

Mallusk 5 Mile Race & 1 Mile Fun Run – Final Instructions

Dear Runner,

Thank you for registering for the **Mallusk 5 Mile Race** or **1 Mile Fun Run**. We're excited to welcome you on race day! Please take a moment to read the following important race day information.

1. Race Pack Collection

Race numbers can be collected from the **Academy Hub** at the following times:

- **Thursday 7th August 2025:** 4:30 PM – 7:00 PM
- **Friday 8th August 2025:** 5:00 PM – 6:30 PM

Location:

Academy Sports Club
Mallusk Road, Mallusk
Co Antrim, BT36 4QE

Important: Race numbers are non-transferable. Swapping numbers can interfere with race timing, age categories, and team results, and may lead to disqualification. All name change requests have now closed.

2. Road Closures

Please note the following road closures on race evening:

- **Mallusk Road** (between Park Road and Hydepark Road) will be closed from **7:15 PM**.
- **Hydepark Road** (between Mallusk Road and Boghill Road) will be closed from **7:30 PM – 8:30 PM**.

PSNI and Mallusk Harriers marshals will help manage these closures, but occasional vehicles may still enter the course. For your safety, please stay alert and avoid wearing non-approved earphones.

3. Parking

There is ample parking near the start/finish, though it will be unmanned. Note that race capacity has increased by 150 participants this year (including the fun run), so allow extra time.

Recommended parking:

- **City of Belfast Playing Fields** (4 Tudor Park, BT36 4RH)
~0.5 miles from the start – perfect for a warm-up jog!
- **Hydepark Church** (2 Hydepark Road, Newtownabbey, BT36)

Please do not park at the Academy Hub – spaces are reserved for race officials and wheelchair athletes. Be mindful not to obstruct residents driveways or the course.

4. Toilets

Facilities available:

- **At Academy Hub:** 5 ladies' and 5 men's toilets
- **Outside Hub:** 4 portaloos

5. Race Route

The **5 Mile Race** starts at **7:30 PM** sharp. Please be at the **start line by 7:20 PM** for the pre-race briefing.

- Start Line: **Mallusk Road (beside Academy Hub)**
- Course: A left-hand loop featuring the challenging **Sealstown Hill** in the first 1.5 miles, followed by mostly flat/downhill terrain.

View the route online here:

□ [Mallusk 5 Mile Route on Plotaroute](#)

6. First Aid

Provided by **Ambutran** at:

- Top of Sealstown Hill
- Start Area
- Finish Area

Please alert a marshal if you or another runner requires assistance.

7. Water Stations

A water station will be located **2 miles in**, at the top of Sealstown Hill, generously staffed by **McLaughlin and Harvey**.

At the finish, we'll have:

- Water & energy drinks from **Coca-Cola**
- **Avonmore Protein Milk** for all finishers

8. 1 Mile Fun Run

We're thrilled to introduce the **1 Mile Fun Run** to inspire young runners!

- **Start:** Hydepark Road (same as main finish line)
- **Start Time:** **7:35 PM**
- **Route:** Straight out-and-back mile

Every participant receives a medal and goodie bag, with mini awards for winners. Special thanks to **Barista Bar** for sponsoring medals, trophies, and treats!

9. Personal Belongings

Please **do not bring valuables**. You may leave clothing at the Academy Hub, but **Mallusk Harriers are not responsible for lost or stolen items**.

10. Post-Race Refreshments

Join us back at the **Academy Hub** for our famous post-race hospitality, including:

- Hot dogs, sandwiches, tea, coffee, and sweet treats
- Massive thanks to Mayfield Village Butchers for supplying the sausages and to all our club members for their incredible baking/ cooking/ and donations of food.

11. Prize Giving

Prizes will be awarded at the **Academy Hub** after both races.

Main Race Prizes

- **1st Male & Female** – £50 + trophy
- **2nd Male & Female** – £40 + trophy
- **3rd Male & Female** – £30 + trophy
- **All Age Category Winners including 15–18 junior prize** – £20

Team Prizes – Barista Bar Team Challenge

- **Men's Teams:** First 5 affiliated male club runners. Fastest total time wins.
 - **Women's Teams:** First 4 affiliated female club runners. Fastest total time wins.
- No need to pre-register teams.*

☐ Current Trophy Holders:

Men – **Willowfield Harriers**

Women – **North Belfast Harriers**

The Newtownabbey Cup

A friendly rivalry between **Mallusk Harriers** and **Monkstown Spartans** – who will claim the crown?

12. Photography

Official photos will be posted on our **Facebook page**. Feel free to tag friends, and share your own pics using our event hashtag. We love to see your race day moments!

13. “Design-a-Sign” Competition

New for this year! Have a supporter bring a creative sign to the course and enter our competition to win a **£20 prize**. Just snap a photo and DM it to us on Facebook — bonus points for in-route photos with the sign!

14. Special Thanks to Our Sponsors

Organizing this race involves considerable costs, including road safety and PSNI coordination. We couldn't do it without the generous support of these local businesses:

- **Barista Bar** – Our go-to coffee stop pre- and post-race
- **BSC Gym** – You will pass this impressive Hydrox Gym near the finish line on Hydepark Road – have a nosey!
- **Cottonmount Arms** – Recently refurbished and worth a visit
- **Avonmore Milk**
- **Coca-Cola**
- **McLaughlin and Harvey**
- **Mayfield Village Butchers**
- **Paul Harvey Plumbing and Heating**

Please show them your support in return!

We're looking forward to another fantastic evening of racing, fun, and community. Best of luck – we'll see you at the start line!

Mallusk Harriers