lifford Half Marathon which takes place on Sunday the 18 May 2025. We are delighted that you have entered this year’s event and wish you every success.  If you are a returning participant or visiting for the first time, we are delighted to welcome you to the Strabane-Lifford area and hope that your stay and race experience will be an enjoyable one.

The **Strabane Lifford Half Marathon Start Time is 9.30am** in front of the Alley Theatre on Railway Street, a short walk from the Race Meeting Point which is a new race start location.

**Course Route**

**Please find attached a link to a helpful course explanation. The online video of the Route is a must watch for your preparation. You can find it here.** <http://www.derrystrabane.com/slhmroute> **Theres also a Route map on the website.**

🔹 Strabane Town Loop (Miles 1-3) - Runners set off from Railway Street past Asda and Strabane Retail Park before heading through Main Street, over the Strabane Bridge, and towards Urney Road. First Water Station at Railway Street (3 miles).

🔹 Lifford & N15 Stretch (Miles 4-7) - After crossing the Strabane/Lifford bridge, runners take the first exit at the ‘3 Coins Roundabout’ onto the N15, following it for almost 4 miles before turning left into Clady.  First Relay Changeover at 4 miles & Second Water Station at 7 miles.

🔹 Clady to Strabane Return (Miles 8-10) - A scenic return along the Urney Road back towards Strabane. Second Relay Changeover at 8.5 miles & Third Water Station at 10 miles.

🔹 Greenway & Town Finish (Miles 11-13.1) - Runners cross the A5 onto the Greenway path, avoiding the tough A5 climb! After passing the final water station at 12 miles, they turn onto Bridge Street, Meeting House Street, and onto the Strabane Footbridge for an epic Melvin Running Track finish!

During the event we would ask you to co-operate fully with the Police, Organisers and Race Marshalls to ensure a safe and enjoyable event for all.

**Race Start**

Race Start is in front of The Alley Theatre on Railway Street heading towards the ASDA Roundabout at 9.30am sharp. Wheelchair participants start at 9.28am.

Please arrive in good time to facilitate Parking, warm up etc.---- by 8.30am latest, is recommended!

**Parking**

There is **No Parking at Melvin Sports Complex** on the day of the event.

**Designated parking for participants** is available at **Canal Street Car Park** (located directly behind the Alley Theatre). This car park is just a short walk to the race start location.

**Additional nearby parking options include:**

* John Wesley Street Car Park
* Lower Main Street Car Park
* Upper Main Street Car Park
* Butcher Street Car Park

**Race Pack – Number, Chip, T-Shirt**

You can collect your Race Pack from Melvin Sports Complex, Strabane on

**Friday 16th May 4pm – 8pm**

**Saturday 17th May 10am -2pm**

\* Those travelling to the event can collect their race packs on race day ( Sunday 18th May) 7.30am – 8.30am.

**There will be NO entries on the day. This event is sold out.**

**Changing Facilities**

Shower and changing facilities will be available in Melvin Sports Complex before and after the race. A limited amount of lockers will be available in Melvin. You will require £1 in order to use these.

**Warmup**

Please warm up at Canal Street Basin (adjacent to the Alley *Theatre, Railway St, Strabane BT82 8EF* ).

**Race Start Times**

The Half Marathon starts at 9.30am. Participants are asked to arrive at Melvin Sports Complex no later than 8.30am on the morning of the Race. Participants should make their way to the race start no later than 9.00am for 9.30am Race Start.

**Race Number & Chip Timing**

Your Race Number must be worn at the **front** of your running top and fastened with safety pins. The Chip Timing is incorporated into the Race Number and the chip will record your race time and place, so it is important that you fasten it securely and it is always clearly displayed.  You may be disqualified if your number is not clearly visible. On the back of your race (bib) please put any important medical information and a contact number in case of emergencies.

**Results**

The results will be available after the race on our website – [www.derrystrabane.com/slhm](http://www.derrystrabane.com/slhm) and on the Strabane Lifford Half Marathon Facebook Page.

