

MICROGAMING ISLE OF MAN MARATHON & HALF MARATHON SUNDAY 14th AUGUST 2016

**** THE FOLLOWING INFORMATION IS PROVIDED FOR YOUR GUIDANCE ****
PLEASE STUDY IT CAREFULLY. It will probably save you making a phone call!**

Registration & Race Numbers

Race numbers and timing chips will be allocated at the registration desk on the morning of race day. The registration desk will be open at race headquarters from 07:00 a.m. To speed registration, this year we are also offering the option of collecting your number and chip from race HQ at Ballacloan Stadium on Saturday 13th August between 10:00 – 12:00.

In a change to previous years, tee shirts will be given out at registration. The goodie bag will be given out at the end of the race as usual.

Please note that we do not send confirmation of entry or race numbers by post. Every year we have runners on to us the week before the race, worrying that they haven't got their number by mail. The numbers are distributed on the weekend of the race only.

Entries to the race will be through SiEntries accessed via the marathon website www.isleofmanmarathon.com and confirmation of entries will be via an e-mail from SiEntries.

Venue

The races will be run over the Manx Northern course, starting and finishing in Ramsey. The race HQ will be at the **Ballacloan Stadium, North Shore Road, Ramsey**, where there are changing and toilet and shower facilities.

Transport

There will be special buses to transport you to and from the race venue in Ramsey at a cost of **£8.50 per person**. They depart from the Sea Terminal, Douglas Promenade at **07:20**. There is no charge for the return journey and the buses will leave Ramsey after the prize presentation and buffet at approx. **14:00** and **15:15 p.m.**

The fee for this bus must be paid in advance and no bookings or payments are taken on the day. You will be offered the option of booking a seat on the bus when making your race entry on the SiEntries website.

If your support team prefer to have an extra hour in bed, they can catch the first public bus to Ramsey which leaves from Douglas Promenade about 08:35 and arrives in Ramsey at 09:30 - giving them plenty of time to see you finish.

Clothing and Displaying Race Numbers

This event is run under the UKA Club rules (licence number: 2016-23232) and competitors must wear at least vest and shorts. **Your race number must be clearly displayed on the chest** and must not be cut, folded or concealed in any way.

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Veterans' Awards

Veterans' awards in both races, and for both sexes, will be given in 5 year age brackets up to 70+. Full details are on the attached Awards List. Any veteran finishing in the open race in a position that would render him/her eligible for two awards (*for example, 2nd overall and 1st Veteran over 40*) will receive both awards.

Note that perpetual trophies are not allowed off island, but the winners will also receive glass plaques that they do get to keep.

Isle of Man Marathon Championship

Any entrant who either

- a) was born in the Isle of Man, or
- b) has resided continuously in the Isle of Man for at least nine months prior to race day,

shall be eligible to also compete in the **Isle of Man Marathon Championship**. Any competitor eligible to compete in this Championship who finishes in a position that renders him/her eligible to receive an award in both the open race and the closed championship (e.g. *2nd overall and 1st Manx*) shall receive both awards. Entry to the Isle of Man Marathon Championship is offered as an option when entering the race via the SiEntries website. *Please note: Club members **must** wear his/her club vest.*

BMAF Marathon Championship

This year our race is also hosting the BMAF Marathon Championship. Entrants in the BMAF Championship will be eligible for separate awards provided by the BMAF. Further details and entry requirements are available on the BMAF website www.bmaf.org.uk

Electronic Timing

At registration you will be given an electronic timing chip. These will either be an ankle strap or form part of your race number. The ankle straps will be removed at the finish of the race. If you do not complete the race please ensure that your tag is returned to the Finish area. Any tags which are lost or not collected at the end of the race will be charged at the price of £12.

After the race, printouts of your race time are available in the clubhouse. Live timings and race positions are also shown on the TV monitor.

Parking

Parking is not permitted inside stadium or alongside the gates on the stadium side of the road outside. Adequate spaces should be available on the Promenade or in the free car park on the far side of the adjacent Mooragh Park - just 2 minutes walk from the stadium.

The Start

Marathon: The start point for the **Marathon** is on Mooragh Promenade, approx 400 yards from Race HQ. There will be a 10 minute warning call for the **9:00 am** start.

Half Marathon: The start point for the **Half Marathon** is also on Mooragh Promenade, 200 yards behind the marathon start.

There will be a 10 minute warning call for the **9:30 am** start.



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The Course

Both races follow the same circuit, which is just under 13.25 miles. Runners in the Marathon will complete slightly less than two circuits (to give the required marathon distance). The first 5 miles of the circuit are undulating, the high point of 259 feet being reached at approx 4 miles (and 17 miles). The remainder of the course is mainly flat. Both races finish inside the Ballacloan Stadium.

Distances are marked at 1 mile intervals. The markers have been measured from the Marathon start line. For the Half Marathon therefore, these markers will each be 200 yards over-distance. The course has been measured by an England Athletics accredited measurer. Drinks stations are located at approximately 3 mile intervals.

With the exception of three specific points on the circuit, which are marshalled, you will be required to run on the left hand side of the road throughout. Failure to observe this rule could result in disqualification.

