

## ISLE OF MAN MARATHON COURSE and PROFILE



**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.

All 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. 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.

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)