



# **General Information Sheet**

## **12<sup>th</sup> IAU 24 Hour World Championships**

incorporating

**WMA 24 HOUR WORLD CHAMPIONSHIPS**

and

**THE IRISH NATIONAL 24 HOUR CHAMPIONSHIPS**

**BELFAST, NORTHERN IRELAND**

**July 1/July 2, 2017**

*Version 20170224*



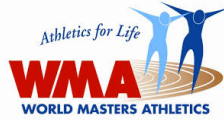
BRITISH  
ATHLETICS



# GENERAL INFORMATION SHEET

## Table of Contents

1. WELCOME	page 3
2. LOC CONTACTS	4
3. IAU/WMA CONTACTS	6
4. RACE INFORMATION	8
5. ENTRY DETAILS (IAU and WMA)	10
6. VISA REQUIREMENTS	13
7. ACCREDITATION AND MEDICAL	15
8. TRANSPORT	16
9. ACCOMMODATION	17
10. PRE-RACE MEETINGS	21
11. IMPORTANT TIMES AND DATES (Summary)	22
12. WEATHER	24
13. TOURIST INFORMATION	27



BRITISH  
ATHLETICS



## WELCOME

On behalf of the Local Organising Committee, I have great pleasure in welcoming athletes, management teams, crew, officials, friends and family to the 12th IAU 24 Hour World Running Championships.

Belfast is a city that knows its sport; and knows how to encourage and support those going beyond their limits to reach new heights.

The World Cross Country Championships were held here back in 1999 won by two great athletes: Kenyan Paul Tergat and Ethiopia's Gete Wami. In 2014, the Giro D'Italia bike race visited the city.

Already this year Belfast has hosted the IIHF World Ice Hockey Championships. And, following this Championship, UEFA's U19 European Women's Football Championships and the Women's Rugby World Cup are on their way in August.

This will be the 8th year that we have organised a 24 hour race in Belfast and the 6th time that it will be the National Championships. The event moved from the Mary Peters' track to Victoria Park in search of more space last year.

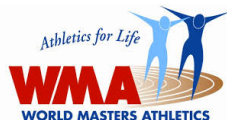
The course, part of £40m green space development in the east of the city, is just under 1.7K and is largely flat. The surface is exposed aggregate concrete. In its first year of competition a record number of competitors went beyond 200kms and a world age-group record was set.

Belfast has much to offer with tourists flooding in and new hotels and restaurants rising to meet them.

The course is right next to the Titanic Quarter - recently voted the world's leading visitor attraction. And, I hope you will get an opportunity to explore it and further afield to, for example, the world heritage site, the Giant's Causeway, or perhaps the sites where the hit HBO series Games of Thrones is filmed.

But first and foremost you are here to race - so can I wish you the very best of luck and loads of stamina as you look to realize your dreams on the world stage.

ED SMITH,  
LOC Chairperson.



BRITISH  
ATHLETICS



## Contact Details

### **Athletics Northern Ireland,**

General Secretary: JOHN ALLEN  
Athletics House,  
Old Coach Road,  
Belfast BT9 5PR  
+442890602707

### **Local Organising Committee(LOC),**

Chairperson: ED SMITH  
+447740818389  
[ed\\_n\\_smith@hotmail.com](mailto:ed_n_smith@hotmail.com)

Race Director: MARTIN CURRAN  
+447860851125  
[curran@globalnet.co.uk](mailto:curran@globalnet.co.uk)

Assistant Race Director  
Volunteers : DOUG SMITH  
+447784626086  
[doug@youthinitiatives.com](mailto:doug@youthinitiatives.com)

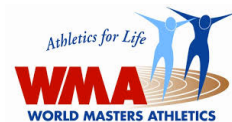
Accommodation : LORNA SMITH  
+447876041664  
[ed\\_n\\_smith@hotmail.com](mailto:ed_n_smith@hotmail.com)

Logistics: MICHAEL RINGLAND  
+447831697291  
[michael.ringland@energia.ie](mailto:michael.ringland@energia.ie)

Transport: GEOFF SPARKES  
+447788976717  
[geoff.sparkets@btinternet.com](mailto:geoff.sparkets@btinternet.com)

Media: ELLIE TURNER  
+4478180671222  
[ellie@turnerstone.com](mailto:ellie@turnerstone.com)

Social Media: KATE FINN  
+447748158812  
[kate.b.finn@gmail.com](mailto:kate.b.finn@gmail.com)



BRITISH  
ATHLETICS



### **Race Referees/Officials:**

DAVID SEATON, chairperson Athletics NI  
+447790496791  
davidseaton2@hotmail.co.uk

LIAM HENNESSY, chairperson Ultra Committee, Athletics Ireland  
+353879674768  
[liamhennessy1@gmail.com](mailto:liamhennessy1@gmail.com)

ANTO LEE,  
RAY O'CONNOR,  
MAGS MATHIESON.



