



We can't wait to see you at the Life Style Sports Irish 3/4 Marathon!

Please read all the event information below carefully.

On The Day Registrations

Sign-ups will be allowed on the day of the event. Please go to the Help Desk and they will assist you.

Life Style Sports Zone

Get race-ready at the Life Style Sports Zone, with a dynamic warm-up led by celebrity PT John Belton and groove to beats from DJ Ray Shah. After the race, capture your celebration moment at the photo wall, and enter the Life Style Sports pop-up and Unlock the Box for a chance to win premium prizes. If you don't win, race entrants can still enjoy a 15% discount from Life Style Sports.

Claim your Life Style Sports Discount [here!](#)

Race Date: Sunday, 5th October 2025

Start Time: 10:00AM - All Distances

Location

The Irish $\frac{3}{4}$ Marathon is based in the village of Longwood in south Co Meath. The start area of the race is at this location: <https://maps.app.goo.gl/Q34hBED6V6voCjYeA>

Getting to the race:

From South & East access is via Enfield (Via M4 or R148) – Go west from Enfield for ~3km on R148 (Direction Kinnegad) & take right turn for Longwood (5km). Turn left at roundabout entering village and follow signs to parking and race sign on.

From West go towards Enfield on R148 from Kinnegad. Take left turn at big white house ~2km after Clonard and follow road to Longwood. Follow signs to parking and race sign on.

From North approach Longwood from Navan / Trim on R160. Go straight at roundabout entering village and follow signs to parking and race sign on.

Parking

There will be several car parks in operation from 7.50am on Sunday morning.

All parking will be in grassy/ stubble fields, so allow for wet grass on arrival with your shoe choice. Please Park where directed by our marshals. No stopping is permitted to drop off or pickup on way to parking – No Exceptions.

Please Park first, then walk to Number Collection. PLEASE CARPOOL WHERE POSSIBLE. It is your responsibility to get from parking area to Number Collection well before 09:45. If your race number was posted out, you DO NOT need to go to Number Collection.

Race Number Collection

PLEASE NOTE: All participants who registered before midnight Sunday 14th September, were sent their race number in the post to the address supplied when registering online. If you registered after this date you will need to collect your race number from one of the sessions below

Number Collection Sessions:

- **Race-Day: 08:00hrs- 09:45hrs – Longwood GAA Club**

PLEASE NOTE: You will be sent a TXT message on Friday, confirming your assigned race number. Please make sure you have this open on your phone to show the number collection team.

IF YOU SUPPLIED AN OVERSEAS ADDRESS, your race number has been held for you to collect, as we do not post overseas. Please go to Number Collection and look for the INTERNATIONAL COLLECTION queue.

IF YOU SUPPLIED AN INCOMPLETE ADDRESS, meaning your race number could not be successfully delivered by An Post, your race number has most likely been held for you, to collect from the Help Desk at Number Collection.

IF YOU NEED TO COLLECT YOUR NUMBER FOR EITHER OF THESE REASONS, please arrive well before your race start time, to allow the team time to assist you.

PLEASE NOTE If you lose, forget, have damaged, or did not receive your race number as you supplied an incorrect/incomplete address (and it was not returned to us by An Post), a replacement can only be issued on proof of booking. Your booking confirmation email and photo ID will be required. A replacement fee of €20 will be charged. Help Desk will be open from 08:00hrs.

You cannot run on someone else's number. We do not facilitate ticket resales. If you are not registered for the event and have not signed the online race waiver, you are not permitted to run the race. You will not get a race time.

Help Desk

There will be significant queues at peak times as all race distances start at the same time. Please arrive well before the race start time to allow the team time to accommodate you.

Race T-Shirt:

Further to our earlier communication on this, the latest update from our shipping partners is that unfortunately, the T-shirts will not have reached Ireland in time to distribute at the event. We are extremely sorry about this. We will post the 2025 event t-shirt to all participants as soon as possible.

Bag Drop

For those without vehicles, we will have a small bag drop facility located beside the Gaa Club where the race starts. This will be open from 08:00hrs. Your bag drop label is the bottom part of your race number. Carefully remove along the perforated strip and secure to your bag as you would an airport luggage label. Unbagged items like keys or phones cannot be accepted. One small bag only per participant. This area is NOT covered. Please ensure your items are in a waterproof bag in case of rain! Please be aware of likely peak-time delays in this area. We strongly recommend that you keep all belongings in your vehicle and keep your key on your person.

