Remembrance Run 5k
Supported by 123.ie

Sunday 8th November 2026 | 10.00am Start
Phoenix Park, Dublin

REMEMBRANCE RUN TIMETABLE

08:00	Registration and Tee Shirt Collection Area Opens
08:40	Live Music & Choirs Begin
09:30	Individual Warm up
09:45	Assemble in allocated Assembly Zones
09:55	Address by Frank Greally / Minute Silence
10:00	First Wave Runners/ Joggers Start
10:02	Second Wave Start – Joggers/Walkers Start
10:04	Third Wave Start – Walkers / Buggies Start
10:05	Our Lady of Victories Choir will be performing along the route – feel free to pause, reflect, and enjoy the music as you pass by.

Complete the 5k at your own pace! This is an experience, not a race.
Arrive Early and Enjoy the day!

NUMBER & T-SHIRT COLLECTION

To participate in the event, you must have your run number (bib).

📍 Number Collection:

- **Sunday 9th November** , Furze Road, Phoenix Park (near Start area) 08:00 – 09:30

If you opted to purchase a T-shirt this can be collected with your race number.

For queries please email roadraces@athleticsireland.ie

EARLY ARRIVAL AVOIDS the QUEUE!

WEARING YOUR RACE NUMBER (BIB)

- Attach your race number to the front of your shirt using safety pins.
- Keep your bib clearly visible at all times.
- Do not remove your bib until you cross the finish line.
- Your bib also serves as an emergency identifier.

🖍️ On the **back of your bib**, clearly write:

- Your name and emergency contact number
- Any medical conditions

BAGGAGE

Limited baggage storage will be available.

- Place your bag in the section matching your race number.
- You'll need to show your race number to reclaim your bag.

⚠️ **Do not leave valuables in your bag.** While every effort will be made to ensure safety, the organisers cannot accept responsibility for lost or damaged items.

MUSIC

Arrive early to soak in the peaceful atmosphere of Phoenix Park and enjoy live music, singing, and poetry from 8:40 am. The Lucan Gospel Choir and other performers will offer heartfelt melodies to honour and uplift the memory of loved ones. Along the route, the Our Lady of Victories Choir will perform near the top of the 'Furry Glen' at the 1.8 km and 4 km points—moments to reflect and feel connected to those we remember.

WALL OF REMEMBRANCE

🕊️ Visit the Wall of Remembrance to write a message or tribute. Markers will be provided on the day. Photos and messages for loved ones will also appear on the big screen. Arrive early to participate.

ASSEMBLY /START

The assembly area is adjacent to the start line which will be clearly marked by the start gantry. The assembly area will be divided into waves as follows:

1. RUNNERS 2. JOGGERS 3. JOGGERS/WALKERS 4. WALKERS/BUGGIES

For your safety and enjoyment, please enter the wave area he corresponds best to you.

🚌 FREE SHUTTLE BUS

A free shuttle will transport participants to and from Phoenix Park:

- ➡️ **Before the run**: 8:15 – 9:45am from Parkgate Street and Dublin Zoo to the Phoenix Monument
- ⬅️ **After the run:** 10:40 – 11:30am from a designated area near the monument back to Dublin Zoo and Parkgate Street

All buses will be clearly marked "Remembrance Run." 🕊️



BATHROOM FACTILITIES

On-the-day facilities include:

✔ Urinals
✔ Female-only toilets with period products
✔ A range of unisex toilets

🚫 Changing rooms will **not** be available due to the number of participants.

BEFORE YOUR RUN: WARM-UP & PREP

Begin your warm-up about 30 **minutes** before race time. Allow time for:

- Toilet access
- Baggage drop
- Moving to your wave

Recommended warm-up includes light jogging and stretching.

DURING & AFTER YOUR RUN

At the Finish:
Keep moving after you cross the finish line. Follow the marshals' instructions to collect your finisher's pack, which includes your special **Remembrance Run Candle** 🕯️ .

Baggage Recovery:

- Retrieve your bag from the designated area. Show your race number to collect it.

Refreshments:

- Water and post-race refreshments will be provided after the finish.

MEDICAL SUPPORT

🚑 **St John Ambulance** will provide medical coverage on the day.
If you have a medical condition, please inform a medic before the race begins. The Medical Centre will be located near the finish line.

TRAVEL & PARKING

🚚 **Parking in Phoenix Park is limited**, so we encourage using public transport or nearby city centre car parks. Suggested locations include:

- Parkgate Street, Thomas Street, Ushers Quay, Christchurch Place, College Green, Jervis Street, St Stephen's Green Shopping Centre

🚌 **Shuttle Bus:** A free shuttle runs from **Parkgate Street** from 8:15 am. See the shuttle section above for full details.

Bus Routes: Several Dublin Bus routes provide easy access to Phoenix Park, including **26, 38B, 39, 70, 99, C5, and C6**.

📍 These buses serve park entrances at **Parkgate Street, Islandbridge, Chapelizod, and Ashtown Gates**.

⚠️ Please note(for the duration of the event):

- Ashtown Gate will be entrance only
- Castleknock Gate will be exit only

For full and up-to-date public transport information, please visit the **Dublin Bus website**.

🚊 **Luas:** Take the **Red Line** to **Heuston Station** for easy access to the Shuttle bus

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LITTER & ENVIRONMENT

The Phoenix Park is a treasured public space. We operate a **"Leave No Trace"** policy:

- Please dispose of litter responsibly
- Use bins provided or take your rubbish home
- Help us respect this beautiful venue, made available by the Office of Public Works

COURSE MAP



THANK YOU

The team in the OPW who manage the Phoenix Park, Gardai Traffic Corps, St John Ambulance, Our Lady of Victory Ballymun Gospel Choir, Lucan Gospel Choirs, 123.ie, Last Lap Café, all our performers

A special shout out to all our amazing volunteers from local clubs – Dublin City Harriers, Lucan Harriers AC, Waterstown Warriors AC and Kevins HC

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