BRITISH  
ATHLETICS



## International Association of Ultrarunners (IAU)

email: [info@iau-ultramarathon.org](mailto:info@iau-ultramarathon.org)  
website: [www.iau-ultramarathon.org](http://www.iau-ultramarathon.org)

IAU Vice President: NADEEM KHAN (CAN)  
+17163926657  
[nadeem.khan@iau-ultramarathon.org](mailto:nadeem.khan@iau-ultramarathon.org)

IAU General Secretary: HILARY WALKER (GBR)  
+447884473336  
[secretary@iau-ultramarathon.org](mailto:secretary@iau-ultramarathon.org)

IAU Director of Organisations (including IAU Labels): LIESBETH JANSEN (NED)  
+31597432972 or +31622490053  
[liesbeth.jansen@iau-ultramarathon.org](mailto:liesbeth.jansen@iau-ultramarathon.org)

IAU Treasurer/Director of Finance and Marketing: ROBERT BOYCE (AUS)  
[robert.boyce@iau-ultramarathon.org](mailto:robert.boyce@iau-ultramarathon.org)

Director of Competition and Records : FRANCISCO SANCHEZ-RICO (ESP)  
+34616508228  
[paco.rico@iau-ultramarathon.org](mailto:paco.rico@iau-ultramarathon.org)

Director of Communications: JAN VANDENDRIESSCHE (BEL)  
+32495267884  
[jan.vandendriessche@iau-ultramarathon.org](mailto:jan.vandendriessche@iau-ultramarathon.org)

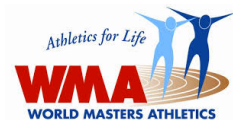
### Area Representatives

Europe: WALTER HILL (GBR)  
[Walter.hill@iau-ultramarathon.org](mailto:Walter.hill@iau-ultramarathon.org)

The Americas/Protocol Lead: LIN GENTLING (USA)  
[Lin.gentling@iau-ultramarathon.org](mailto:Lin.gentling@iau-ultramarathon.org)

Africa: SOLOMON OGBA (NIG)  
[Solomon.ogba@iau-ultramarathon.org](mailto:Solomon.ogba@iau-ultramarathon.org)

ASIA: GILSOO PARK (KOR)  
[Gilsoo.park@iau-ultramarathon.org](mailto:Gilsoo.park@iau-ultramarathon.org)



BRITISH  
ATHLETICS



## World Masters Athletics (WMA)

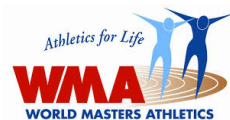
**WMA Liaison Officer:** BRIAN KEAVENEY

+14166058478

[masters@sympatico.ca](mailto:masters@sympatico.ca)

**World Masters Athletics(WMA) Website:**

[www.world-masters-athletics.org](http://www.world-masters-athletics.org)



BRITISH  
ATHLETICS



## Race Information

### LOC HQ:

Queen's Elms Village,  
78 Malone Road,  
Belfast BT9 5BW

### EVENT ADDRESS:

Victoria Park,  
Park Avenue,  
Belfast BT3 9EF

Pedestrians entrances: from Airport Road across Sam Thompson bridge  
from Sydenham Station  
from George Best Belfast City Airport  
from Park Avenue, via the underpass.

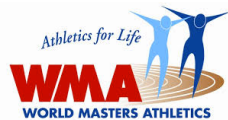
### THE COURSE:

Distance:	1653 metres, width 4 metres
Start Line:	Width 6 metres
Total Elevation:	4.45 metres
Surface:	Exposed aggregate concrete
Direction:	Anti-clockwise(No change of direction)
Changing facilities:	On 'island'
Medical Centre:	Behind team tents and in front of dual carriageway(emergency entrance)
Team Tents(WC)	200m passed start line(in front of play area)
Doping Control:	On 'island'
Race HQ:	Pavilion beside car-park.
Catering/merchandise/general:	In car-park area's 'tented village'.
Toilets:	At 600m and 1200m. Also in tented village area.
Feed station:	In front of car park.
Timing:	Car park area.

### OPEN RACE.

Limited to 100.	Sold Out.
Registration:	From 10am Fri, June 30 at Queen's Elms Village OR from 9am at Victoria Park.



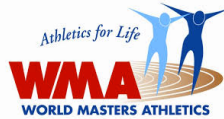


BRITISH  
ATHLETICS



## Map of the course





BRITISH  
ATHLETICS



## Entries: Preliminary (PEF) and Final (FEF)

### Competition: IAU 24H World Championships

- Men's individual
- Women's individual
- Men's Team
- Women's Team

The race is open only for athletes of IAU member Federations. They are invited by the IAU.

