

ISLE OF MAN VETERAN ATHLETES' CLUB

www.isleofmanmarathon.com

MICROGAMING ISLE OF MAN MARATHON, HALF MARATHON & 4 STAGE MARATHON RELAY www.isleofmanmarathon.com SUNDAY 12th AUGUST 2018

**** THE FOLLOWING RACE INFORMATION IS PROVIDED FOR YOUR GUIDANCE ******
PLEASE STUDY IT CAREFULLY.

Registration & Race Numbers: EITHER Sat 11th August 10:00-12:00 OR race day from 07:00

All race numbers, pins and event T Shirts will be allocated at the Ramsey Ballacloan Stadium HQ registration desk. Please ensure to complete the medical information on the reverse of the race number.

A finisher's medal and a 'goodie bag' will be given out at the end of the race.

Relay Teams Only: 4 Race numbers, pins and one timing Baton will be in the Registration envelope, all 4 team members need to complete their medical information on the reverse of their race number.

Please note that we do not send confirmation of entry or race numbers by post. Every year we have runners contacting 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 all races will be through My Race Results accessed via the marathon website www.isleofmanmarathon.com or www.iomvac.co.uk Confirmation of entry will be by e-mail from MRR.

Venue: Ballacloan Stadium, North Shore Road, Ramsey

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

Transport: Coaches depart from the Sea Terminal, Douglas Promenade at 07:20. £10 pp

There will be special coaches to transport you to and from the race venue in Ramsey at a cost of **£10.00 pp**. The 2 return bus journeys will leave Ramsey after the prize presentation and buffet at approx. **14:00** and **15:15**.

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 MRR website.

If your support team prefer to have an extra hour in bed, they can catch a public bus to Ramsey which leaves from Douglas, Lord Street about 09:15 and arrives in Ramsey at 10:05 - giving them plenty of time to see you finish. Please check times on the Bus Vannin section of www.gov.im

Clothing and Race Numbers: Your race number must be clearly displayed on the chest

This event is run under the UKA rules (licence number: 2018-32242) and competitors must wear at least vest and shorts. Your race number must not be tampered with, cut, folded or concealed in any way.

Electronic Timing: Incorporated into Race Number

At registration you will be given a number incorporating the timing device (**not Relay Runners**). Do not tamper with this in anyway as it may result in your race time not being recorded.

Please complete the medical information and emergency contact details on the reverse of your number.

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

➤ Completion Certificates will be available on the MRR website www.manxtimingsolutions.com

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Parking

Parking is not permitted inside the 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 & Relay 09:00 Half Marathon 09:30

Marathon & Marathon Relay: The start point for the **Marathon & Marathon Relay** 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.

The Course: See <http://www.isleofmanmarathon.com/the-course/> for more details

All races follow the same circuit, which is just under 13.25 miles. Runners in the Marathon and 4 stage Marathon Relay 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. All 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 2.2 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.

Relay Teams Only Changeovers:

The 1st relay runner will hand over the baton to the 2nd runner in Andreas just past the Oatlands Road roundabout on the A17 on the way into Andreas.

The 2nd runner will then hand over the baton to the 3rd runner in Ramsey on North Shore Road, approx. half way between the Race HQ and Mooragh Promenade.

The 3rd runner will then run to the changeover point in Andreas (as above) and hand over the baton to the 4th runner who then runs to the finish in the Ballacloan Stadium.

PLEASE REMEMBER that you will be running/walking on OPEN ROADS and as the roads can be reasonably busy at times, PLEASE RUN SENSIBLY AND CAREFULLY AND BE AWARE OF MARSHALS AND THE TRAFFIC AT ALL TIMES

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.

Important Notice: Drinks may only be taken from drink stations provided by race organisers.

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 every competitor. We provide water at approx 2.2 mile intervals. You may supply your own drinks (of any kind) and carry them with you; or bring them to HQ registration and place them in the bins provided by 08.30 and they will be sent to the respective drink station/s. For your own benefit, please ensure that 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.

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Safety Advice: "The wearing of headphones, or similar devices, is not permitted.

From 1 April 2016 a new rule regarding the wearing of headphones in road races was introduced by UKA and the wearing of headphones are not permitted in races on any single carriageway road that is not wholly closed to traffic.

As our races are held wholly on open roads the above rule will be applied and competitors not abiding by this rule will be disqualified and no time will be recorded.

However, the wearing of 'open ear' headphones will be permitted in line with UKA rules.

Marathon & Marathon Relay Time Limit: Is 6 hrs. i.e. 15:00

The time limit for the Marathon and Marathon Relay 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 iomvacclub@yahoo.co.uk to arrange an early start.

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

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. Relay runners please ensure that your electronic timing baton is returned to the official or 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 inside the Clubhouse and port-a-loos outside 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: Available at Race HQ

A free buffet will be provided for all competitors. Tea & Coffee will be available for purchase. 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 & www.iomvac.co.uk

In entering this event you agree that we may publish your Personal Information as part of the results of the Event and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not be limited to) name, any club affiliation, race times, occupation and age category.

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Veterans' Awards

Veterans' awards in the Full and Half Marathons, 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 the Island, but the winners will also receive glass plaques that they do get to keep.

Isle of Man Marathon Championship

Any entrant who is a member of **a local athletic club** namely IOMVAC, Manx Fell Runners, Manx Harriers AC, Northern AC & Western AC

AND 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 compete in the **Isle of Man Marathon Championship**.

Please note: Club vests must be worn if participating in the Championship event.

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.

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.

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 Tuesday 7th August 2018. 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 & www.iomvac.co.uk

Good Luck! We hope your training goes well and wish you a very good & enjoyable run

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TROPHIES

MARATHON

Open: Men First 3

Open: Ladies First 3

Veterans:

Men: 35-39 First & Runner Up
40-44 First & Runner Up
45-49 First & Runner Up
50-54 First & Runner Up
55-59 First & Runner Up
60-64 First & Runner Up
65-69 First & Runner Up
70+ First & Runner Up

Ladies 35-39 First & Runner Up
40-44 First & Runner Up
45-49 First & Runner Up
50-54 First & Runner Up
55-59 First & Runner Up
60-64 First & Runner Up
65-69 First & Runner Up
70+ First & Runner Up

Isle of Man Championship: Medals

First 3 men and First 3 ladies

MARATHON RELAY

First team (4 Trophies)

Runner Up Team (4 Trophies)

HALF MARATHON

Open: Men First 3

Open: Ladies First 3

Veterans:-

Men 35-39 First & Runner Up
40-44 First & Runner Up
45-49 First & Runner Up
50-54 First & Runner Up
55-59 First & Runner Up
60-64 First & Runner Up
65-69 First & Runner Up
70+ First & Runner Up
1st Junior Man

Ladies 35-39 First & Runner Up
40-44 First & Runner Up
45-49 First & Runner Up
50-54 First & Runner Up
55-59 First & Runner Up
60-64 First & Runner Up
65-69 First & Runner Up
70+ First & Runner Up
1st Junior Lady

- **Completion Certificates are available 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**