



## MICROGAMING ISLE OF MAN MARATHON & HALF MARATHON SUNDAY 8 AUGUST 2021

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

*Due to the ongoing problem with COVID-19 please bear in mind that should there be a recurrence of COVID-19 resulting in another lockdown, that one or more of the races may be cancelled at short notice.*

*As of 5 July 2021, any entrants from off-island need to remember that the Isle of Man borders are open but with certain restrictions. The Isle of Man Government website states:*

*Entry to the Isle of Man still has some restrictions. All travellers are required to complete either a vaccination exemption form or apply for an entry permit, and complete a landing form. If you have had both doses of your COVID-19 vaccine and have not been outside of the Common Travel Area (United Kingdom, Isle of Man, Guernsey, Jersey and Ireland) in the 10 days before arrival to the Isle of Man, you can apply for a vaccination exemption and travel without testing or isolation. Only Manx Residents or eligible travellers can apply if they have not had both doses of a COVID-19 vaccine. Check which 'entry pathway' you would be eligible for.*

**Don't forget that travellers need to complete a "landing form". For further information see website:**

**<https://covid19.gov.im/travel/travel-to-the-isle-of-man/>**

### 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 8 AUGUST 2021**  
**Start Times: MARATHON 08.30, HALF-MARATHON 09.00**  
**Race Licence No: TBC**

**Entries Open:** 1 January 2021

**Entries Close:** Midnight 4 August 2021

We do not accept entries on race day.

Entries will close when the Maximum of 550 entries (covering both races) is reached.

Could those who rolled over their entries from 2019 please check that the information on the website is correct (under the Participants Tab)

**Entry Fees:**

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

Unaffiliated athletes **£33.00**

Please ensure that you pay the correct entry fee.

If you have a UKA URN number you are affiliated to England Athletics.

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.

No refunds are given.

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.

**Please note that no dogs are allowed on the football pitch.**



## ISLE OF MAN VETERAN ATHLETES' CLUB

[www.isleofmanmarathon.com](http://www.isleofmanmarathon.com)

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 Ballacluan 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. PLEASE TAKE RESPONSIBILITY FOR YOUR OWN SAFETY.**

### 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.

### Prams / Wheelchairs

As the races are held on open roads, prams and wheelchairs are not permitted.

### 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.



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## 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:

Manx Harriers Clubhouse, NSC, **Friday 6 August 2021 5.30pm – 7.00pm**

**OR** Race Headquarters: Ramsey Ballacloan Stadium

**Saturday 7 August 2021 10.00-12.00 OR race day from 07.00.**

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.**

## 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 **8.30 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 **9:00 am** start.

## Clothing and Displaying Race Numbers

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

## 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 08.00 when 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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## Pacing / Supporters

Any competitor receiving assistance by way of pacing or supply of provisions (eg gels/water etc ) by persons not participating in the race or an official marshal (regardless of whether such persons be on foot, cycle or motor vehicle), shall be liable to disqualification.

**Supporter vehicles are not permitted** as these clog the roads resulting in problems for emergency services.

Please ensure that your supporters read these notes before the start of the race, reminding them that they should not place themselves in positions where they are likely to impede the progress of other runners. Please ask your supporters to park off the course and walk to the course to spectate.

## 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

## 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 rule regarding the wearing of head phones in road races was introduced by UKA. The wearing of headphones is 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 bone conduction headphones will be permitted in line with UKA rules. It is vital that athletes can hear marshal instructions.

## Want even more of a challenge?

The 'No Rest for the Wicked' series, **sponsored by Bell Burton Associates** will take place during the week following the 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 England Athletic affiliated athletes and £35.00 for unaffiliated athletes.**

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

Day 1: Sunday 8 August 2021: Isle of Man Marathon or Half Marathon

Day 2: Monday 9 August 2021: West of the island for the off road Peel Hill race.

Day 3: Tuesday 10 August 2021: North of the island for a 10K road race.

Day 4: Wednesday 11 August 2021: Marine Drive, Douglas Head for the off road Killer Mile

Day 5: Thursday 12 August 2021: Foxdale for the Anna Maria Cutillo Foxdale 6 mile road race

Day 6: Friday 13 August 2021: Peel Trail race approx. 7 miles.



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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 & PRIZES

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

**Note that perpetual trophies are not allowed off island.**

Trophies and prizes are awarded to the overall Winner, Runner-up and Third place in both races and for both sexes.

Trophies are awarded to the Winner of each Age Category in both races and for both sexes.

Age categories are in 5 year age brackets up to 70+ (details below).

Any athlete finishing in the open race in a position that would render him/her eligible for two awards (*for example, 2<sup>nd</sup> overall and 1<sup>st</sup> Veteran over 40*) will receive both awards.

Age Categories Marathon:

Senior, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

Age Categories Half-Marathon:

Junior, Senior, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

Isle of Man Marathon Championship: Gold, Silver & Bronze medals will be awarded to the top three men and ladies.

### Good Luck!

We hope your training goes well, and wish you a very good and enjoyable run on Sunday 8 August 2021.

***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.***