Only athletes and teams officially registered by their National Federation will count for the IAU 24H World Championships teams' result.

Every country can send 9 men and 9 women and nominate 6 men and 6 women (with a maximum of 3, 6, or 9 officials according to team numbers).

For the teams' results, the delegations will be ranked according to the addition of the performances (kms) of their three best athletes.

### Entries

DEADLINE PEF: **April 15, 2017** – midnight British Summertime

DEADLINE FEF: **May 15, 2017** – midnight British Summertime

**The IAU forms must be sent via e-mail to:**

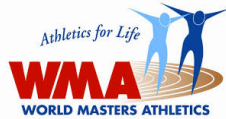
LOC: [info@Belfast24.com](mailto:info@Belfast24.com)

IAU: [secretary@iau-ultramarathon.org](mailto:secretary@iau-ultramarathon.org)

Please note that the travel and accommodation grants are paid under the condition that the entry forms are returned before the cut-off dates.

For the PEF, each Federation must send a list with the number of their athletes and officials.

The FEF should include the list of its runners with names, date of birth, sex, and personal bests and inform the LOC about arrival and departure times, flight numbers, train or bus times, required number of rooms, required number of nights, required number of meals to be provided.



BRITISH ATHLETICS



### Travel Grant and the use of Wildcards

Travel Grant information/receipts will be scheduled right after the Technical Meeting. The allocated Travel Grant for the National Athletics Federations for this MIAUC will be announced nearer the time but will be of the order of the following example:-

	TG (TEAM)	IG (A)	IG (B)	IG (C)
	160 €	160 €	120 €	80 €
<p>TEAM-Grants are paid for <u>maximum</u> one male and one female team, (= minimum 3 runners/team)</p> <p>IG-Grants are paid for <u>maximum</u> 3 men and 3 women/country All these grants are cumulative!</p>				

### The TRAVEL GRANT will only be paid by bank transfer, after the event.

*The provisional travel grant invoice will be given after the Technical Meeting. After the start of the race there will be a last check of the athletes who started. If athletes who are on the TG paper did not start the amount of TG will be changed.*

The table shows that if you send a full team then you will receive a basic team grant (TG). Then **additionally** you will receive the additional individual grants (IG) per athlete as part of the team. If you are only sending individual athletes then the travel grant will be just that of the individual athlete.

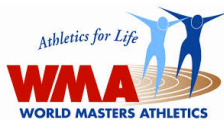
On the IAU website, [www.iau-ultramarathon.org](http://www.iau-ultramarathon.org), nearer the race date, you'll find a list of the runners of your Federation who belong to category A, B or C.

### Use of Wildcards

The introduction of the WILDCARDS means that a runner with 'only' a C level (or less) may be upgraded to a B-level for that particular MIAUC. At every MIAUC you can use a maximum of 2 wildcards (combined, men and women). This regulation gives team delegations the opportunity to send potential "B-athletes" even when certain situations made it impossible for some athletes to compete in an IAU labelled race to achieve the IAU recognised performance.

These WILDCARD athletes **must** be indicated on the Final Entry Forms (FEF) for that particular MIAUC.

If you have any questions about this, please contact the IAU Director of Organisations: Liesbeth Jansen.



BRITISH  
ATHLETICS



## **WMA World 24 HR Championships**

**WMA World 24H Championships - in age-groups, no teams.**

**Entry for the WMA age-groups will be restricted to athletes selected for the IAU 24 hour World Championships or who have a place in the Open Race.**

Athletes wishing to take part in the WMA World Championship need to ensure that they observe the WMA entry procedure (including payment of the appropriate entry fee).

### **Eligibility:**

Athletes wishing to enter the WMA event must be at least age 35 on the first day of the event which is July 1, 2017.

There are no age or sex restrictions other than what is listed above. Individual 5 year age awards will be given out to men and women based on age position at the end of the event. Age groups start at 35-39 and upwards. Awards will be given for first, second and third place individuals. There are no team awards. Awards for Masters will be given out immediately after the IAU 24H World Championships ceremonies. Award winners are to appear in country uniforms as photos will be taken.

Athletes must be members of their countries IAAF or Masters' association for 2017 and must be in good standing. Athletes can't change country affiliation unless they have followed WMA rules.

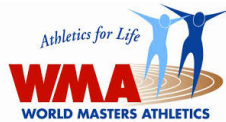
Athletes must wear a singlet or uniform top approved by their country affiliate. An age group tag must be worn on the back by each athlete to identify their age group to another athlete. It must remain in place and visible for the entire event along with their BIB number.

All Masters' entries are subject to IAU rules on Doping Control.

The WMA Technical Delegate will be present and will assist the LOC.

