



CONDOR EXECUTIVE ANTRIM COAST HALF MARATHON PARTICIPANT EVENT GUIDE 2026

Date: Sunday 23 August

5K start time: 09:00

Half Marathon start time: 11:00



Before Race Day

If you can no longer run

As per the Event T&Cs we do not offer refunds or deferrals. However, you have the following option:

- You could transfer your entry to a friend using the link on your registration dashboard. You just need the email of the person you are transferring to. Note this option closes at 8pm on 19 July 2026.

Bib postage

Bibs will be posted to all UK and Ireland participants. These will be posted in batches from Monday 03 August, please expect your bib to arrive after this date. Please look after your race bib; duplicate bibs cannot be issued under any circumstances. Note that the timing chip is attached to the back of your bib, please do not bend, or fold your bib as this may damage the chip and prevent it from working. **Your running bib is likely to be your only source of identification during the race.** Make sure you fill in the medical information on the reverse; this could save your life in an emergency.

Bib Collection

The following participants must collect their bib:

- International entrants: those residing outside of UK and Ireland
- Lost bibs: anyone whose bib has failed to arrive in the post

Saturday 22 August

Bib collection will be available:

Location	Address	Time
Antrim Parkrun	Lough Shore Park, Antrim, BT41 4DQ	0900-1030
Belfast	Ulster University Sports Centre, 8 Nelson Place, Nelson Street, Belfast, BT15 1BH	1130-1300
Larne	Olderfleet Bar & Restaurant, 42 Fleet Street, Larne, BT40 1BA	1100- 1300

Sunday 23 August: Race Day

Bibs can be collected at the bib collection gazebo located at the entrance to the Start Hub on Bank Heads Lane.

Collection time: 07:30-10:00. Bib collection will close promptly at 10:00, please arrive early if you need to collect.

Race Day

The Start Hub is situated in Larne Town Parks, BT40 1DY

Note that there will be significant road closures around the start hub.

Please plan to arrive in good time. All participants should be in the Start Hub before 08:00 for the 5k and before 10:00 for the half marathon.

Getting there

Road: A8 and A2 roads to Larne

Rail: Larne Town and Harbour stations are both close to race Start/ Finish

Hubs

(10-15min walk)

Bus: Larne Bus Station is 15min walk to Start

Air: Both George Best Belfast City Airport and Belfast International airport are approximately 30mins drive from Larne.

Note if you are travelling by public transport, it will be the weekend timetable, so services will be less frequent.

Road Closures

Road closures will be in operation around the Start Hub and Finish Areas from 07:00. No parking will be available so please do not attempt to access these areas.

The town area road closures will be in full operation from 10:30. Diversions will be in place. We encourage all participants to be in the Start Hub before 10:00. The town area will have a rolling road closure, opening behind the last runner. The A2 Coast Road is expected to fully reopen no later than 14:30.

Event Shuttle Bus Service

A shuttle bus service will operate between Belfast and Larne on race day. This must be pre-booked online, and all users will be required to show their booking confirmation email before getting on.

Departing: 8 Nelson Street, Belfast, BT15 1BH (opposite side of road to Student Roost)

Departure time: 08:15 sharp

Return shuttle: 15:00 from Pavilion, Tower Road, BT40 1AB
(beside Larne Leisure Centre)

Parking

All participants should be in the Start Hub no later than 10:00. Please allow 20 minutes to walk from the car parking areas to the Start Hub. Do not attempt to drive to the Start Hub; there is no parking available, and the surrounding roads will be subject to road closures.

Any assisted runners should contact the race directly via info@antrimcoasthalfmarathon.com to get information regarding their designated parking area.

There is no parking available for competitors at Larne Leisure Centre or on the roads surrounding the Start and Finish Hubs located in Larne Town Parks and Sandy Bay Playing Fields respectively. These are subject to road closures and will not be accessible.

All coach parties planning to park should use Caterpillar car park in Zone 1.

We ask that all competitors be respectful of the residential areas on the race route and take care not to block access to anyone's property. We expect parking to be limited on race day and advise that where possible participants car share.

