

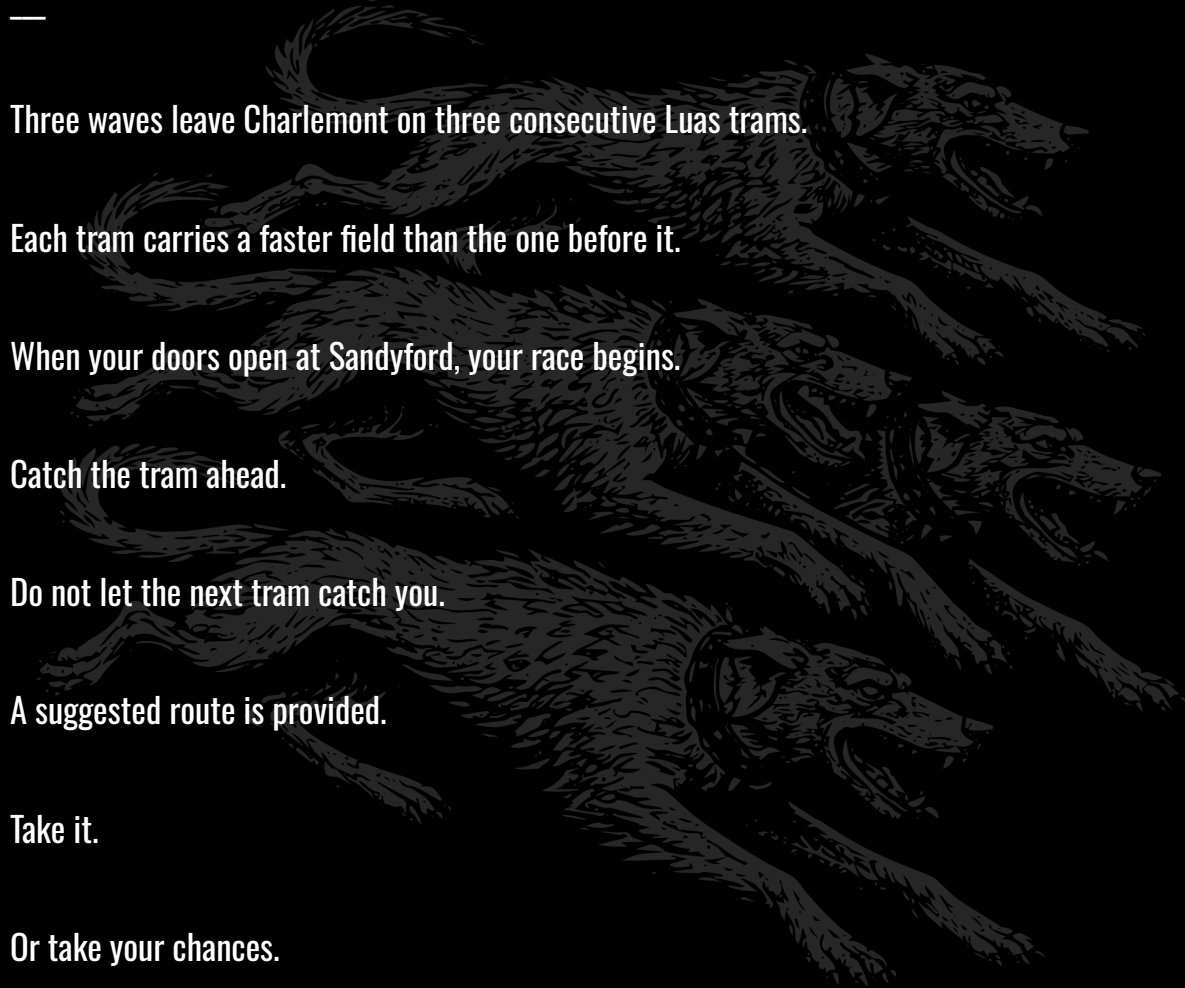
MIND THE GAP

RIDE OUT. RACE HOME.

