



ISLE OF MAN VETERAN ATHLETES' CLUB
www.isleofmanmarathon.com

MICROGAMING ISLE OF MAN MARATHON & HALF MARATHON
SUNDAY 11 AUGUST 2019

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

ENTRY INFORMATION AND COURSE

Entries to the race will be through MRR accessed via the marathon website, ie www.isleofmanmarathon.com or www.iomvac.co.uk. Confirmation of entry will be via e-mail.

Race Date: SUNDAY 11 AUGUST 2019

Start Times: MARATHON 09.00, HALF-MARATHON 09.30

Entries Open: 1 January 2019

Entries Close: Midnight 6 August 2019

We do not accept entries on race day.

Entry Fees:

Affiliated to an England Athletics Club **£26.00**

Unaffiliated athletes **£31.00**

Please note that we do **not** send confirmation of entry or race numbers by post.
The numbers are issued on the weekend of the race.

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, toilet and shower facilities. 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. Therefore, for the Half Marathon these markers will each be 200 yards over-distance. The course has been measured by an England Athletics accredited measurer.

See <http://www.isleofmanmarathon.com/the-course/> for further details.

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

Isle of Man Marathon Championship

The Championship is open to 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.

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 automatically added to local club members when entering the race via the MRR website.

Please note: Club members must wear his/her club vest.



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Transport to the Start on Race Day

There will be special buses to transport you to and from the race venue in Ramsey at a cost of **£10.00** per person. They will depart from the Sea Terminal, Douglas Promenade at **07:20**. The two return buses will leave Ramsey after the prize presentation and buffet at approx. **14.00** and **15.00**.

The fee for this bus must be paid in advance as no bookings or payments will be 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. Please check times on the Travel section of www.gov.im

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.

REGISTRATION & RACE NUMBERS

Registration Headquarters: Ramsey Ballacloan Stadium

Times: Saturday 10 August 2019 10.00-12.00 OR race day from 07.30.

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

Please ensure that the medical information on the reverse of the race number is completed.

Safety Pins and event T-shirts will also be issued at Registration.

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

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.

Clothing and Displaying Race Numbers

This event is run under the UKA Club rules (**licence number: TBA**) 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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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.

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.

Showers / Toilets

Changing rooms with showers and toilets are available inside 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. There will also be port-a-loos available near Race Headquarters

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 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.

Post-Race Reception and Results

After the race, printouts of your race time will be 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

The post-race reception will be held at Race HQ where 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

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

From 1 April 2016 a new rule regarding the wearing of head phones 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 the Marathon and Half-Marathon 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.



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Travel and Accommodation

See the Isle of Man Government website <https://www.gov.im> for information for travel and accommodation.

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

Good Luck!

We hope your training goes well, and wish you a very good and enjoyable run on Sunday 11 August 2019.

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.

TROPHIES

Perpetual Trophies are awarded to winners of both races and for both sexes.

Note that perpetual trophies are not allowed off island, but the winners will also receive a glass plaque to keep.

Veterans' Awards

Veterans' awards in both races, and for both sexes, will be given in 5 year age brackets up to 70+. Full details below. 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.

TROPHIES					
Men and Ladies for each Age Category					
MARATHON			HALF-MARATHON		
Overall Winner, Second and Third			Overall Winner, Second and Third		
			Juniors		First
Seniors		First & Runner-Up	Seniors		First & Runner-Up
Veterans	35-39	First & Runner-Up	Veterans	35-39	First & Runner-Up
	40-44	First & Runner-Up		40-44	First & Runner-Up
	45-49	First & Runner-Up		45-49	First & Runner-Up
	50-54	First & Runner-Up		50-54	First & Runner-Up
	55-59	First & Runner-Up		55-59	First & Runner-Up
	60-64	First & Runner-Up		60-64	First & Runner-Up
	65-69	First & Runner-Up		65-69	First & Runner-Up
	70+	First & Runner-Up		70+	First & Runner-Up
ISLE OF MAN MARATHON CHAMPIONSHIP					
Medals to Winner, Second and Third					