ZONE	LOCATION	PARKING SPACES	ADDRESS	HEIGHT RESTRICTIONS	ELECTRIC CHARGE	DISABLED SPACES	SUNDAY CHARGES	DISTANCE TO START HUB
1	CATERPILLAR (NI) CARPARK	500	OLD GLENARM ROAD, LARNE, BT40 1EJ				NO	1.3KM
2	PORT OF LARNE- CARPARK 1	150	9 OLDERFLEET ROAD, LARNE, BT40 1AS	NONE		YES	NO	1.5KM
	PORT OF LARNE - CARPARK 2	255	FLEET STREET, CURRAN, LARNE, BT40 1AS	NONE			NO	1.5KM
	CURRAN ROAD CARPARK	80	CURRAN ROAD, LARNE, BT40 1BX				NO	1.1KM
3	LARNE GRAMMAR CARPARK	100	LOWER CAIRNCastle ROAD, LARNE, BT40				NO	1.4KM
4	CIRCULAR ROAD WEST CARPARK	179	1PQ CIRCULAR ROAD, LARNE, BT40 1XH	2.51M	YES		NO	1.0KM
	CIRCULAR ROAD EAST CARPARK	100	CIRCULAR ROAD, LARNE, BT40 1XH	2.51M	YES	YES	NO	1.0KM
	NARROW GAUGE ROAD	73	NARROW GAUGE ROAD, LARNE, BT40 1XB	NONE	YES	YES	NO	1.0KM
5	EXCHANGE ROAD	87	EXCHANGE ROAD, LARNE, BT40 1RX	YES		YES	NO	0.7KM
	AGNEW STREET	92	AGNEW STREET, LARNE, BT40 1RQ	NONE	YES	YES	NO	0.7KM
6	RIVERDALE EAST	40	5 RIVERDALE, LARNE, BT40 1LB	NONE	YES		NO	1.3KM
	RIVERDALE WEST	44	RIVERDALE, LARNE, BT40 1LB	NONE			NO	1.3KM
	BRIDGE STREET (CLOSED)	0	BRIDGE ST, LARNE, BT40 1LW	NONE		YES	NO	1.3KM
	INVER ROAD	22	INVER ROAD, INVER, LARNE, BT40 3AA	NONE			NO	1.3KM
	HIGH STREET	16	HIGH STREET, LARNE, BT40 1JN	NONE			NO	1.3KM
		-		NONE	NO	YES	NO	1.3KM
	TOTAL FREE SUNDAY	1828						
	PARKING							
	PARKING RESTRICTIONS APPLY LAHARNA RETAIL CARPARK	191	63 CIRCULAR ROAD, BT40 1HR	MAXIMUM STAY 3 HRS. NO RETURN WITHIN 1 HOUR. DURATION OF STAY IS CALCULATED BY THE ANPR CAMERAS FROM THE POINT OF ENTRY TO THE POINT OF EXIT				
	START HUB		LARNE TOWN PARK, BANKHEAD'S LANE, LARNE, BT40 1DU	ROAD CLOSURES IN PLACE FROM 07:00 AM. ALL PARTICIPANTS TO BE IN THE START HUB NO LATER THAN 10:00 AM.				

Car Parking | Antrim Coast Half Marathon

Participants only will have access to the Start Hub in Larne Town Parks. Any participant who requires to collect their bib must first proceed to the bib collection gazebo on Bank Heads Lane. You will need your bib to gain access to the Start Hub. Supporters and spectators will not have access to Larne Town Parks until after the entire race has started, at approximately 11:15.

