



COMPANY MARATHON CHALLENGE

TEAM BONDING EVENT

2019 LSP Relay Marathon Challenge

Supported by KBC

*"Competitive
but fun at the
same time"*

UL Sport Athletics Track- Thursday 26th September 2019- 5pm

Limerick based companies compete against each- other whilst attempting to beat the World Marathon Record (2:01:39 set by a Kenyan runner in 2018).

40+ Company Teams; 800+ Participants engaged since 2014

The marathon distance of 42.195km is completed in a team relay format.

- 1 Team per company/ Organisation (unless spaces become available)
- Company/ Organisation must be based in Limerick
- Company Team= 20 Employees: 15 participants (minimum 3 female) plus 3 subs & 2 Volunteers
- Participants must be wearing designated team colour & participant number throughout the event
- Substitutions are a direct swap between sub & participant- not roll on/roll-off
- 42.195m is broken down into 210 200m sections plus an additional opening 195m section (counted by lap counters on the day)
- Participants complete 200m sections & pass the baton to the next team member- continuous 1-15
- Challenge is completed when each team completes the distance of 42.195km
- Event Information session provided by the LSP for each registered team in advance of the event
- €100 Registration Fee per company (paid on registration– online, cheque or EFT)
- Register by visiting www.limericksports.ie