Athletes of the National delegations who are entered by their Federation for the IAU Championships and who also want to take part in the WMA Championship should:

- a. Inform the LOC by email.
- b. Mark this in the WMA column in the FEF of their country.
- c. Pay the extra entry fee of £15(€18).



BRITISH  
ATHLETICS



## Visas

Any foreign visitor wishing to visit Northern Ireland, UK, should have a valid passport or an EU ID-card.

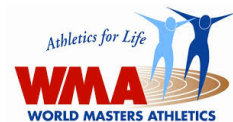
Federations should send a list of team competitors and all persons who could be part of the team well in advance containing names, and passport details including: Date of Birth, passport start date and end date.

IAU Member Federations who don't need a visa prior to departure:

Andorra	Cameroon	Gibraltar	Korea (South)	Peru
Argentina	Comoros	Great Britain	Latvia	Poland
Australia	Costa Rica	Greece	Lithuania	Portugal
Austria	Croatia	Hong Kong	Luxembourg	Romania
Belgium	Czech Republic	Hungary	Macedonia	San Marino
Brazil	Denmark	Iceland	Mexico	Switzerland
Brunei	Spain	Ireland	Monaco	Slovakia
Bulgaria	Estonia	Israel	Namibia	Sweden
Canada	Finland	Italy	Netherlands	Uruguay
Congo	France	Japan	New Zealand	USA
Congo (DR)	Germany	Norway	Venezuela	

IAU Members who do need a visa prior to departure but have a UK Embassy in their country:

Albania	Embassy Tirana	Nigeria	Embassy Abuja
Algeria	Embassy Algiers	Philippines	Embassy Manila
Angola	Embassy Luanda	Qatar	Embassy Doha
Burundi	Liaison Bujumbura	South Africa	Embassy Pretoria
Belarus	Embassy Minsk	Gambia	Embassy Banjul
Sierre Leone	Embassy Freetown	Kenya	Embassy Nairobi
Sri Lanka	Embassy Colombo	Tunisia	Embassy Tunis
Kyrgyzstan	Embassy Bishkek	Turkey	Embassy Ankara
Lesotho	Embassy Maseru	Chinese Taipei	British Office Taipei
Lebanon	Embassy Beirut	Ukraine	Embassy Kiev
Madagascar	Embassy Antananarivo	Zimbabwe	Embassy Harare
Mongolia	Embassy Ulaan Baatar	Serbia	Embassy Belgrade
Nepal	Embassy Katmandu	Ecuador	Embassy Quito
India	British High Commission – various cities.		



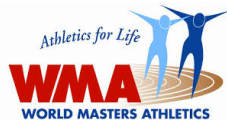
BRITISH  
ATHLETICS



IAU Members who do need a visa prior to departure but do not have a UK Embassy in their country:

Cape Verde Islands  
Niger

Embassy Dakar, Senegal  
Embassy Bamako, Mali



BRITISH  
ATHLETICS



## Accreditation

All connected to the World Championships will carry accreditation. It will state name, nationality and category: a. competitor. b. crew. c. management. d. VIP. e. LOC. f. volunteer. Each participating Federation should include this information in advance in its FEF.

Accreditation will be handed out between June 28-30 on teams' arrival in the Treehouse, Elms Village.

## Medical

The safety and welfare of competitors is of paramount importance to the Medical Team.

In accordance with rule 53.1 of the IAAF Competition Rules, each Federation agrees to submit the following information surrounding its runners:

- a. Any medical history and or pathology - in particular those which may increase their risk during exercise.
- b. The regular use of treatments and medicines in the 15 days leading up to the race.
- c. All requests for or use of medicines subject to a Therapeutic Usage Exemption (TUE).
- d. Accept to answer any request the Medical Team may make based on the information submitted in order to discuss the runner's ability or not to participate in the competition.
- e. Accept that, under rule 144 of the IAAF Competition Rules, the Medical Team decision on participation before or during the race is final.

**UK Anti Doping has been appointed to carry out testing during the Championship.**





BRITISH  
ATHLETICS



## Transport

### **Belfast is served by three airports:**

Dublin Airport: The largest of the airports and 2 hours from Belfast.

Buses to Belfast can be found outside the terminal.

NO LOC TRANSPORT IS AVAILABLE AT DUBLIN AIRPORT . Teams must make their own arrangements for getting to Belfast city centre. Once they arrive there, transport will be available at Europa Bus Station, Belfast city centre - the final destination of buses coming from Dublin airport; or Central Station where trains arrive from Connolly Street station in Dublin to take teams to their accommodation.

Transport will be made available at teams' scheduled arrival times.

Belfast International Airport: 30 mins from Belfast.

No rail link. LOC shuttle buses available on request from Wed, Jun 28 - Mon, July 3 to transport to accommodation.

