



ISLE OF MAN VETERAN ATHLETES' CLUB

www.isleofmanmarathon.com

ALTENAR ISLE OF MAN MARATHON & HALF MARATHON SUNDAY 11 AUGUST 2024

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

ENTRY INFORMATION AND COURSE

Entry to the race is through MRR which can be 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 2024
Start Times: MARATHON 08.30, HALF-MARATHON 09.00
Race Licence No: 2024-47732

As usual the Marathon incorporates the Isle of Man Marathon Championship (details below).

Entries Open: 1 February 2024

Entries Close: Midnight 1 August 2024

We do not accept entries on race day

Entry Fees:

Affiliated to an England Athletics Club **£33.00**

Unaffiliated athletes **£38.00**

Entry Fees increase from midnight 21 July 2024

Affiliated to an England Athletics Club: £38.00 Unaffiliated athletes £43.00

Please ensure that you pay the correct entry fee.

If you have an UK Athletics 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, and advise your supporters, that no dogs are allowed in the football stadium.

Both races follow the same circuit, which is just under 13.25 miles. 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, OBEY POLICE & MARSHALS AND BE AWARE OF TRAFFIC AT ALL TIMES. PLEASE TAKE RESPONSIBILITY FOR YOUR OWN SAFETY.

Transport to the Start on Race Day

There will be a special bus to transport you to and from the race venue in Ramsey at a cost of **£11.00** per person. The bus will depart from the Sea Terminal, Douglas Promenade at **07:00**. The return bus will leave Ramsey after the prize presentation and buffet at approx. **14.00**. This will be confirmed and announced at Race Headquarters on race day. The fee for the 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.

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



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Drinks – Ensure you are not disqualified!

DRINKS MAY ONLY BE TAKEN FROM THE DRINK STATIONS PROVIDED BY THE RACE ORGANISER (UKA Rule 55.8.8)

This is to ensure that all athletes compete on a fair basis, ie 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 crates 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.

Anyone flouting these rules may be disqualified.

Pacing / Supporters – Ensure you are not disqualified!

(UKA Rule 6.3).

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.

Anyone flouting these rules may be disqualified.

Isle of Man Marathon Championship

The Championship is open to any entrant who is a member of a local athletic club, namely Isle of Man Veteran Athletics Club, 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.

Please note: Club vests must be worn.

Marathon Time Limit

There is a time limit of **5hours 30mins** 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 40 minutes will be instructed to finish there.

If you really want to enter the Marathon and will take longer than the time limit please contact us on iomvaclub@yahoo.co.uk as it may be possible 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 Race HQ 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, National Sports Centre, Douglas: **Friday 9 August 2024 5.30pm – 7.00pm**

OR Race Headquarters, Ballacloan Stadium, North Shore Road, Ramsey on

Saturday 10 August 2024 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 any way 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 rules and competitors must wear at least vest and shorts, preferably hi-viz. 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 on North Shore Road on the stadium side of the road.

Adequate parking 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.

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 will be port-a-loos available at Race Headquarters.

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. And at Andreas roundabout (approx. half-way distance for the half-marathon).



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Post-Race Reception and Results

After the race, printouts of your race time will be available. Live timings and race positions are also shown on a 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 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.

TROPHIES & PRIZES

There will be a **cash prize of £150.00** for anyone setting a new course record in either race. Currently the records are:
Marathon – Male 2:30:07, Female 2:46:22
Half-Marathon – Male 1:08:18, Female 1:16:38

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

Note that perpetual trophies are not allowed to go 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, 2nd overall and 1st 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+

Also, the winning half-marathon time in minutes & seconds will be calculated and the person finishing in that place will have their race entry fee refunded, ie the winning time is 1Hr (60) 12Mins(12) 37secs (37) = 109, so whoever finishes in 109th place wins the prize.

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, each starting at 7pm.

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

The cost to enter the series is £33.00 for England Athletic affiliated athletes and £38.00 for unaffiliated athletes.

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

Day 1: Sunday 11 August 2024: Isle of Man Marathon or Half Marathon
organised by Isle of Man Veteran Athletes Club

Day 2: Monday 12 August 2024: West of the island for the off road Peel Hill race
organised by Western Athletic Club.



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Day 3: Tuesday 13 August 2024: North of the island for a 10K road race
organised by Northern Athletic Club.

Day 4: Wednesday 14 August 2024: Marine Drive, Douglas Head for the off road Killer Mile
organised by Manx Fell Runners

Day 5: Thursday 15 August 2024: Foxdale for the Anna Maria Cutillo Foxdale 5 mile road race
organised by Manx Harriers

Day 6: Friday 16 August 2024: Peel Trail race approx. 7 miles
organised by Western Athletic Club

Other than the "Killer Mile" where Manx Fell Runners donate all entry monies to a local charity, the organising club will have a prize presentation following each race.

At the prize presentation following the final race, unique t-shirts will be presented to all athletes who complete the series. Further information available closer to Marathon day. Please note some venues may change.

Good Luck!

We hope your training goes well, and wish you a very good and enjoyable run.

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.