



The Terenure 5 mile road race is this Sunday May 12th at 9.30am! Organised by Sportsworld Running Club since 1985 the Terenure 5 Mile has become a staple in our community and one of the top events on the road racing calendar!

Thanks for entering this years race, we hope you hit your PB goals and we look forward to welcoming you all on Sunday! See below for more race info and FAQ:

2024 CHARITY PARTNER!

We are delighted to announce The Irish Kidney Association as our 2024 charity partner! The Irish Kidney Association is a charity dedicated to meeting the needs of kidney patients and those likely to be affected by kidney disease.

All donations and funds raised on the day will be sent to this worthy cause along with a donation from the race organisers Sportsworld.

Your donation will enable kidney patients and their family members who are in most need to access services they otherwise may not have been able to, such as counselling, financial aid, the use of a patient support center and patient holidays.

For more information or to find out how to become a member visit their website: www.ika.ie

TERENURE 5 MILE RACE START TIMES AND LOCATION

Start time: 9.30am

Location: Start on Fortfield Road by Terenure Collage Swimming Pool.

Note race start is approx. 600m from Race HQ Our Ladies school so give yourself time to reach the start on time if you are picking up your number.

All 5 mile participants get a tech race t-shirt and Active Cities drawstring shoe bag!

JUVENILE RACES START TIMES AND LOCATION

Start times: 8.30am U16 800m Fun Run
8.50am U12 800m Fun Run
9.10am U8 800m Fun Run

Location: Start on Fortfield Road near Collage Drive intersection

All participants get a medal and goodie bag!

RACE NUMBER AND T SHIRT COLLECTION

Race Number and T shirt collection can be made at :

- Friday May 10th at Sportsworld Clubhouse in Bushy park (beside tennis courts) 7-9pm
- Saturday May 11th at Sportsworld Clubhouse in Bushy park 2-6pm
- Sunday Morning May 12th at Our Ladies School Terenure Sports Hall from 8am.

RACE HQ

Race HQ on May 12th is Our Ladies School Terenure Sports Hall.

It will be open at 8am for race number and t-shirt collection.

There will be tea/coffee, refreshments and prize giving there after the race!

PRIZES

Individual

- 1st male and female €400 and trophy each
- 2nd male and female €250 and trophy each
- 3rd male and female €150 and trophy each
- 4th male and female €100 each
- 5th male and female €50 each

Team

- 1st male and female senior team €200 for the team and team trophy
- 2nd male and female senior team €100 for the team and team trophy

Masters (Over 40)

- 1st male and female masters team €160 for the team and team trophy
- 2nd male and female masters team €80 for the team and team trophy
- In all the age categories there is a trophy for 1st and 2nd male and female Over 35, 40, 45, 50, 55, 60, 65 years old

RACE PACERS

Race Pace Makers from Sportsworld Running Club will be in the starting area with flags to follow for 35, 40, 45, 50 and 55 minute finishes!

CLOSED ROADS

Fortfield Road will be fully closed for the race start/finish.

The rest of the course will have a single lane closed to traffic for the race.

Stewards will be in attendance at all junctions and Gardai will also be at strategic points around the course. Participants will be separated from any traffic by cones in all instances.

For details of roads affected visit the race website:
<https://sportsworldrunningclub.com/terenure5mile/>

CHIP TIMING

Yes there is chip timing attached to your race number. Results will be posted afterwards on the [My Run Results website](#).

FINISHERS PHOTOS

Finishers photos will be published free for downloading and tagging on the race Facebook page: www.facebook.com/terenure5mile/

BAGGAGE

We do not operate an official baggage drop area but many runners do leave a bag in the Race HQ (Our Ladys School Sports Hall). We do not take responsibility for any items left on the premises during the race.

WATER STATIONS

There is one on course water stations and water at the finish line. The on course water station is just before the 3 mile marker at the top of Fortfield Road.

RECYCLING

Please return all water bottles to the Scouts who are handing out water at the water station and the finish.

The Scouts will be collecting bottles to take part in the Deposit Return Scheme and raise funds for their Scout Group!

CHANGING ROOMS

There are toilet and changing rooms available in the Gymnasium of Our Ladys School. Any items left here during the race is at the competitors risk.

TOILETS

There will be a small number of Portaloo's at the start/finish areas and more toilets available at Race HQ Our Ladies School.

PARKING

There is no parking available at Race HQ Our Ladies School.

Free on street parking is available in the surrounding roads and housing estates, please be mindful of our neighbours!

Please don't park on Fortfield Road – that's the start/finish area!

We encourage our competitors to walk, cycle, use public transport or carpool.

Templeogue Road is serviced by Dublin Busses 15, 49, 65 and 65b. Here is a link for; [Templeogue Road Dublin Bus Timetables](#) Remember Sunday bus service times differ from weekday!

JOINING SPORTSWORLD RUNNING CLUB!

Sportsworld Running Club accepts new members all year round! New members first try two sessions at the Club to see if it is for them. Just turn up on any Tuesday or Thursday night at 7pm at the clubhouse in Bushy Park beside the tennis courts and ask for head coach Emily Dowling and join in the session! A club committee member is at the door each night to meet new members!

There are three supervised coached training sessions every week, Tuesday and Thursday evenings and Saturday mornings. Club runners meet on Sunday mornings for a long run and coffee usually in the Phoenix Park.

If at the end of the two weeks you wish to join the Annual Membership is;

- Joining any date between January 1st and June 30th: €125 (includes a club race singlet)
- Joining any date between July 1st and September 30th: €85 (includes a club race singlet)
- Joining any date between October 1st and December 31st: €55 (includes a club race singlet)

Note: All memberships expire on Dec 31st. Renewal is then €100 per annum due in January.

REFUNDS

There are no refunds for those who do not run. But rest assured our charity partner will appreciate your contribution!

ARE WALKERS WELCOME?

Yes but to reduce disruption to residents and road users we only have use of the roads for a limited time. We may have to ask walkers to use the footpaths for the last mile if they have not finished by 10.30am. We will have the race pacers guide the last finishers to the line. Please use the footpaths for safety so as not to cause any collisions with runners.

MEDICAL ASSISTANCE

The Civil Defence will have medical personnel and an ambulance stationed at the start and finish. There will also be a rapid response cyclist with cardiac defibrillator available on the day.

DISTANCE ACCURACY

The course has been measured by an international course measurer supplied by [Athletics Ireland](#). There will be mile markers on the course.