ROUTES TO START

Bank Heads

Larne Town Park

TO THE START

START PENS OPEN FROM 10AM

CARPARK ZONES

- 1 CATERPILLAR CARPARK
- 2 PORT OF LARNE CARPARK
- 3 LARNE GRAMMAR SCHOOL CARPARK
- 4 CIRCULAR ROAD CARPARK
- 5 AGNEW ST. CARPARK
- 6 RIVERDALE CARPARK
- 7 MARKET YARD CARPARK

Bag Drop

Bag drop facilities will be available inside the Start Hub: 0800 - 1015 am

- Please leave any bags in the Bag Drop as early as possible; the Bag Drop will close promptly at 10:15
- We ask that you only leave a small bag within the bag drop and advise that no valuables should be left; although we do our best to ensure your bag is waiting for you at the end of the race, we are not responsible for any lost bags or items.
- Staff will only accept bags that have the tear off slip from your race bib securely fastened on to identify your belongings.
- Please ensure your baggage is closed to prevent items falling out and getting lost
- Once you have deposited your bag, please move from the area to avoid congestion
- Once deposited you will be unable to retrieve your bag until after you finish therefore, please ensure you have all you require before depositing your bag
- Note that you will be required to show your bib to collect your bag
- This is a static bag drop, and you will be required to return to Larne Town Parks to collect. Please use the entrance to Larne Town Parks from the Finish Promenade, this will be sign posted (~400m from Finish Hub).
- Bag Drop closes 15:00. Please ensure your items are collected before this time
- Please note, any 5k participant who leaves their bag will not be able to retrieve their bag until after the half marathon has started at 11am.

Many runners wear old clothing or extra outer layers to stay warm before the start. If you no longer need these items, please place them in the designated Clothing Discard Area at the Bandstand within the Start Hub. This area is provided specifically for unwanted warm-up clothing and outer layers. Please do not discard clothing on the start route or course, as this may create a hazard for runners behind you. All collected clothing will be gathered by volunteers and recycled or donated where possible.

Bib

Please attach your running bib securely to the front of your t-shirt or vest where it can be clearly seen. This also has your timing chip attached to the back: no bib, no chip, no time. **You must not race using someone else's bib nor let someone else use yours.** Number swopping is strictly prohibited for several reasons, the most important being health & safety. Anyone found to be running using someone else's bib will be disqualified.

View Course

An animated route map and AI powered route map can be viewed via the link on the event website: [Route Map | Antrim Coast Half Marathon](#)

The AI powered route map is designed to enhance race preparation for runners. The platform utilises Google Maps and Google Cloud to provide personalised guidance, including interactive 3D course previews, weather updates and recommendations for hotels and local experiences.

Course Amenities

Toilets

Zone	Type	Qty	Location
Start Hub	4 - Person urinal	5	outside pens (x 3 faster than portaloos)
Start Hub	Portaloo	49	outside Start pens
Zone 1 Carpark	Portaloo	2	Caterpillar carpark, Old Glenarm Road, Larne,
Elite Start hub	Portaloo	4	BT40 1EJ Drumalis, 47 Glenarm Rd, BT40 1DT
Water Station 3	Portaloo	1	15km marker - Coast Road
Finish Hub	Portaloo	8	Sandy Bay, Tower Road, BT40 1AB
Finish Hub	Portaloo	1	Disabled Portaloo - Sandy Bay, Tower Road, BT40
Finish Hub	Portaloo	1	1AB VIP Area, Chaine Memorial Road, BT40 1AB

On the Course Nearest KM on Race Route Opening Times

Type	Location			
Public Toilet	Circular Rd West car park BT40 1HN	No	Start	7am
Public Toilet	Agnew Street, Larne, BT40 1RQ	No	Start	7am
Public Toilet	Narrow Gauge Road, Larne, BT40 1RX	No	Start	7am
Public Toilet	Drains Bay carpark, Coast Road, BT40 2LF	Yes	10km	7am
Public Toilet	Coast Road, Ballygally, BT40 2QZ	Yes	13km	7am
Public Toilet	Town Park, 124 - 132 Glenarm Road, Larne, BT40 1DY	Yes	5k Start	7am

Do not use resident's gardens as a bathroom- anyone caught doing so will have their bib number recorded and they will be disqualified from the race.