Saturday, 8 August 2026

Charlemont Station → Sandyford Station → Peggy Kelly's

Approximately 8.2 km



Three waves leave Charlemont on three consecutive Luas trams.

Each tram carries a faster field than the one before it.

When your doors open at Sandyford, your race begins.

Catch the tram ahead.

Do not let the next tram catch you.

A suggested route is provided.

Take it.

Or take your chances.

ENTER THE CHASE

THE LUAS IS THE STARTING GUN

Most races give everyone the same start line.

Mind the Gap gives each wave its own tram.

Three pace-seeded groups meet at Charlemont before boarding three consecutive southbound Luas services.

The first tram gets the lead.

The second tram starts between attack and defence.

The final tram gets the chase.

As Sandyford approaches, get ready.

There is no race arch waiting outside.

No countdown.

No artificial start interval.

When your tram's doors open, your race is live.

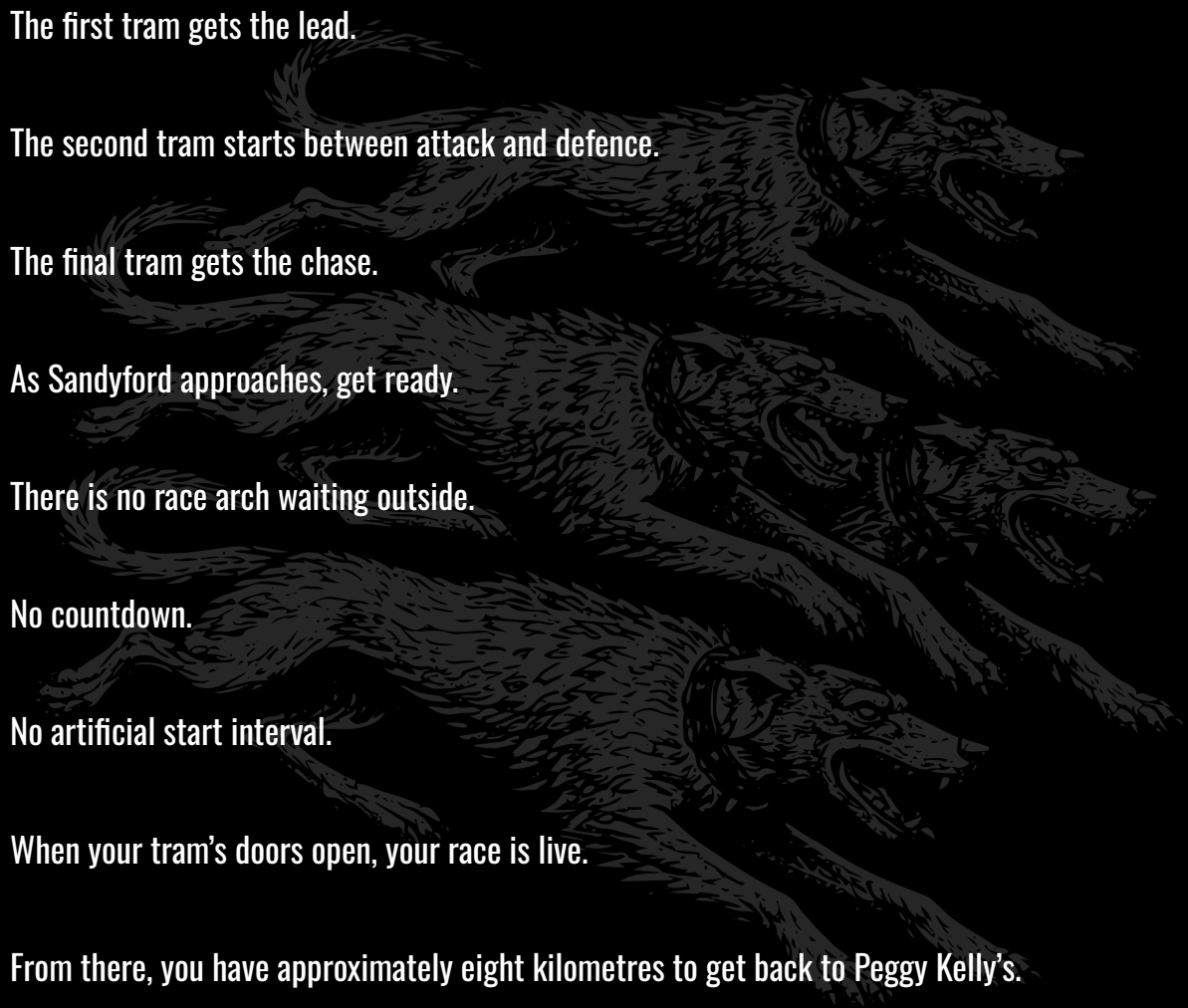
From there, you have approximately eight kilometres to get back to Peggy Kelly's.

