



**ISLE OF MAN VETERAN ATHLETES' CLUB**  
[www.isleofmanmarathon.com](http://www.isleofmanmarathon.com)

**MICROGAMING ISLE OF MAN MARATHON & HALF MARATHON**  
**SUNDAY 9 AUGUST 2020**

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

**Due to the Isle of Man Government removing all COVID-19 Social Distancing and Gatherings restrictions the organisers are delighted to advise that the Marathon and Half-Marathon, and the No Rest For the Wicked Series are to go ahead.**

**However, please bear in mind, that should there be a recurrence of COVID-19, that one or more of the races may be cancelled at short notice.**

**Any entrants from off-island need to remember that the Island's borders are closed, and all arrivals would need to quarantine for 2 weeks before race day.**

**ENTRY INFORMATION AND COURSE**

Entry to the race can be accessed via the marathon website, ie [www.isleofmanmarathon.com](http://www.isleofmanmarathon.com) or [www.iomvac.co.uk](http://www.iomvac.co.uk). Confirmation of entry will be via e-mail.

**Race Date: SUNDAY 9 AUGUST 2020**  
**Start Times: MARATHON 09.00, HALF-MARATHON 09.30**

**Entries Open:** 1 January 2020

**Entries Close:** Midnight 5 August 2020

We do not accept entries on race day.

**Entry Fees:**

Affiliated to an England Athletics Club **£28.00**

Unaffiliated athletes **£33.00**

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.**



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### 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. *2<sup>nd</sup> overall and 1<sup>st</sup> Manx*) **shall receive both awards.**

Entry to the Isle of Man Marathon Championship is automatically added to local club members when entering the race.

**Please note: Club vests must be worn.**

### Marathon Time Limit

There is a time limit of **5** 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 20 minutes will be instructed to finish there.**

If you really want to enter the Marathon and will take longer than 5 hours, then please contact us on [iomvaclub@yahoo.co.uk](mailto: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.

### Kit Storage

Secure Storage is not available but kit can be left at Ramsey Football Stadium at your own risk. Please do not leave any valuables.

### 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 8 August 2020 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.

**PLEASE NOTE THAT RACE NUMBERS ARE NON-TRANSFERABLE. YOUR RACE NUMBER IS FOR YOU ONLY. ANY RUNNER FOUND TO BE WEARING A NUMBER ASSIGNED TO SOMEONE ELSE WILL BE DISQUALIFIED.**



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## 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: 2020-40115) 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.

## 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 5 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.



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### 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](http://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](http://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.

### 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 6 races, the first race being the Isle of Man Marathon or Half-Marathon followed by 5 shorter (but challenging) races around the beautiful Isle of Man.

There is a separate league for runners who choose the marathon for their first race.

The cost to enter the series is £30.00 for affiliated athletes and £35.00 for unaffiliated.

Entry is via your Marathon/Half-Marathon entry. Currently the races are:

Day 1: Sunday 9 August 2020: Isle of Man Marathon or Half Marathon

Day 2: Monday 10 August 2020: West of the island for the off road Peel Hill race.

Day 3: Tuesday 11 August 2020: North of the island for a 10K road race.

Day 4: Wednesday 12 August 2020: Marine Drive, Douglas Head for the off road Killer Mile

Day 5: Thursday 13 August 2020: Foxdale for the Anna Maria Cutillo Foxdale 6 mile road race

Day 6: Friday 14 August 2020: Peel Trail race approx. 7 miles.

Special t-shirts will be presented to all athletes who complete the series.

A buffet and prize presentation will follow each race.

Further information available closer to Marathon day. Please note some venues may change.

### TROPHIES AND AWARDS

Perpetual Trophies are awarded to winners of both races and for both sexes. Note that perpetual trophies are not allowed off island.

**Due to the Covid-19 lockdown on the island and in the UK the organisers are unable to provide age category trophies.**

### Good Luck!

We hope your training goes well, and wish you a very good and enjoyable run on Sunday 9 August 2020.

***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.***