Please Note: You will need your race number to retrieve your bag after the race, so ensure your race number is securely pinned to you. If no race number is presented, you will have to wait until all other bags have been reclaimed, to collect your bag! Bag drop will be supervised; however, management cannot accept any responsibility for lost or stolen items.



IRISH $\frac{3}{4}$ MARATHON ROUTE

The 2025 Irish $\frac{3}{4}$ Marathon course is an anti-clockwise circuit starting at the GAA grounds. It is the same course as the route introduced back in 2022. Race marshals will be at major junctions to direct athletes along the course. Arrow signs will also be at every junction. If marshals have to leave their post, you are responsible for following the route markings. Race distance is certified as 19.664 miles or 31.646 km with a total climb of under 80m. The course is slightly undulating with just short climbs over the railway and canal at Blackshade bridge.

Race Starts at 10.00am and the course will officially close at 2.30pm. This allows 1 hour 30 mins for each $\frac{1}{4}$ marathon section of the course to be completed. Race signage, marshals and timing equipment will be removed in accordance with this schedule. The route is open to traffic so 'Rules of the Road' apply throughout. You must take care at ALL TIMES! Please be courteous to other road users and residents, as we need their support for the event to continue.

Please do not leave clubhouse area to warm up on the public road unless using the footpaths as we need to keep the public road clear as long as possible. Lifestyle Sports will be doing a warmup at the start area.

Race Start will be at 10.00 or whenever permission is given by Gardai for it to safely occur. The Race Start will be deliberately narrowed to avoid any bunching before leaving the GAA grounds. You are requested to show consideration to fellow athletes by starting in accordance with the pace guidance provided by our pacers, to avoid any need to force your way past others. The route widens out significantly after leaving the GAA Grounds so please be assured there will be lots of opportunity to overtake during the rest of the race. The event is held on open roads and traffic must be given priority at all times.

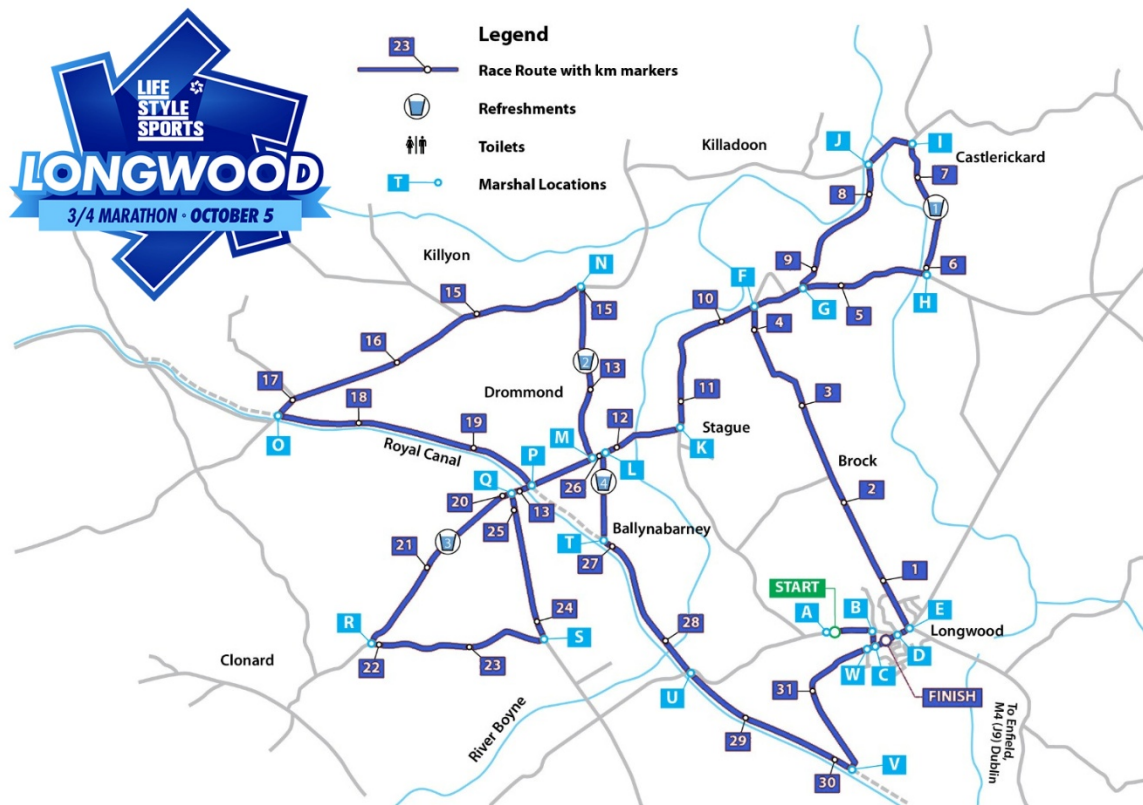
The finish line is on the Village Green – It should be a nice finish line experience away from traffic and for waiting spectators. NOTE: It is not permitted for spectators to access the Canal via Ribbontale Lane, as this is for Residents and Runners only. It is not open to the public. Also, please do not access the nearby Playschool as this is privately owned and admission is not permitted.

