

# THE BIG EVENT GUIDE

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Ulster Bank



Northern  
Ireland  
Hospice

## DRAGON BOAT RACE



# WELCOME

## Welcome to our 2024 Dragon Boat Race!

We're thrilled to welcome you and your colleagues to the River Lagan for the biggest team-building event of the year, all in support of Northern Ireland Hospice and Children's Hospice.

Whether you're a paddler or a spectator, your participation helps make a difference.

Safety is our top priority, so please listen to the marshals and enjoy the day responsibly.

Thank you once again for your incredible support, and let the races begin!

**Lauren Doherty,**  
*Interim Director of Commercial and Brand Development,*  
Northern Ireland Hospice



# GETTING THERE AND AWAY

The 2024 Dragon Boat Race will take place on the River Lagan at the following address:

Bryson Pathways  
2 Rivers Edge  
13-15 Ravenhill Road  
Belfast  
BT6 8DN



# PARKING

Unfortunately, there is no allocated parking on site. We encourage all participants to use public transport where possible. Please visit [www.translink.co.uk](http://www.translink.co.uk) for further details.

Limited on-street parking may be available near the event but is not guaranteed. The nearest public car park within walking distance would be at **Lanyon Place Train Station**.

# FRIDAY 13<sup>TH</sup> SEPTEMBER

## RACE TIMES

RACE	TEAM	SAFETY BRIEF TIME	RACE START TIME
1	Team A - Fibrus x1	9am	9:30am
1	Team B - ITS Computing	9am	9:30am
2	Team C - Fibrus x2	9:30am	10am
2	Team D - Exegy	9:30am	10am
3	Team E - Total Mobile	10am	10:30am
3	Team F - Ulster Bank x1	10am	10:30am
4	Team G - Datactics	10:30am	11am
4	Team H - Reserve Forces & Cadets Association	10:30am	11am
5	Team I - Portview	11am	11:30am
5	Team J - Ulster Bank x1	11am	11:30am
6	Team K - Vanrath	11:30am	12 noon
6	Team L - Brett Martin	11:30am	12 noon
7	Team M - Ashdale Engineering	12 noon	12:30pm
7	Team N - Zurich Insurance	12 noon	12:30pm
8	Team O - Instil	12:30pm	1pm
8	Team P - TBC	12:30pm	1pm
9	Semi Final - 1st Fastest Time v 3rd Fastest Time		2pm
10	Semi Final - 2nd Fastest Time v 4th Fastest Time		2:30pm
11	Final		3pm



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# SATURDAY 14<sup>TH</sup> SEPTEMBER

## RACE TIMES

RACE	TEAM	SAFETY BRIEF TIME	RACE START TIME
1	Team A - Expleo Belfast	9am	9:30am
1	Team B - Version 1	9am	9:30am
2	Team C - VIS Security Solutions Ltd	9:30am	10am
2	Team D - A&O Shearman	9:30am	10am
3	Team E - Powered By Poppy	10am	10:30am
3	Team F - Data Intellect	10am	10:30am
4	Team G - Change for Life Gym	10:30am	11am
4	Team H - A&O Shearman	10:30am	11am
5	Team I - Andras House	11am	11:30am
5	Team J - Intent Gym	11am	11:30am
6	Team K - JMK/CRASH	11:30am	12 noon
6	Team L - NI Hospice	11:30am	12 noon
7	Team M - Change for Life Gym	12 noon	12:30pm
7	Team N - Xsell	12 noon	12:30pm
8	Team O - Todd Architects	12:30pm	1pm
8	Team P - Brett Martin	12:30pm	1pm
9	Team Q - Invest NI	1pm	1:30pm
9	Team R - TBC	1pm	1:30pm
10	Semi Final - 1st Fastest Time v 3rd Fastest Time		2:30pm
11	Semi Final - 2nd Fastest Time v 4th Fastest Time		3pm
12	Final		3:30pm



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# SHOW YOUR TEAMMATES WHO'S THE BOSS!

Climb into the hot seat of our professional rowing machines and race against the clock! It's simple – a 1000m sprint with your ego and reputation on the line! Fastest rower on each day wins – it's a surprise, but you won't want to miss out! Join us in the main marquee anytime between 9.30am and 1pm.



## SERIOUS ATHLETES NEED SERIOUS FOOD!

Let us help you fuel your success on the river! Arrive early for some complimentary tea/coffee, some pastries and bars to get you started. It's first come, first served but there should be enough for everyone who needs those vital calories.

**Lunch is a special treat!**

We've partnered with the Rapid Relieve Team (RRT), a charity dedicated to community spirit and compassionate service. They will be providing each participant with a premium burger meal and drink during a designated time. Vegetarian and gluten-free options are also available.

**Friday 13th Lunch from 1pm to 2pm**  
**Saturday 14th Lunch from 1.30pm to 2.30pm**

*Please note there may be races running during these times so you may need to eat before or straight after your race.*



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# IMPORTANT INFORMATION

All Participants **MUST** arrive together at their allocated safety brief time. This is a Bryson requirement. Please be advised that failure to arrive on time will result in the race continuing without your boat.

## FACILITIES

Toilet and changing facilities are available on-site for your use free of charge. Private shower rooms are also available in the event of someone going into the water.

There is an allocated room to leave jackets & bags, etc. **NI Hospice or Bryson Pathways accept no responsibility for any items left onsite.** Please be aware that you may get wet during this event. We recommend wearing appropriate clothing, such as sportswear. You may also wish to bring a change of clothing and a towel.

## MEDICAL INFORMATION

All participants **MUST** complete a medical form to participate. It is your responsibility to inform instructors of **ANY** medical condition.

*You must bring your own medication e.g. inhalers, etc.*

Medical forms **MUST** be returned to your fundraiser no later than **Friday 6th September.**

## IMPORTANT HEALTH & SAFETY INFORMATION

For everyone's comfort, we kindly request that smoking, e-cigarettes, and vaping be avoided anywhere on site. Dogs are not permitted on site.

To ensure everyone's safety and enjoyment, we ask that no alcohol be consumed on-site and that participants remain alcohol-free while taking part in any race.

Valuables are left at visitors' own risk and **NI Hospice or Bryson accept no responsibility for any items left onsite.**

In the event of a fire, exit the building via the main doors. The fire evacuation point is outside the car park gates to the left side on the pavement

*We appreciate your understanding and cooperation.*



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# THANK YOU!



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**nihospice.org**      Registered with  
FUNDRAISING  
REGULATOR

Head Office, 18 O'Neill Road, Newtownabbey, BT36 6WB

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