Water Stations

Water stations will be situated at the following areas:

1. Broadway, Main Street ~5Km
2. Drains Bay, Coast Road, ~10Km
3. Carnfunnock Bay, ~15Km

Boost Energy Drinks will be available at the entrance to the Finish Hub. If you take a water bottle on the course, please empty it before discarding and throw it safely to the side of the road to avoid endangering other runners and to assist with the post-race clean-up. Dedicated water bottle recycling bins will be located immediately after each water station at 5km (High Street), 10km (Carnfunnock Entrance/Exit) and 15km (Carnfunnock Bay Car Park). Please also discard any gel wrappers at the side of the road to help keep the course clean and safe.

Dropouts

If you need to drop out, then please make your way to the nearest marshal or St John Ambulance member and let them know. They will ensure that your details are passed on to the Race Hub. You can await the sweeper bus or if you are feeling well, make your own way to the finish area.

Cutoff time

The cut off time for completing the race is 3 hours. This is determined by the road closure permit. Anyone who reaches Drain's Bay (halfway) after 2 hours will be advised that they are not going to finish in time and to step off the course. Anyone still on the course once the roads reopen will be advised to use the footpath. Please follow the instructions of the marshals; they are there for your safety.

Course timings & Kilometre Markers

In line with World Athletics standards, the Condor Executive Antrim Coast Half Marathon uses kilometre markers rather than mile markers. On the Coast Road, for health and safety reasons, kilometre markers will not be positioned at every kilometre along this section of the course.

Kilometre markers will therefore be positioned at 1km, 2km, 3km, 4km, 5km, 6km, 10km, 14km, 18km, 19km and 20km. Timing mats will record split times at 5km, 10km, 15km and 20km.

Official results will be available on the event website immediately after the race.

Pacers

There will be 42 official race pacers available to support runners aiming for the following finish times:

- Sub 1hr 30 • Sub 1hr 45 • Sub 2hrs
- Sub 2hrs 15 • Sub 2hrs 30

Official race pacers will be in the appropriate starting pen and will be easily identifiable by their official race pacer t-shirts (neon green) and/or pacer flags. At 10:30, pacers will assist in ensuring runners are positioned in the correct starting pen for their target finish time. Please make yourself known to your pacer and follow their instructions within the start hub to ensure you are with the correct pace group and ready to start on time.

Joining the pacer team will be five-time Olympian Jo Pavey, who will be pacing the Sub 2-hour group. Runners aiming for this target time will have the opportunity to follow Jo's experience and guidance throughout the race.

In addition, there will be four AED (Automated External Defibrillator) equipped pacers supporting the event. These specialist runners will be clearly identifiable by a "Runner with AED" flag, allowing participants and event teams to quickly recognise their presence on the course.

Assisted Runners

The event has an enhanced accessible toilet, to 'Changing Places' standard, at both the start and end of the course. This is an extra-large bathroom with hoisting equipment, an adult sized changing bench and space for several personal assistants. Individual parking arrangements are also made for assisted

wheelchair participants arriving in wheelchair accessible vehicles. Please contact the race directly at info@antrimcoasthalfmarathon.com for detailed information.

StartHub

The Start Hub is in Larne Town Parks, Larne, BT40 1DY.

Inside the Start Hub there will be toilets, entertainment, coffee vendors, and the Start pen that you must gather in before the race. There is a warmup area within Larne Town Parks, and you may also access the Promenade to warm up there. Note that you will be required to show your race bib to gain access to the Start Hub; supporters and spectators will not be permitted entry.

Entry to the Start Hub is via Bank Heads Lane, Promenade and Larne Town Parks north entrance. Entry to the Start Hub is not available via the main gates.

Race Pens & Start

5K

All 5K participants should follow the signage to the basketball courts in Larne Town Park. From there, marshals will escort participants to the start line on Coast Road at 8:40 am.

Please ensure you arrive at the Start Hub by 8:00 am and are at the basketball courts no later than 8:30 am.

Half Marathon

All Half Marathon participants need to be in their correct race pen at the start no later than 10:30 when the elite athletes will move to the front of the race and broadcast coverage will begin. There are record numbers of participants, so please be in your pen on time to allow the race to start as scheduled.