Pace Makers will be available for those using the race as a marathon prep event. The pacers will run at 5% slower than planned marathon pace to avoid over exertion before DCM. Pacers will be available for those planning on sub-3, sub-3.30 and sub-4 marathons. The pacers will be clearly identifiable before the race with flags:

- 3:00 Marathon Pace = 2:22 for $\frac{3}{4}$ M@105% MP =Approx. 7' 13"/mile or 4' 28"/km.
- 3:30 Marathon Pace = 2:45 for $\frac{3}{4}$ M@105% MP =Approx. 8' 24"/mile or 5' 13"/km.
- 4:00 Marathon Pace = 3:10 for $\frac{3}{4}$ Marathon = Approx 9' 40"/mile or 6' 00"/km.
- 4:30 Marathon Pace = 3:33 for $\frac{3}{4}$ Marathon = Approx 10'50"/mile or 6' 44"/km.

We expect runners to get to know their pacing groups within the first few mile

Pacers will have flags attached for visibility. If you are running the $\frac{3}{4}$ or pacing yourself for a full marathon, please use your predicted finish time for that distance to calculate which 3/4 Marathon pacer to run with.



Toilets

Portaloos will be provided for use before, during and after the event at the GAA Grounds & Finish. There are portaloos at every water station along the route. Men are asked to use the urinals provided and not the portaloos, where possible! Your cooperation is appreciated. Please do not go to the toilet in public spaces.

Water Stations

On the route there will be water stations at; 6.3km/13.5km/20.4km/ 26.2km. Cups of water will be provided at each water station.

The cups are collected, washed and reused in future events. Please use the clearly marked, dedicated bins ONLY provided on the route to dispose of your cups. This is part of our move to reduce the environmental footprint of our events, and we appreciate your support in this endeavour.

Please Note: It is vitally important you arrive at the race well hydrated! The water stations are there for additional hydration only. Commencing a race when you are not sufficiently hydrated will be detrimental to your race experience.

Aid Stations:

Fruit / sweets will be provided at the 20.4km & 26.2km water stations. Refreshments will also be provided at the finish line.

Last Lap Cafe will be at Race Finish Area from 8.00am with coffee, tea, cold drinks, snacks, etc for you to purchase pre and post-race, and throughout the day for any supporters you may have with you. There are also several businesses offering sustenance in the village, close to the Finish.

Litter / Gel Wrappers

DO NOT drop or discard your race litter along the course. We are a litter free event with a 'leave no trace' approach to the Grand Canal Way and surrounding environments. We therefore request and appreciate your respect and consideration for the local environment and its residents by NOT LITTERING. There will be skip bags at water stations where you can dispose of your wrappers etc.

ANYONE CAUGHT LITTERING WILL BE DISQUALIFIED FROM THIS AND ALL FUTURE EVENTS.

Finish Area

All participants displaying an official race number when they cross the finish-line will receive a medal. You will also get water and a banana. Please be considerate for those finishing behind you – take ONE ONLY and move through the finish pen as quickly as possible.

Your timing chip is in your race number. Do not cover your race number as you cross the finish line by checking/stopping your watch, as this may cause the timing sensors not to capture your finish time!

FIRST AID

Medical Services provided by local Civil Defence for the duration of the race. Please complete the Medical Information section on the back of your race number before the event. This is important information that may be needed in an emergency for your benefit so please do complete!

If you do not complete the race, please alert the timing marshal at the finish line so that we can ensure all runners are accounted for.

NOTE: Please Do Not Take Part, if you are unwell in the lead up to the race as this may cause serious health issues.

Race Results: Will be available via the post-race email.

Please address any timing queries directly to: support@myrunresults.com

FAQ's: Have you still any further questions, please check out our [FAQ](#)