The runners from the previous tram are already ahead.

The next tram is already on its way.

THE DOORS OPEN.

YOUR RACE BEGINS.



HOW THE CHASE WORKS

Mind the Gap is a pace-handicapped pursuit race.

Your expected race pace determines which tram you board.

Earlier trams receive more time.

Later trams receive more speed.

The real Luas service creates the gap between each start. One interval may be slightly shorter. Another may be slightly longer.

That is not an error in the race.

That is the race.

THE NETWORK SETS THE GAP.

Each wave begins at the exact moment its tram doors open at Sandyford.

Your individual result is calculated from your wave's recorded start time until you reach the finish at Peggy Kelly's.

The aim is not simply to run the fastest elapsed time.

It is to use the advantage your tram gives you.

Catch the field ahead before the faster field behind reaches you.

For the opening kilometres, the three waves may feel like three separate races.

Then the gaps begin to close.

The colours start mixing.

Runners begin looking back.

The front tries to hold.

The chase starts making contact.

Nothing is settled until Peggy Kelly's.

FIND YOUR TRAM

The field is divided into three pace-seeded waves.

TRAM 01

THE FRONT

Predominantly for runners expecting to race in the 6 min/km range.

The first tram receives the largest time advantage.

There is nobody ahead to chase at the start.

Your job is to control the front and stay out of sight for as long as possible.

Get home before the field appears behind you.

TRAM 02
THE FIELD

Predominantly for runners expecting to race in the 5 min/km range.

The first tram is already ahead.

The final tram is coming.

You begin the race with runners in both directions.

Chase and defend.

TRAM 03
THE CHASE

Predominantly for runners expecting to race in the 4 min/km range or faster.

Everyone is ahead.

There is nobody behind.

Your job is to move through the field before the finish disappears.

YOUR PACE DECIDES YOUR TRAM

Mind the Gap is open to runners across a wide range of paces.

You do not need a qualifying time.

You do need to submit an honest estimate of the pace you expect to hold over a hard effort of approximately eight kilometres.

Your easy-run pace is not your race pace.

During registration, you will be asked for one of the following:

A recent 5 km or 10 km result

A recent hard-effort activity

An honest expected race pace

An optional Strava activity for reference

BMO may move runners between trams to protect the balance of the format.

This is not about placing people into beginner, intermediate and elite groups.

Every tram has a way to win.

Every tram has something to defend.

HONEST PACE. FAIR CHASE.
TAKE THE ROUTE
OR TAKE YOUR CHANCES

BMO will provide a recommended route from Sandyford to Peggy Kelly's.

It is designed to be direct, understandable and appropriate for the event.

Following it is optional.

You may choose another legal and safe way home.

Another street may save distance.

Another turn may add time.

A crossing that looks faster on the map may not be faster when you reach it.

You might find an edge.

You might find yourself facing the wrong way while the next tram closes the gap.

The quickest runner will not necessarily choose the quickest route.

ROUTE RULES

Mind the Gap takes place on open public roads and paths.

Normal pedestrian and traffic rules apply throughout.