There are toilet facilities in the Start Hub. Do not use resident's gardens as a bathroom- anyone caught doing so will have their bib number recorded and they will be disqualified from the race.

The entrance to each race pen will be numbered and signed with an estimated finish time as per below:

Pen	Bib Colour	Predicted finish time	Pacer Flag Team
1	yellow	sub 80 min (1hr 20 min)	N/A
2	blue	80-90 min (1 hr 20min - 1hr 30 min)	Sub 1 hr 30mins
3	green	91-104 min (1hr 31 min - 1 hr 44 min)	Sub 1hr 45mins
4	red	105-119 min (1hr 45 min- 1hr 59 min)	Sub 2hrs
5	orange	120-130 min (2hrs- 2hrs 10 min)	Sub 2hrs 15 mins
6	purple	131 -149 min (2hrs 11 min- 2hrs 29 min)	Sub 2hr 30 min
7	black	150+ min (2hrs 30 min+)	N/A

Please enter the start pen that corresponds with your predicted finish time. Do not be tempted to enter a faster pen, as this may create unnecessary congestion on the course and impact the experience of all runners. All runners must be in their correct race pen no later than 10:30. Please follow the instructions of marshals and pacers at all times.

All Sub 2-hour runners (yellow, green, blue and red bibs) will access their designated start pen via the inflatable arch located within the Start Hub. This route will lead runners directly onto the Glenarm Road, where the start line is situated.

Please note that access to your start pen is only available through the Start Hub, and runners should not attempt to reach the start line by any other route. Latecomers will not be permitted to start, and the start line will close promptly 10 minutes after the start gun has sounded.

Marshals will be positioned throughout the Start Hub and start area to guide you — please listen carefully and follow all instructions to ensure a safe and smooth start for everyone.

First Aid

The event is supported by St John Ambulance and there will be numerous First Aid providers around and roaming the course. Should you or a fellow runner require assistance please let the nearest first aider or marshal know who will ensure help is on its way. Please do not phone 999 except in a medical emergency.

Health & Safety

In line with UK Athletics Rules the wearing of headphones is not permitted (bone conductor headsets are permitted). Participation accompanied by a dog is not permitted, nor are runners allowed to compete pushing buggies or prams. There are assisted runners taking part in the race. Please listen out for their instructions, they will shout if they are moving past and give them the space they require.

A doctor on a motorcycle will be patrolling the course to provide a rapid response to any medical emergencies. If the motorcycle needs to travel through race participants, its siren will be activated to alert runners and ensure a safe passage. Participants should remain aware and follow the instructions of event officials if this occurs.

Litter

We are very proud of our beautiful Antrim Coast Road. We therefore ask that you dispose of any litter carefully during the race. If you cannot find a litter bin, please drop any rubbish at the side of the road where it can be easily cleaned up after the race. Please do not throw rubbish into gardens or over the coastal wall into the sea or onto the beaches.

The Finish

After crossing the finish line, please continue moving through the finish area to allow space for runners finishing behind you. Participants must not stop or wait for friends, and supporters are not permitted within the finish area.

These measures are in place for health and safety. It is essential that any participant requiring medical attention can be identified and reached quickly by the First Aid Team. To ensure this, congestion in the finish area will not be permitted. Please arrange to meet fellow runners and supporters within the Finish Hub

located in Sandy Bay. If you feel unwell, please alert a marshal and/ or find a member of our St John Ambulance Team immediately. You will receive your medal on Chaine Memorial Road and be directed towards the Finish Hub in Sandy Bay.

Once in Sandy Bay Playing Fields you will receive a Boost drink courtesy of our Hydration partner and your finishers T-shirt. Note that your T-shirt size is printed on your bib. Please do not ask for additional / alternative sized T-shirts as this will be refused. You may then proceed on into the Finishers Hub to meet your supporters and join in the celebrations and entertainment.