George Best Belfast City Airport: Beside Victoria Park allowing visitors to walk to the course and 15 mins from city centre.

LOC buses available on request, Jun 28-July 3 to transport to accommodation

There will be HELP desks in the 3 airports and at the bus and train stations.

### CAR RENTALS

There is car hire in Dublin and Belfast airports.

It is 2 hours by car from Dublin to Belfast via the M1 motorway (toll charges)

You will need 30 mins from Belfast International Airport to Belfast.

### **TRANSPORT ON SITE**

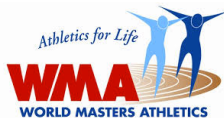
LOC mini-buses will be available at the Elms Village accommodation to take and return competitors to the race in Victoria Park.

A shuttle bus service will also be available during the race.

Buses will transport teams to the Opening and Closing ceremonies.

The transportation schedule will be made known before the arrival of teams.





BRITISH  
ATHLETICS



## Accommodation

All teams will be staying in the Elms Village complex at 78 Malone Road, Belfast BT9 5BW. It is in the south of the city on Queen's University's campus and a 20 minute walk from the city centre.

Queen's Elms Village will be at the heart of the IAU 24 Hour World Championships.

There will be a help desk here from the Wednesday to the following Monday departures.

### Prices and payments:

All rooms are SINGLE rooms.

The LOC will pay for 2 male and 2 female athletes full-board for the duration of their stay.

For those travelling over 9 hours: this will be for 5 nights.

For those travelling between 4-9 hours: for 4 nights.

For those travelling less than 4 hours: for 3 nights.

The charge for additional athletes, team management, crew, family, partners, friends and other visitors is as follows:

Premium Ensuite including breakfast: £43.50(€51)per night. Standard including breakfast £37.50(€44) per night. Additional meals will be £15(€18)(To be confirmed).

Payment in GB Pounds sterling.

Additional tickets (outside of athletes, management and crew) to the Opening and Closing Ceremonies will be £15(€18).

Payment by bank transfer to:

Left Field:

Account number:51442917

IBAN: GB75BOFI90220751442917

Branch Code(Sort Code): 90-22-07

BIC: BOFIGB2B

Or for visitors accompanying teams you can book online at [www.Belfast24.com](http://www.Belfast24.com)

(It is important to have a Paypal account for this)

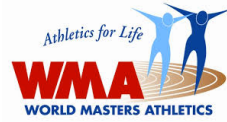
Or contact:

LORNA SMITH ( + 447876041664)

ED SMITH (+447740818389)

Email: [info@belfast24.com](mailto:info@belfast24.com).





BRITISH  
ATHLETICS



WITH  
Schneider  
Electric

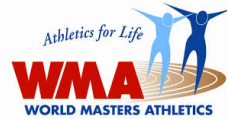
Over 400 rooms have been pre-booked. This should mean additional rooms for visitors accompanying teams. But it is important to book early to avoid disappointment. Bookings can be changed up to two weeks before the race.

All team delegations are responsible for the entries and requests for accommodation made by the FEF.

These requests must be sent to the LOC.

The LOC, following the instructions on the FEF, will then send out an accommodation invoice.

This must be paid by the stipulated date or the booking will become null and void.



BRITISH  
ATHLETICS



## More accommodation information

The athlete village (Elms Village) provides a perfect base for discovering Belfast. Set in a leafy residential area, this modern village style residence is located three kilometres from Belfast city centre.

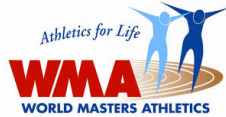
It is on the bus route. The number 8b will take you into the city centre.

The Treehouse, located at the heart of Elms Village, offers a restaurant which serves breakfast, a launderette, a shop which sells general grocery items, a deli which offers hot and cold snacks, ready meals, frozen goods, and useful items such as stationery and toiletries and ATM.

Some of the other facilities Elms Village offers are: Bikes for hire for £0.50 per day, limited car parking beside the Elms Reception (a daily fee is charged) and a barbecue area.

Rooms are in low rise accommodation blocks of three floors with a common room, kitchen and television available on each floor. The ensuite guest rooms feature simple, modern decor. This includes internet cable, WiFi, desks, and private bathrooms with showers.

Accommodation staff have received World Host training for welcoming athletes from around the globe.



BRITISH  
ATHLETICS



## Pre-Race Meetings

### IAU EGM (Extraordinary General Meeting).

Friday morning, June 30 at 10:00 hrs in the Elms Village Community area for delegations from all IAU Member Federation

This EGM is scheduled because of the need to change the constitution to allow elections to take place in 2018 and allow all IAAF member federations become IAU members.

### Press Conference:

Friday morning, June 30 at 1130 hrs. Venue to be confirmed.