**Water**

Hydrate well in advance, there are five water station for the Half Marathon,

**3, 7, 10 and 11.5** mile marks and at the Finish Line.

Please ensure once you are finished with the bottles at each of the water stations that you throw these into the target recycling bins provided.

To avoid large amount of plastic waste at the event we will have a mobile hydration station at the finish. Please throw the cups into the dedicated bins provided to allow for re-collection.

**Toilets**

In addition to the toilet and changing facilities at Melvin Sports Complex, toilets will be available at the Alley Theatre Race Start and at Melvin Athletics Track.

There will be additional toilets available at the Water Stations at approx. miles 3, 7 10 and 11.5 at the Relay Changeover points at Mile 4.1 and Mile 8.9.

**First Aid Cover**

Static and Mobile First Aiders will cover the course...there will be 2 First Aiders at each mile point and ambulance back up is in support.

**Cryotherapy/ Sports Massage**

Three sports therapy providers will be offering recovery treatments at the finish line on the running track. No appointment needed — just drop in.
**Sessions last 15 minutes and cost £10.**

* **Rebecca McDaid** – Recovery Sports Massage
* **Richard McCartney** – Total Massage
* **Denise McClelland** – DAM Massage & Therapies

**Additional Recovery Option:**
Cryotherapy for recovery and injury prevention is also available at **Melvin Sports Complex**, featuring 42-jet CryoSpa.
**To book in advance, call (028) 7138 2660.**

Extra facilities will also be available at the finish line for £10.

**Prizes**

The podium finishers will be presented with their awards in the podium area straight after they finish their race.

**All prize money— Open, Age Categories and Relay winners-- will be posted to prize winners as soon as processed by Council Staff.**

Category prizes will be determined with reference to the athlete’s date of birth with the exception of the Senior Open prizes, where it is first and second regardless of age.

**Pacers**

We will have race pacers running 1.30, 1.45, 2.00, 2.15 and 2.30.

Race pacers will wear flagged back packs to maximise visibility.

**The external pacing of runners by non-participants/cyclists, etc. is not permitted.**

**Safety**

The organisers have implemented key measures to ensure a safe and enjoyable experience for all athletes.   However, please remember this event takes place on public roads. .  Traffic diversion signs will be in place at various points along the route**, but most of the the Course will remain open to traffic for the duration of the race and normal Rules of the Road apply and traffic retains priority.**

Runners are asked to:

* use footpaths where available, or when instructed by a race marshal
* keep to the left hand side of the road unless otherwise directed

The relevant authorities have been notified, appropriate signage will alert motorists, and both police and marshals will be present at key junctions to assist.

However, your safety is ultimately your responsibility. Please remain alert and aware of traffic both ahead and behind you. – especially when crossing roads and stepping off footpaths.

**Remember: Stay alert, stay safe, and enjoy the event.**

The wearing of earphones while running (whether in a race or warming up) can be especially hazardous therefore the **wearing of headphones is not permitted**. Bone conducting headphones such as Aftershokz are allowed.

No non-competitor (children, partner etc) is allowed to enter the course or cross the finish line with you, Failure to comply may lead to disqualification.

**Please let organisers or race marshals know if you are having difficulties at any time during the event.**

**Race Cut Off Point**

The Strabane Lifford Half Marathon is a running race and there is a **3 hour cut-off point**. For purposes of Health and Safety, to safely get traffic flowing again into the Town Centre, and protect all participants, after this time all roads will be reopened throughout the race route and the race sweep car will collect those at the back of the race unable to keep up with the allotted pace time.

**No marshals or First Aid will remain on the course after this time as the race is over.**

**Race Permit/Certificate**

This race has a Permit from Athletics NI permit.

The route has a Certificate of Measurement by a certified Athletics Ireland Course Measurement Official.

Once again thank-you for your registration and we wish you all the best on Sunday.

For more information on the race visit [www.derrystrabane.com/slhm](http://www.derrystrabane.com/slhm)

If you require any further details before the event, please do not hesitate to contact us on 02871 253,253 or email halfmarathon@derrystrabane.com