The Finish Hub: Chaine Fest

To help you and your supporters celebrate your achievement at the Condor Executive Antrim Coast Half Marathon, the Finish Hub at Chaine Fest will offer a fantastic post-race atmosphere with live music, food and drink vendors, and plenty of opportunities to relax, recover and enjoy the celebrations. A fully licensed bar will also be available for those looking to toast their achievement with a well-earned pint. The official event merchandise shop will be located beside the Big Screen, offering runners and supporters the opportunity to purchase official Condor Executive Antrim Coast Half Marathon merchandise.

Please note that the merchandise shop will be card payment only.

Throughout the event, entertainment will be centred around the Big Screen, featuring recorded coverage of the 5k and a livestream of the half marathon. Music will begin from 9:00am, with the live race stream commencing at 10:15am. From 12:30pm, live music will continue on the stage adjacent to the Big Screen.

The atmosphere will extend along the course, with entertainment points helping to motivate runners and welcome them towards the finish line. This will include Paul Sexton on Larne Main Street, DJ Mark Dobbin at Drains Bay, the new Martello Jazz Band at Ballygally, and Downshire Brass on the Promenade, providing a memorable soundtrack as runners complete their journey.

Post-race entertainment in the Finish Hub will be provided by The Castaways and DJ Mark Dobbin, ensuring the celebrations continue long after the final runners cross the line.

Runners, spectators, friends and family are all warmly invited to join us at Chaine Fest and be part of what promises to be a spectacular celebration of running, community and achievement.

Medical Advice

The following simple advice on how to look after your body will help you to have a safe and healthy race. Make it your priority to be informed.

Medical problems

Discuss any medical problems with your GP. This advice supplements anything he or she says. See your GP if you have a problem that makes it a risk to run a half marathon.

Fit to compete

Running is good for the heart, however, there have been several fatalities from serious heart disease in runners apparently unaware that they had a problem. Their condition could have been detected if they had had medical advice and the relevant heart tests. A 'fitness test' is not sufficient to detect these problems.

If you have a family history of heart disease or sudden death or have a high risk from high cholesterol or high blood pressure, but particularly if you have symptoms of heart disease – such as chest pain or discomfort on exertion, sudden shortness of breath or rapid palpitations – see your GP who can arrange for you to have a proper cardiac assessment.

Such an assessment may not be instantly available but continuing to run with these symptoms may shorten your running career catastrophically!

Drinking safely

Drinking too little on the run can lead to problems, as you need to replace some of the fluid you lose as sweat. Drinking too much can be very dangerous and lead to hyponatraemia (water intoxication), fits and even death.

Drink when you feel the need and do not gulp large volumes of fluids before, during or after the race. Your needs vary with your build, your speed and above all the weather.

Feeling unwell?

Do not run if you feel unwell or have just been unwell. Most medical emergencies occur in people who have been unwell but do not wish to miss the event. If you feel feverish, have been vomiting, have had severe diarrhoea or any chest pains, or otherwise feel unwell, it is unfair to you and your family to risk serious illness and become a medical emergency. You are unlikely to do yourself justice. There will be many other races.

On the day

Please check the forecast and wear appropriate clothes for the weather when you're racing. Although the average temperature for Antrim Coast Half Marathon is 15°C it has experienced both very hot and very cold weather. On a cold, wet day you can become very cold if you reduce your running pace or walk. A hat and gloves will prevent heat loss and are easily carried.

If it is hot, wear loose clothing, start slowly and, if possible, run in the shade. Please don't wear multiple layers and don't try to attempt a personal best. Use shoes you know from experience will not give you blisters.

Ask *Run Concierge* ^{AI} on the website for a weather update the week before the race.

At the Finish

During prolonged physical activity, your blood vessels widen to increase blood flow to your muscles. Stopping abruptly after finishing can cause a sudden drop in blood pressure, leading to dizziness, nausea, or weakness. For this reason, it is important to cool down properly.

After crossing the finish line, continue walking, particularly if you feel light-headed, and begin replacing lost fluids. The Finish Hub is approximately 200 metres from the finish line, and the walk there forms an important part of your cool-down. Please do not sit down in the finish area.