Attendance of LOC, IAU, WMA and some athletes (athletes will be invited by the Director of Communications of the IAU)

### Outfit Meeting:

Friday afternoon, June 30 at 14.00 hrs for ALL countries

This meeting is mandatory for all delegations to send one member with examples of team apparel.

Its purpose:

To confirm the size and names of the team delegations.

To present the National competition shirt for inspection.

To receive the race numbers.

### Technical Meeting:

Friday afternoon, June 30 at 15.00 hours for ALL countries team management.

It will take place in the community area within the Elms Village complex.

Paco Rico (Director of Competitions) will chair this meeting. The meeting will be conducted in English. IAU General Secretary Hilary Walker will assist Paco Rico in this meeting.

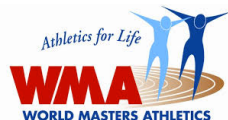
All team delegations will receive on their arrival, a brochure with all the Technical guidelines/rules specific for this MIAUC.

The last page of this brochure should be used to write down all your questions regarding this event. These questions should be deposited in a box which will be placed on Friday at noon in the entrance to the Treehouse.

**Only questions submitted in writing by the team delegations will be dealt with together with any subsequent clarifications.**



INTERNATIONAL ASSOCIATION OF ULTRARUNNERS



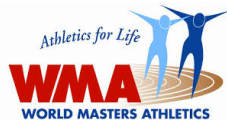
BRITISH  
ATHLETICS



## Important Times and Dates: (Summary)

### Championship Schedule

Wednesday, 28 June - all day	Arrival of the first teams. 12 00-14 00 hrs Lunch 18 00-19 00 hrs Dinner
Thursday, 29 June - all day	Arrival of the teams 12 00-14 00 hrs Lunch 18 00-19 00 hrs Dinner
Friday, 30 June - all day	Arrival of the fast teams 10.00 hrs IAU EGM 11.30 hrs Press Conference 12.00-14.00 hrs Lunch 14 00 hrs Outfit Meeting 15 00 hrs Technical Meeting 17.00 hrs Buses leave for Opening Ceremony 17.30 hrs Opening Ceremony 18.30 hrs Pasta Party 20.00 hrs Buses return to Elms Village
Saturday, 1 July	From 10.00 hrs Shuttle buses to race venue. 12.00 hrs Race start Shuttle bus available throughout the race.
Sunday, 2 July	12.00 hrs Race Finish From 13.00 hrs Shuttle buses return to Elms Village 16.30 hrs Buses will leave from Elms Village 18 00 hrs Award Ceremony 1900 hrs Final Banquet From 20.00 hrs Buses return to Elms Village
Monday, 3 July - all day	Departure of the teams



BRITISH  
ATHLETICS



### **Opening Ceremony**

Friday, June 30 at 17.30 hrs  
Upper Malone Road,  
Belfast BT9 5NB  
Dub Pavilion, Malone Playing Fields.

4 kms from the Elms Village Accommodation.  
Buses will leave from Elms Village reception at 17.00 hrs.

### **Pasta Party**

Directly after the opening ceremony, same venue at 18.30 hrs; including a short cultural evening programme.  
Buses will return to the Elms Village at 20.00 hrs.

### **Awards and Closing Ceremony**

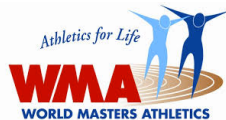
Sunday, July 2 at 18.00 hrs  
Upper Malone Road,  
Belfast BT 9 5NB  
Dub Pavilion, Malone Playing Fields.

Buses will leave from the Elms Village at 17.30 hrs

### **Final Banquet**

Directly after the ceremony, in the same venue at 19.00 hrs.  
Buses will return to the Elms Village from 20.00 hrs.