Participants must:

- Respect traffic lights and pedestrian crossings
- Remain on legal public routes
- Stay out of private property
- Avoid restricted roads, rail lines and Luas infrastructure
- Avoid dangerous or prohibited crossings
- Complete the course entirely on foot
- Keep required GPS tracking active
- Carry a charged phone
- Stop and assist in an emergency where necessary

After the start, no participant may use:

- Public transport
- Bikes
- Cars or taxis
- Outside pacing
- Physical assistance from another person

Route freedom is part of the strategy.

It is not permission to take unnecessary risks.

BREAK THE EXPECTED ROUTE.
NOT THE RULES OF THE ROAD.
WHAT COUNTS AS A CATCH?

You are caught when a runner from a later tram physically passes you before you cross the finish line.

Visible tram colours or race identifiers will make each wave easy to recognise.

Being caught does NOT remove you from the race.

Keep moving.

You can still:

Finish first from your tram

Record the fastest elapsed time

Catch runners from an earlier wave

Defend your position against the rest of the field

Set the route of the night

The chase continues until you reach Peggy Kelly's.

WHAT CAN YOU WIN?

Mind the Gap creates more than one meaningful result.

FIRST HOME

The first runner to reach Peggy Kelly's.

FASTEST ELAPSED

The fastest time from the opening of their tram doors to the finish.

FIRST FROM EACH TRAM

The leading finisher from Tram 01, Tram 02 and Tram 03.

LAST UNCAUGHT

The final runner from an earlier tram to finish without being passed by someone from a later wave.

DEEPEST CHASE

The Tram 03 runner who moves furthest through the field.

ROUTE OF THE NIGHT

Recognition for the most effective legitimate route choice.

First home is not always fastest.

Fastest is not the only way to race.

RACE-DAY SCHEDULE

CHARLEMONT

[16:00] — Check-in opens

Collect your tram identifier, confirm your emergency details.

[16:25] — Check-in closes

Late arrivals cannot be guaranteed their assigned tram.

[16:30] — Mandatory briefing

Final route rules, timing process, safety information and Luas procedure.

[16:45 onwards] — Trams begin boarding

Each wave boards its assigned southbound service.

SANDYFORD

Approximately [17:10] — Tram 01 starts

The doors open.

The Front begins.

Next eligible service — Tram 02 starts

The Field begins.

Next eligible service — Tram 03 starts

The Chase begins.

PEGGY KELLY'S

Approximately [17:40] — Finish window opens

The first runners may begin arriving.

Approximately [17:45–18:15] — Main convergence

The three waves begin collapsing into one finish.

[18:30] — Results and afters

Final results, food, drinks, music and the post-race debrief.

Exact tram and start times will be confirmed in the participant briefing. Luas operates by service frequency rather than a guaranteed minute-by-minute race timetable.

WHAT YOU NEED

Every participant must bring:

A valid Luas ticket or active travel card

A charged phone

GPS recording capability

Weather-appropriate running clothing

Your assigned tram identifier

Emergency contact information

Enough water if conditions require it

Headphones are strongly discouraged.

You need to hear traffic, other runners and event instructions.

BAG TRANSPORT

A limited bag service will operate from Charlemont to Peggy Kelly's.

Only bring what you need.

Do not leave cash, expensive electronics or irreplaceable valuables in your bag.

Bag transport is community-facilitated.

THE FINISH IS PART OF THE RACE

Mind the Gap does not end when the first runner reaches Peggy Kelly's.

The finish is where the full event becomes visible.

Spectators and finished runners can follow the arrival of all three trams as the gaps disappear.

The Front tries to hold.

The Field arrives from both directions.

The Chase moves through.

Stay for:

Final results

Wave winners

Drinks

Music

The post-race argument over who actually chose the fastest route

The route ends.

The afters begin.

COME MAKE NOISE

Race places are limited.

The finish is open.

Friends, clubmates and anyone who wants to see how the chase ends can join us at Peggy Kelly's.

PUBLIC FINISH WINDOW

Approximately [17:40–18:20]

Arrive before the field.

Follow the live updates.

Watch the three colours begin to mix.

See whether the first tram holds or the final tram gets through.

THREE TRAMS LEFT.