Once you have collected your kit, change into warm, dry clothing, continue to sip fluids, and eat something to aid your recovery. Avoid drinking excessive amounts of water in a short period.

Some runners may feel faint more than 30 minutes after finishing, often due to inadequate fluid or food intake. If you feel unwell at any time, please seek assistance from one of our medical personnel immediately.

Ignite Recovery



Ignite Recovery will be located in the Finish Hub, offering all participants a professional, on – site recovery experience immediately after they cross the finish line. Their team provides a range of athlete – focused recovery services, including wood – fired sauna sessions, cold plunge therapy, compression boots and percussion massage, all designated to reduce muscle soreness, improve circulation and help you recover faster. Recovery sessions can be booked in advance or on the day.

Age Category Prize Winners



Condor Executive Antrim Coast Half Marathon are delighted to partner once again with Running at 40+ who are sponsoring the age category prizes.

Age category prize winners will be announced and presented with their award by European Champion, 5x Olympian and R40+ ambassador Jo Pavey at 14:15 on the stage in the Finish Hub.

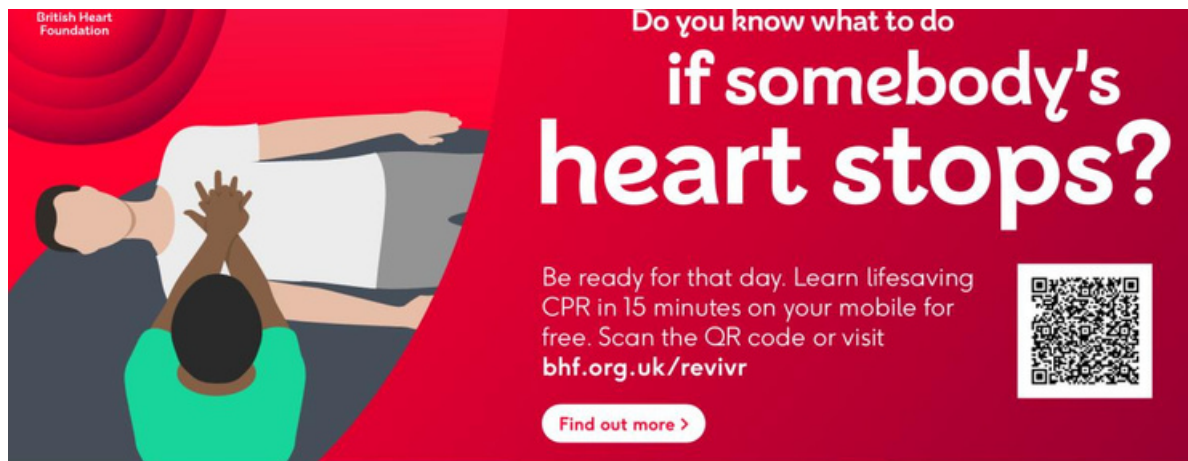
Race Photos



The event is supported by Marathon Photos using their livebox system. This uploads photographs as soon as they are taken meaning that family and friends can view them online whilst you are still running, and that your photographs will be available just moments after you have crossed the finish line!

The link will be emailed to all participants before race day.

British Heart Foundation



Learn CPR now.



Would you know what to do if someone's heart stopped? Be Ready for that day

The Antrim Coast Half Marathon has teamed up with British Heart Foundation Northern Ireland (BHF NI) to encourage more people to learn the lifesaving skill of CPR through the charity's free, step by step online CPR training tool, RevivR. A cardiac arrest can happen to anyone, anywhere, at any time – at home, work, or out in public. There are over 1400 out-of-hospital cardiac arrests every year in Northern Ireland and tragically, less than one in ten people survive. Every minute without CPR and defibrillation can reduce the chances of survival by up to 10 per cent. But the effective use of CPR and a defibrillator can more than double the chances of survival in some cases.

RevivR takes just 15 minutes to complete and could help save a life. All you need is your mobile phone and a cushion.

[Scan the QR code or click here to complete RevivR now.](#)

Antrim Coast Half Marathon would like to say a huge thank
our partners who make this event happen:

