

2023 LIBERTIES FUN RUN FAQS

WHEN DOES IT TAKE PLACE?

The 2023 Liberties Fun Run will take place on Wednesday, 19th of July, 2023

WHERE DOES IT START?

It starts and finishes in Royal Hospital Kilmainham.

HOW MUCH IS THE ENTRY FEE?

ENTRY IS FREE FOR THOSE WHO WISH TO FUNDRAISE for the event by raising a minimum of €100 in sponsorship. All proceeds go towards improving patient care at St James's Hospital.

If you do not wish to fundraise, you can choose from the following options:

Early Bird: €30 Normal: €35 On the Day: €40

WHAT DO WE GET FOR OUR ENTRY FEE?

All finishers will receive a technical running top and a souvenir medal.

WHEN DOES REGISTRATION CLOSE?

Online registration will close at midnight on Friday, 14th of July 2023

CAN I REGISTER ON THE DAY?

If the event is not sold out, registration will be available on the day of the event.

WHAT HAPPENS WHEN I REGISTER?

When you have registered on the website you will receive an email confirming your successful registration.

WHEN DO I GET MY RACE PACK?

Race packs will be given out at registration on the day of the race. Registration will take place from 5pm on the grounds of the Royal Hospital Kilmainham.

Please arrive early to ensure you receive your running top and race number in time for the start time of 7.45pm.

CAN I TRANSFER/REFUND MY EVENT ENTRY?

No, all entries are non-refundable and non-transferable.

IS THE EVENT CHIP TIMED?

Yes, the Liberties Fun Run is a 4-mile timed road race.

WILL THE ROUTE BE MARKED / SIGNPOSTED?

Yes, there will be mile markers along the route.

IS MEDICAL ASSISTANCE AVAILABLE?

Yes, we will have an ambulance on the route.

WILL THERE BE WATER?

Yes, there will be plenty of water at the finish line. There are no water stations on the route.

WHERE CAN I PARK?

Royal Hospital Kilmainham is located within a five-minute walk of both Heuston Station and the Luas stop at St. James's Hospital.

THERE IS NO PARKING WITHIN THE GROUNDS OF ROYAL HOSPITAL KILMAINHAM.

IS THERE A BAG DROP/CHANGING FACILITIES?

There will be an attended bag drop facility where participants can leave bags while on the Fun Run. The bag drop will be open from 6pm and will close at 9.30pm – by which time all bags should be removed.

Participants should please also note that, although the bag drop will be attended, bags will be left at the risk of owners and it would be advisable to leave valuables at home.

Please note that there will be no changing facilities and it would be advisable therefore to arrive in running / walking gear.

IS THERE A WARM UP?

Yes, chartered physiotherapists from the Department of Physiotherapy at St. James's will do a warm-up stretching session before the Fun Run. This will take place on the West Avenue at the Royal Hospital and will start at 7.30 pm.

START TIME?

The event will start at **7:45pm** – Please make sure you are at the start line on time.

IS THERE SHOWER FACILITIES?

No, there are no shower facilities at the event.

FOR MORE INFORMATION PLEASE CONTACT: EVENTS@SUPPORTSTJAMES.IE