

# ISLE OF MAN VETERAN ATHLETES' CLUB

www.iomvac.co.uk

## ISLE OF MAN MARATHON and HALF MARATHON

SUNDAY 10<sup>th</sup> AUGUST 2008

*The following information is provided for your guidance – please study it carefully.*



### Registration & Race Numbers

Race numbers will be allocated at **the registration desk** on the morning of race day. The registration desk will be open at race headquarters **from 07:30 a.m.** on race day.

**We do not send race numbers by post. If you give your email address on your entry form, we will confirm receipt and acceptance of your entry.**

If your cheque has not been cleared within a reasonable time contact *Christine Bathgate* on 01624 880483 or email: [iomvacclub@yahoo.co.uk](mailto:iomvacclub@yahoo.co.uk)



### Venue

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 facilities.



### Transport

A free bus to the race venue in Ramsey will be provided for competitors. – departs from the Sea Terminal, Douglas Promenade at **07:30am**. The bus will return to Douglas after the prize presentation & buffet – at approx. **4 p.m.**



### Clothing and Displaying Race Numbers

This event is run under B.A.F. rules 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.



### Team Entries (Marathon Only)

The rules for team competition are:-

1. All members must be from the same Club, and wearing their Club vest.
2. The result shall be decided on the aggregate times of the first three runners in each team.
3. In the event of a draw, the team with the fastest finisher shall be the winner.



### Veterans' Awards

Veterans' awards in both races, and for both sexes, will be in accordance with BVAF Grade 1. Full details are on the attached Awards List. Any veteran finishing in the open race in a position that would render him/her eligible for two awards (*for example, 3<sup>rd</sup> overall and 1<sup>st</sup> Veteran over 40*) will receive both awards.



### Isle of Man Closed Championship (Marathon only)

Any entrant who 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,

shall be eligible to compete in the Isle of Man Closed Championship. Any competitor eligible to compete in the Closed 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. Closing date for entries for the Isle of Man Marathon Championship is 31<sup>st</sup> July 2008.

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

  
**ISLE OF MAN VETERAN ATHLETES' CLUB**  
**www.iomvac.co.uk**

**Electronic Timing**

We are planning on using a form of electronic timing this year. At registration you will be fitted with a small electronic device on a wristband. This will be removed from you at the finish of the race. Any devices which are lost / not collected at the end of the race will be charged to you at the price of £25.



**Parking**

Please note that parking is not permitted inside the Football Club grounds/gates. There should be sufficient street parking nearby.



**The Start**

**Marathon:**

The starting point for the **Marathon** is on the Mooragh Promenade, approx. 360m from Race HQ. There will be a 5 minute warning call for the **9:00 a.m.** start.

**Half Marathon:**

The starting point for the **Half Marathon** is on North Shore Road, approx. 180m from Race HQ. There will be a 5 minute warning call for the **9:30 a.m.** start.



**The Course**

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 and for the Half Marathon, therefore, will each be 180 metres over-distance. The course has been measured by a B.A.F. accredited measurer.

Drinks stations are located at approx. 5km intervals.

**PLEASE REMEMBER** that you will be running on **OPEN ROADS** and although there should be little traffic, **PLEASE BE CAREFUL**. 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.**



**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 to 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. Please also ensure that your electronic timing device is returned to the finish area. If it is not returned we will have to charge you £25 to cover the cost.



**Showers / Toilets**

Showers and Toilets are available in the Clubhouse. Toilets are also on North Shore Road (by the boating lake in Mooragh Park) near the Half Marathon start.

# ISLE OF MAN VETERAN ATHLETES' CLUB

www.iomvac.co.uk



## Post-Race Reception and Results

The post-race reception will be held at Race HQ where a free buffet will be provided for all competitors. Bar facilities will be available. 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.iomvac.co.uk](http://www.iomvac.co.uk)

## Important Notice : Drinks

**UK ATHLETICS RULES STATE THAT 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. You may supply your own drinks and carry them with you; or bring them to registration and they will be sent to the drink station/s of your choice.

## Safety Advice : iPods etc.

**For your own safety we would prefer you not to use any personal music device.** If you fail to heed instructions from any course official because you do not hear, then you could be disqualified from the race.

## Walkers

Walkers are welcome to enter the **Half Marathon event only** - unfortunately we cannot keep marshals, time-keepers and first aid support on the road to cover anyone wanting to walk the full marathon distance.

## Time Limit

For reasons given above we have to impose a time limit on the **Marathon** runners. Anyone passing the halfway point after 2 hours 45 minutes will be instructed to finish there. If you really want to run the Marathon and will take longer than 6 hours, then please contact me to discuss an early start.

## No Rest for the Wicked !!

If you want even more racing there is a series of shorter events during the following week. Please follow the link on the website [www.iomvac.co.uk](http://www.iomvac.co.uk) or contact Ben Scott Tel 01624 845555 or email [ben@scottphysio.com](mailto:ben@scottphysio.com) for full details.

## Good Luck !

I hope your training goes very well, and wish you a very good run on Sunday, 10th August 2008.

Marathon Organiser: Christine Bathgate  
Alt Na Craig  
Bernahara Road  
Andreas  
Isle of Man  
IM7 2EL

Tel: 01624 880483  
email: [iomvaclub@yahoo.co.uk](mailto:iomvaclub@yahoo.co.uk)

  
**ISLE OF MAN VETERAN ATHLETES' CLUB**  
[www.iomvac.co.uk](http://www.iomvac.co.uk)

**ISLE OF MAN**

**MARATHON & HALF MARATHON**

**Sunday 10<sup>th</sup> August 2008**

<b>TROPHIES</b>
-----------------

**MARATHON**

**Open : Men**      First 3                      **Open : Ladies**      First 3

**Veterans:**                      **BVAF Grade 1**

<b>Men:</b>	<b>Ladies</b>
35-39 First 3	35-39 First 3
40-44 First 3	40-44 First 3
45-49 First 3	45-49 First 3
50-54 First 3	50-54 First 3
55-59 First 3	55-59 First 3
60-69 First 3	60-69 First 3
70+ First 3	70+ First 3

**Isle of Man Championship : Medals**      First 3 men and      First 3 ladies

**Open Team**                                      First 3 finishers from same Club to count

**HALF MARATHON**

**Open : Men**      First 3                      **Open: Ladies**      First 3

**Veterans:-**                      **BVAF Grade 1**

<b>Men</b>	<b>Ladies</b>
35-39 First 3	35-39 First 3
40-44 First 3	40-44 First 3
45-49 First 3	45-49 First 3
50-54 First 3	50-54 First 3
55-59 First 3	55-59 First 3
60-69 First 3	60-69 First 3
70+ First 3	70+ First 3
1 <sup>st</sup> Junior Man	1 <sup>st</sup> Junior Lady

- **Certificates available on request**
- **Medal, Tshirt and "Goody bag" for all finishers**
- **Results service**
- **Buffet lunch**
- **Trophy Presentation**