



## **Malcolm Cup 2025 Race Instructions**



## Malcolm Cup Final Instructions

**Date:** Sunday 24th November 2024

**Venue:** Ozone Complex, Ormeau Park,  
Ormeau Embankment, Belfast BT6 8LT  
(Google maps [link](#))

1. Race fields are now at capacity: there will be no entries on the day.
2. To protect the environment and because parking has limited availability, please use public transport or car share where possible.

Please use the overflow car park at the Ozone Complex, stay on the right-hand side as you enter the car park. Marshalls will be in position to advise you.

Please do not park in the car park at the left-hand side as this will be reserved for Ozone Complex customers. Parking is also available at Dunnes Stores on the Annadale Embankment and the surrounding area.

3. Registration will be at the Annadale Striders gazebo, marked on the course map (see next page) and each club should nominate one person to collect the number to order to avoid long queues developing.

4. Toilets are available at the side of the Ozone Complex (see next page).

5. Last Lap Café will be on site, selling refreshments throughout the day.

6. The Ozone Complex and Ormeau Park is to be left in the same condition as we find them. Spectators should stay off the course as we only have use of the perimeters. Also, please do not leave any litter on or near the playing fields.

# Site Map



# Timetable

10:30	Registration opens	
11:30	Vet Men	3 miles
12:15	U13 Boys and Girls	1 mile
12:40	U15 & U17 Boys and Girls	2 miles
13:15	Senior Women & Vet Women	3 miles
14:00	Malcolm Cup	4 miles



## Course Map for Senior Women's Race and Veteran Men's Race



Both races are approximately 3 miles.

- Anti-clockwise
- Start marked with star
- 1 x White Lap
- 2 x Red Lap
- Finish chute shown in yellow

## Course Map for Senior Men's Race



Approximately 4 miles.

- Anti-clockwise
- Start marked with star
- 3 x Red Lap
- Finish chute shown in yellow



## Course Map for Junior Races



### U13 Race (1 mile approximately):

Anti-clockwise

Start marked with star

1 x Red Lap followed by Yellow Finish Chute

### U15/17 Race (2 miles approximately):

Anti-clockwise

Start marked with star

2 x Red Lap followed by Yellow Finish Chute

# FUNDRAISING FOR OUR CLUB MATE

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# SARAHJANE COOKE

Please help Sarahjane in her mission to receive life prolonging treatment to fight Cholangiocarcinoma



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