BRITISH  
ATHLETICS

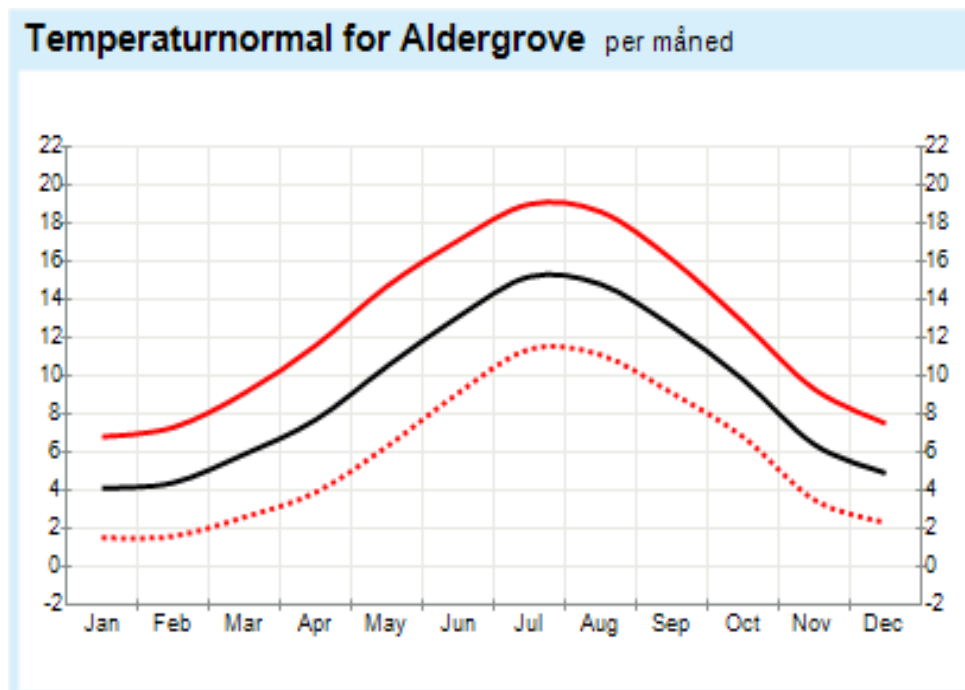


## Weather statistics for Belfast, Northern Ireland (United Kingdom)

Athletes need to be prepared for all types of weather conditions and should take into account the possibility of rain and cold nights.

- The average temperature in Belfast, Northern Ireland in July is mild at 14.5 °C (58.1 °F).
- Afternoons can be somewhat warm with average high temperatures reaching 18 °C (64.4 °F).
- Nighttime temperatures are generally quite mild with an average low of 11 °C (51.8 °F).
- The variation/ range of diurnal average temperatures in July is 7 °C (12.6 °F).
- The weather in July is hardly arid with rain from time to time. Circa 94mm (3.7in) of water is dumped across an average of 19 days.
- In July the skies in Belfast, Northern Ireland are a little dull having on average a modest 4hrs 23mins of glaring sunlight daily.
- The shortest day is 15hrs 57mins long and the longest day is 17hrs 11mins long with an average length of 16hrs 40mins.
- There are approximately 12hrs 01min per day when bright sunshine is absent due to cloud, haze or the sun being too low on the horizon to register.
- It is sunny approximately 26.7% of daylight hours and cloudy 73.3% of daylight hours.

Average temperature per month



Red: Average max. daily temps. Black: Average min. Red dotted: Average.



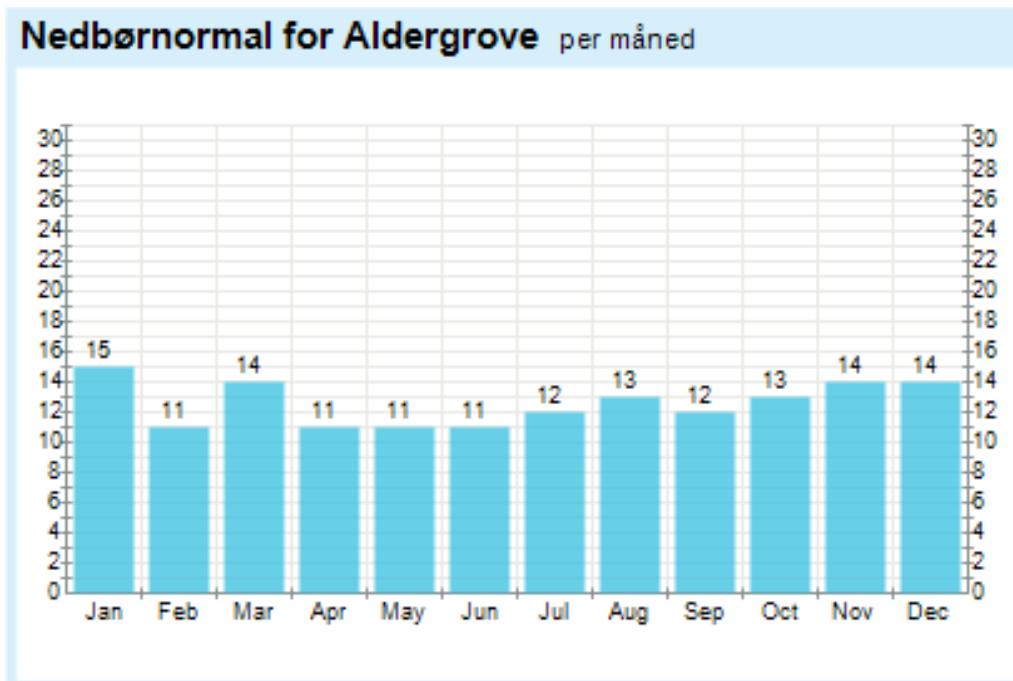


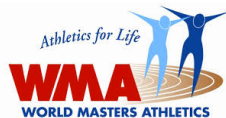
BRITISH ATHLETICS



Graph explanation.

Average days with precipitation per month





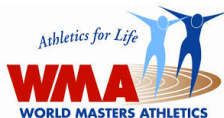
BRITISH ATHLETICS



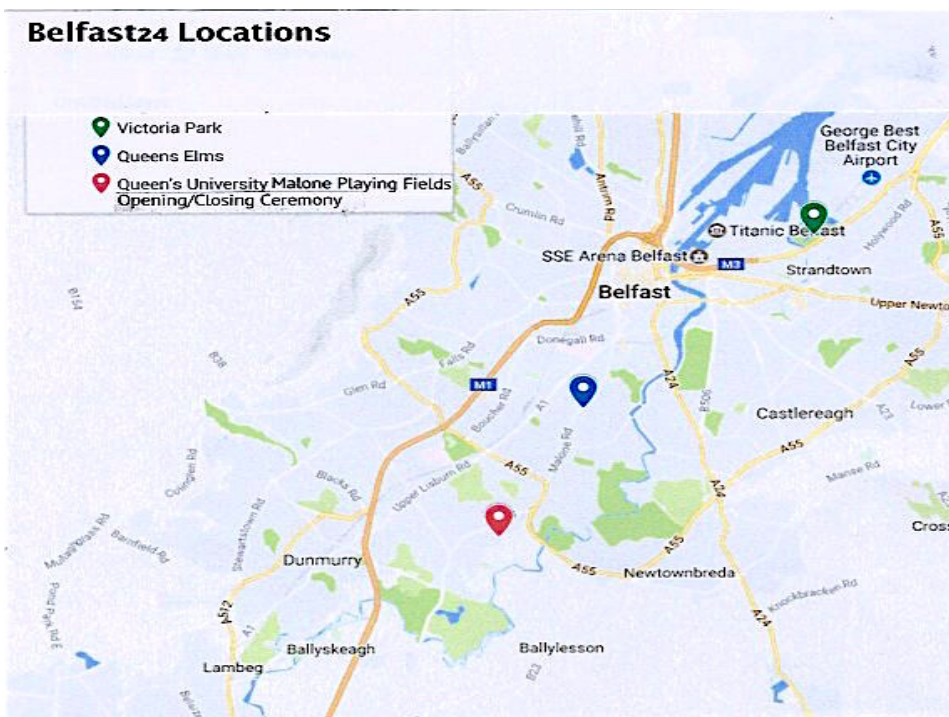
Graph explanation.

Tabular view for temperature and precipitation per month

Months	Temperature			Precipitation
	Normal	Warmest	Coldest	Normal
January	4.1°C	6.8°C	1.5°C	15
February	4.4°C	7.3°C	1.6°C	11
March	5.9°C	9.1°C	2.6°C	14
April	7.7°C	11.6°C	3.9°C	11
May	10.5°C	14.7°C	6.3°C	11
June	13.1°C	17.1°C	9.1°C	11
July	15.2°C	19.0°C	11.4°C	12
August	14.8°C	18.6°C	11.1°C	13
September	12.6°C	16.1°C	9.1°C	12
October	9.8°C	12.8°C	6.8°C	13
November	6.4°C	9.3°C	3.5°C	14
December	4.9°C	7.5°C	2.3°C	14



BRITISH  
ATHLETICS



## Tourist Information

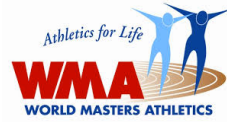
**Belfast** is the capital and largest city of Northern Ireland. It sits on the River Lagan, has a population of just under 300,000 and is a major port.

Belfast was a centre of the Irish linen, tobacco processing, rope-making and shipbuilding industries: in the early 20th century, Harland and Wolff, which built the RMS Titanic, was the world's biggest and most productive shipyard.

The city suffered greatly during the conflict called 'The Troubles' but latterly has undergone a sustained period of calm, free from the intense political violence of former years, and these days enjoying substantial economic and commercial growth.

The Titanic Quarter, near the race venue, has hosted over 2 million visitors and was recently voted the world's leading visitor attraction. Here, they also make the hit series "Game of Thrones".

A good place to start is the Belfast Welcome Centre in the heart of the city opposite the City Hall (itself worth a visit).



BRITISH  
ATHLETICS



Others attractions include: Parliament Buildings, Stormont - where there has been much history in the making; The entertainment complex, The Odyssey Arena; The Ulster Museum(not open on Mondays); St. George's Market in May Street- Northern Ireland's largest market ;and the Crown Liquor Saloon, affectionately known as simply 'The Crown' in Victoria Street.

For more information go to: [www.visitbelfast.com](http://www.visitbelfast.com)