PLEASE REMEMBER that you will be running on OPEN ROADS and as the roads can be reasonably busy at times, PLEASE RUN SENSIBLY AND CAREFULLY.

Pacing

Any competitor receiving assistance by way of pacing by persons not participating in the race (regardless of whether such persons be on foot, cycle or motor vehicle), shall be liable to disqualification. Please ensure that your supporters read these notes before the start of the race and also remind them that they should not place themselves in positions where they are likely to impede the progress of other runners.

Retirements

Any competitor retiring from the race should remove his/her number and report to the nearest marshal. Please do not drop out of the race without notifying an official. Please also ensure that your electronic timing tag is returned to the finish area. If it is not returned we will have to charge you £12 to cover the cost.

Showers / Toilets

Changing rooms with showers and toilets are available in the Clubhouse. There are also public toilets on North Shore Road (by the boating lake in Mooragh Park) which is on the way to both starting points and by the café in Mooragh Park. Maps will be hung around the stadium indicating the routes to the alternative toilets.

Post-Race Reception and Results

The post-race reception will be held at Race HQ where a free buffet will be provided for all competitors. Bar facilities will be available. The trophy presentation will be made as soon as race results have been compiled. A full set of results will be on our website within 24 hours. www.isleofmanmarathon.com

Important Notice: Drinks

DRINKS MAY ONLY BE TAKEN FROM THE DRINK STATIONS PROVIDED BY THE RACE ORGANISER. This is to ensure that all athletes compete on a fair basis. i.e. One runner may not have the advantage over another by having family/friends supplying drinks on demand – a facility not available to all competitors. We provide water at approx 3 mile intervals. You may supply your own drinks (of any kind) and carry them with you; or bring them to registration and they will be sent to the drink station/s of your choice. For your own benefit, please ensure that



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these are in readily identifiable bottles, or at least have your race number clearly marked on the bottle. Indelible ink pens will be available at registration for this purpose. Water will also be handed out in the finish area.

Safety Advice: iPods etc.

For your own safety as the race is held on open roads, please do not use any personal music device.

If you fail to heed instructions from any course official because you do not hear them, you may be disqualified from the race.

Marathon Time Limit

There is a time limit of 6 hours for the Marathon. This is because we cannot keep race officials and first aid support on the road to cover anyone taking longer than this. Anyone passing the halfway point after 2 hours 50 minutes will be instructed to finish there. If you really want to enter the Marathon and will take longer than 6 hours, then please contact us on iomvaclub@yahoo.co.uk to arrange an early start.

Walkers

Walkers are welcome in both the Marathon and Half Marathon races - subject to the time limit detailed above.

Age Limits

The following minimum age limits apply;

- Half Marathon – 17 years old on the date of the race
- Marathon – 18 years old on the date of the race.

Travel and Accommodation

Isle of Man Steam Packet Holidays have a range of travel and accommodation packages for our runners. For details please see the Steam Packet link on our website or telephone the Steam Packet Holidays Team on 01624 645777. Please mention that you are coming to the Island for the Marathon races.

The nearest hotel to Ballacloan stadium is the Ramsey Park Hotel and a link to this can be found on our marathon website www.isleofmanmarathon.com

If you wish to make your own arrangements you will find links to the ferry, airlines and the Isle of Man Tourist Board on our website www.isleofmanmarathon.com

Closing Date for Entries

All entries must be received by midnight on Sunday 7th August 2016. We do not accept entries on race day.

Want even more of a challenge?

The '**No Rest for the Wicked**' series will take place during the week following our Marathon and Half Marathon races.

This is a series of shorter (but challenging) races. Once details are received, they will be added to the "No Rest for the Wicked" page on our website www.isleofmanmarathon.com

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Good Luck!

We hope your training goes very well, and wish you a very good and enjoyable run on Sunday 14th August.

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Sunday 14th August 2016

TROPHIES

MARATHON

Open : Men First 3

Open : Ladies First 3

Veterans: BMAF Grade 1

Men:

35-39	First 2
40-44	First 2
45-49	First 2
50-54	First 2
55-59	First 2
60-69	First 2
70+	First 2

Ladies

35-39	First 2
40-44	First 2
45-49	First 2
50-54	First 2
55-59	First 2
60-69	First 2
70+	First 2

**Isle of Man Championship :
Medals**

First 3 men and First 3 ladies

HALF MARATHON

Open : Men First 3

Open: Ladies First 3

Veterans:- BMAF Grade 1

Men

35-39	First 2
40-44	First 2
45-49	First 2
50-54	First 2
55-59	First 2
60-69	First 2
70+	First 2
1 st	Junior Man

Ladies

35-39	First 2
40-44	First 2
45-49	First 2
50-54	First 2
55-59	First 2
60-69	First 2
70+	First 2
1 st	Junior Lady

- **Certificates available on request from www.manxtimingsolutions.com**
- **"Technical" T-shirt at registration**
- **Medal and "Goody bag" for all finishers**
- **Individual time printout and full results service**
- **Buffet lunch**
- **Trophy Presentation**