



National Solidarity Run 2026

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What is the National Solidarity Run?

The National Solidarity Run is a 5km fun run/walk which takes place on **Sunday 11th October 2026 at 12.30pm**.

It brings people together from around Ireland to celebrate friendship, solidarity and inclusion through the simple act of running, jogging and walking together. There will be music, entertainment and refreshments for all as well as some special guests.

The National Solidarity Run is the flagship event of the Global Solidarity Run which **enables people to show their solidarity with those who are forcibly displaced and people living in extreme poverty**.

This run is an Irish Presidency of the Council of the European Union aligned event and organised in partnership with Irish Aid, the Department for Foreign Affairs and Trade, European Commission, the Ireland Funds, Sport Ireland and Athletics Ireland.

Where is the race taking place and at what time does it start?

The race takes place at Sports Campus Ireland, Abbotstown, D15 F2CC.

<https://goo.gl/maps/ZgPTb9BUxdpzXmbN7>

The [cross country track](#) is located beside Abbotstown House.

The event starts at 12.30pm and it is advised to be there well in advance to store bags and hear the welcome address by the President of Ireland Catherine Connolly and other special guests.

How do I register to take part at the National Solidarity Run?

Please visit the [event sign up page](#) and enter the access code **solidarity** for free entry or if you would like to pay for your place that option is also available. A place costs €10 and any proceeds will go towards event t-shirts and running costs.

How do I get to the event?

If you are a member of a Sanctuary Runner group, check in with your group for transport details from your location as there will be buses provided from many locations.

We recommend travelling by **bike** or by **public transport**. The Sport Ireland Campus is served by Dublin buses, details are [here](#).

From Dublin City Centre:

- 38 or 38A - from O'Connell Street/ Hawkins Street to Snugborough Road in Blanchardstown.
- N4 – from POINT VILLAGE (via Clontarf Rd Dart Station) to Snugborough Road

We will provide a shuttle bus from the entrance of the Sport Ireland Campus to the event.

There are bike racks available around the campus.

By **car**, we recommend carpooling where possible, limited on-site parking is available. Please follow signs and marshals' instructions on the day.

What is the event timeline?

- 11.30-12.30 Arrival, parking, bagdrop, t-shirt collection
- 12.30 Event begins, run/walk, entertainment & refreshments
- 3.30 Event finishes, buses depart.

What distance is it?

The run is 5k for two laps or 2.5k for one lap. Due to the nature of the cross country course the measurement may differ across GPS watches and devices.

Is the course marked?

The course is not marked for distance, but directional arrows and marshals will be in place to guide you along the route.

Will the course be chip timed?

No. The focus is on having fun, meeting new people and enjoying the stunning cross-country venue at the Sport Ireland campus.

Is the course wheelchair and buggy friendly?

The course runs along the cross-country track and is a mixture of grass and trail paths. Some sections may accumulate mud or have puddles, which isn't always suitable for buggies or wheeled vehicles. However, we welcome you to come along on the day to enjoy the occasion with us.

Where do I collect my t-shirt?

You can collect your Sanctuary Runners t-shirt on the day, they will be available from 12:00pm-12:45pm. If you already own a Sanctuary Runner t-shirt, please wear it on the day.

Do I have to wear a Sanctuary Runners t-shirt?

Yes please! We would love it if you could wear a Sanctuary Runners t-shirt at this race to create a blue wave of solidarity. If you already have one please come along to the event wearing it. If you don't have a t-shirt you can collect one on the day.

Is there somewhere to leave my bag on the day?

There will be a bag drop available before the event for people to leave their belongings. Please note it closes promptly at 12.30pm.

Please do not leave valuables in your bag. Sanctuary Runners will not be responsible for any damage/loss to valuables.

I'd like to participate but I don't think I can run the entire 5K. Can I still take part?

Absolutely, walkers and supporters are welcome. We recommend walkers start towards the back of the group. The route is a loop completed twice, so it's also possible to complete just one loop.

Can I volunteer at the event instead of (or as well as) running?

Yes absolutely. We will have a large team of volunteers on the day and full briefing will be provided. If you would like to sign up to volunteer, please fill in this short form. Some volunteer roles will allow you to run the race too. <https://forms.gle/Nc3dFG5afXHuB8Ex9>

Do I need spikes?

Spikes are not necessary, normal runners will be fine. You may of course wear spikes if you prefer.

Are there prizes?

No, there are no prizes at this event.

Will I get a medal or t-shirt on the day?

There are no medals at this event as it is a celebration of diversity, inclusion and unity. Your reward is that you have taken part in a global act of solidarity.

Sanctuary Runner blue t-shirts will be available on the day. If you already own a Sanctuary Runner t-shirt, please wear it on the day.

Is there a minimum age to participate?

Registration is for over 18s only. Families are welcome but all children must be accompanied by a parent or guardian at all times. Children under 12 must be within an arms length of their parents/guardians throughout the event. Sanctuary Runners are not responsible for children at the event.

Can I bring my dog?

Sorry, no pets are allowed on the course or at the event.

Will there be water on the course?

Water will be available at the finish. If you think you will require water along the course we recommend that you bring your own.

What do I do if I am ill or injured at the race?

There will be medical professionals stationed at the event in the first aid area. Please go there if you feel unwell before/after the race. There will be marshals on the course if you need help.

Are there toilets available?

Yes, toilet facilities will be located close to the start and finish line. Accessible toilets and baby-changing facilities will be available nearby.

Will refreshments be available?

Yes, complimentary catering will be available for all attendees after the race. There will also be water and refreshments at the finish line.

Will there be places to throw away my rubbish?

Yes. There will be bins around the event village. Please use the bins for your rubbish to keep the beautiful cross country course looking its best.

Can my friends & family come to support me?

Yes. Supporters are welcome and there are several points along the course where they can cheer and encourage you!

Photographs and Video

Please note there will be photographs and video footage taken at this event for press, online and social media content.

What do I do if it's raining?

It's Ireland, we can assume it may rain at some point on the day. Please bring suitable clothing for different weather conditions.

Extreme Weather

In the event of extreme weather conditions the event may have to be modified or cancelled. All participants will be contacted in advance if this occurs.

Event Enquiries

If you have any event enquiries please contact info@sanctuaryrunners.ie.

Event Map

Sport Ireland Campus

Sanctuary Runners National Solidarity Run

Map
Sport Ireland Campus



Not to scale. Layout is indicative and may change on the day.

Imagery © Google

ROUTES

- Shuttle bus & cars**
Via main entrance (Snugborough Road)
- Passenger buses**
Enter and exit via Gate B; loop at the Red Barn

PARKING

- General**
All private vehicles: NIA or Conference Centre

EVENT

- Event Village**

Event village

Sanctuary Runners National Solidarity Run

Sport Ireland National Cross Country Track
Sport Ireland Campus



Not to scale. Layout is indicative and may change on the day.

Imagery © Google

FACILITIES

- Stage
- Catering
- T-shirt
- Baggage
- Toilets
- Photo Wall
- First Aid

COURSE

- Race course
- Start / Finish line
- Entrance route

I can't run anymore, can I get a refund?

Unfortunately, refunds are not available.

Can I defer my entry?

No. Your entry is valid for the 2026 National Solidarity Run only.