SEE WHO GETS HOME.

EVENT DETAILS

Event: Mind the Gap

Format: Pace-seeded pursuit and navigation race

Date: Saturday, 8 August 2026

Meeting point: Charlemont Luas station

Race start: Sandyford Luas station

Finish: Peggy Kelly's, Harold's Cross

Distance: Approximately 8 km, depending on route choice

Entry: Individual

Wave assignment: Based on expected hard-effort pace

Road status: Open public roads and paths

Suggested route: Provided before race day

Alternative routes: Permitted within the event rules

Timing: Based on the recorded opening time of each tram's doors

Entry fee: FREE

Capacity: 60

Minimum age: 18

Registration closes: Thursday 6th of August - 10 PM

Limited places will be available on each tram.

Once a tram is full, that part of the field closes.

FREQUENTLY ASKED QUESTIONS:

Do I need to be fast?

No.

Mind the Gap is designed around runners moving at different speeds.

Your expected race pace determines your tram and your position in the chase.

Can I choose my own tram?

You can submit your expected pace and supporting result.

BMO will make the final wave assignment to keep the race balanced.

Can I enter without a recent race result?

Yes.

Submit an honest estimate of the pace you expect to hold over a hard eight-kilometre effort.

Is this a group run?

No.

You travel and start with a wave, but you are racing individually.

You may run near others, but no wave is required to remain together.

Do I have to follow the suggested route?

No.

The recommended route offers a clear and reliable way back.

You may choose another legal and safe route within the event rules.

Is the distance exactly 8 km?

The recommended route will be approximately 8 km.

Your final distance depends on the route you choose.

What if I get lost?

Correct your route and continue.

Navigation decisions are part of the event.

Getting lost does not stop the next tram from moving.

What if the Luas is delayed?

The exact opening time of each tram's doors will be recorded and used as that wave's official start.

The network creates the real gap.

A major service disruption may require BMO to skip a tram, delay a wave or use the event contingency procedure.

Do I need to buy my own Luas ticket?

Yes.

Every participant is responsible for travelling with a valid ticket.

Can I use the Luas again after starting?

No.

Once your doors open at Sandyford, the full journey to Peggy Kelly's must be completed on foot.

Is there a bag drop?

A limited finish-bag service is planned.

Final arrangements will be confirmed before entry opens.

Can people watch?

Yes.

Peggy Kelly's will be the main spectator and finish location.

Spectator access does not require a race entry unless stated otherwise.

What happens after I register?

You will receive:

Entry confirmation
Final tram assignment
Recommended route
Mandatory race rules
Exact meeting schedule
Tracking instructions
Emergency and withdrawal procedure

Read the final participant briefing carefully.

BEFORE YOU ENTER

Mind the Gap is independent, self-navigated and held on open public roads and paths.

It is not a closed-road race.

You are responsible for:

Your own route decisions
Your behaviour in traffic
Following public-road rules
Arriving prepared
Carrying a charged phone
Stopping if conditions become unsafe
Following instructions from BMO and event volunteers

The format may feel unpredictable. The expectations are not.

UNRULY BY NATURE.
EXACT BY DESIGN.
ENTER THE CHASE

Three trams.

Three waves.

Approximately eight kilometres home.

Your pace decides your tram.

The network decides the gap.

The city decides whether your route works.

Catch the tram ahead.

Do not let the next one catch you.

LIMITED PLACES ON EVERY TRAM
ENTER THE CHASE

Saturday, 8 August 2026
Charlemont → Sandyford → Peggy Kelly's

RIDE OUT. RACE HOME.

COMFORT IS BORING.

THE TEN-SECOND VERSION

Meet at Charlemont Luas station.

Three waves board three consecutive trams.

Every tram carries a faster wave.

Exit at Sandyford.

Your race starts when the doors open.

Run approximately 8 km back to Peggy Kelly's.

Follow the suggested route or choose another legal and safe way home.

Catch runners from the tram ahead.

Hold off runners from the tram behind.

Three trams.

Three live starts.

One collapsing field.