

ISLE OF MAN MARATHON COURSE and PROFILE



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.

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 3 mile intervals.

Relay Teams 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. Approx. 6.4 miles

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 Prom. Approx. 6.7 miles

The 3rd runner will then run to the changeover point in Andreas (as above, approx. 6.4 miles) and hand over the baton to the 4th runner who then runs to the finish in the Ballacloan Stadium. Approx. 6.7 miles

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.

* Top of the hill off the Promenade before right hand turn onto Bride Rd app 0.6m (14m)

On way out of Andreas Village before right hand turn onto Andreas Rd app 6.5m (20m)

Exit of Richmond Rd, Ramsey, before right hand turn onto Bowring Rd app 12.2m (25m)