

ISLE OF MAN VETERAN ATHLETES' CLUB

www.isleofmanmarathon.com

MICROGAMING ISLE OF MAN MARATHON, HALF MARATHON & 4 STAGE MARATHON RELAY www.isleofmanmarathon.com SUNDAY 13th AUGUST 2017

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

Registration & Race Numbers

All Race numbers, pins and timing chip Registration envelopes will be allocated at the Ramsey Ballacloan Stadium HQ registration desk for collection EITHER Saturday 12th August between 10:00 – 12:00 OR the morning of race day from 07:00 a.m.

Tee shirts will be given out at registration and the goodie bag will be given out at the end of the race as usual.

Relay Teams Only: 4 Race numbers, 16 pins and one timing Baton will be in the Registration envelope, all 4 team members need to complete their medical information on the reverse of their race number.

Please note that we do not send confirmation of entry or race numbers by post. Every year we have runners contacting us the week before the race, worrying that they haven't got their number by mail. The numbers are distributed on the weekend of the race only.

Entries to all the races will be through My Race Results accessed via the marathon website www.isleofmanmarathon.com and confirmation of entries will be via an e-mail from MRR.

Venue

All 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 and toilet and shower facilities.

Transport

There will be special buses to transport you to and from the race venue in Ramsey at a cost of **£9.00 per person**. They depart from the Sea Terminal, Douglas Promenade at **07:20**. The 2 x return bus journeys will leave Ramsey after the prize presentation and buffet at approx. **14:00** and **15:15 p.m.**

The fee for this bus must be paid in advance and no bookings or payments are 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 the first public bus to Ramsey which leaves from Douglas Promenade about 08:35 and arrives in Ramsey at 09:30 - giving them plenty of time to see you finish.

Clothing and Displaying Race Numbers

This event is run under the UKA Club rules (licence number: 2017-27847) 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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Veterans' Awards

Veterans' awards in the Full and Half Marathons, and for both sexes, will be given in 5 year age brackets up to 70+. 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, 2nd overall and 1st Veteran over 40*) will receive both awards.

Note that perpetual trophies are NOT ALLOWED off the Island, but the winners will also receive glass plaques that they do get to keep.

Isle of Man Marathon Championship

Any entrant who is a member of a IOMAA affiliated club and either

- a) was born in the Isle of Man, or
- b) resides continuously in the Isle of Man and has done for the last nine months prior to race day,

shall be eligible to also compete in the **Isle of Man Marathon Championship**. 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 offered as an option when entering the race via the MRR website. *Please note: Club members **must** wear his/her club vest.*

Electronic Timing

At registration you will be given an electronic timing chip. These will need to be attached to an ankle strap, instructions will be given. The ankle straps will be removed at the finish of the race. If you do not complete the race please ensure that your tag is returned to the Finish area. Any tags which are lost or not collected at the end of the race will be charged at the price of £12.

After the race, printouts of your race time are available in the clubhouse. Live timings and race positions are also shown on the TV monitor.

- Completion Certificates will be available on the MRR website www.manxtimingsolutions.com

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.

The Start

Marathon & Marathon Relay: The start point for the **Marathon & Marathon Relay** 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.

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The Course

See <http://www.isleofmanmarathon.com/the-course/> for more detail.

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. For the Half Marathon therefore, these markers will each be 200 yards over-distance. The course has been measured by an England Athletics accredited measurer. Drinks stations are located at approximately 3 mile intervals.

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.

Relay Teams Only Changeovers:

The 1st and 3rd runners will hand over the baton to the 2nd and 4th runners in Andreas just past the Oatlands Road roundabout on the A17 on the way into Andreas.

The 2nd runner will hand over the baton to the 3rd runner in Ramsey on North Shore Road, approx. half way between the Race HQ and Mooragh Promenade.

PLEASE REMEMBER that you will be running on OPEN ROADS and as the roads can be reasonably busy at times, PLEASE RUN SENSIBLY AND CAREFULLY.

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. Please also ensure that your electronic timing tag or baton is returned to the official or finish area. If it is not returned, we will have to charge you £12 to cover the cost.

Showers / Toilets

Changing rooms with showers and toilets are available inside the Clubhouse and port-a-loos outside 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 and by the café in Mooragh Park. Maps will be hung around the stadium indicating the routes to the alternative toilets.

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.isleofmanmarathon.com

➤ Completion Certificates will be available on the MRR website www.manxtimingsolutions.com

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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 any competitors. We provide water at approx 3 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 8.30 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.

Safety Advice: iPods etc. (Note rule change from 2016)

From 1 April 2016 a new rule regarding the wearing of head phones in road races was introduced into the 2016-2018 edition of the UKA Rules of Competition.

"The wearing of headphones, or similar devices, (other than those medically prescribed), is not permitted in races on any single carriageway road that is not wholly closed to traffic.

This restriction does not apply to races held on dual carriageways provided that there are clear, structured separations between the separate carriageways. Competition Providers of races held entirely on roads closed to traffic may apply this condition where appropriate to local circumstances."

Race Directors may apply the condition to any race where they consider the wearing of headphones to be a hazard - including, for example, where runners must be able to hear marshals' instructions or on a lap course, and UKA will support the race director where that local condition is applied."

As our races 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.

Marathon & Marathon Relay Time Limit

There is a time limit of 6 hours for the Marathon and Marathon Relay. 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 & Marathon Relay – 18 years old on the date of the race.

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Travel and Accommodation

Isle of Man Steam Packet Holidays have a range of travel and accommodation packages for our runners. For details please see the Steam Packet link on our website or telephone the Steam Packet Holidays Team on 01624 645777. Please mention that you are coming to the Island for the Marathon races.

The nearest hotel to Ballacloan stadium is the Ramsey Park Hotel and a link to this can be found on our marathon website www.isleofmanmarathon.com

If you wish to make your own arrangements you will find links to the ferry, airlines and the Isle of Man Tourist Board on our website www.isleofmanmarathon.com

Closing Date for Entries

All entries must be received by midnight on Sunday 6th August 2017. We do not accept entries on race day.

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 very well, and wish you a very good and enjoyable run on Sunday 13th August

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TROPHIES

MARATHON

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

Veterans:

Men:	35-39	First & Runner Up	Ladies	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 Championship : Medals First 3 men and First 3 ladies

MARATHON RELAY

First team (4 Trophies)
Runner Up Team (4 Trophies)

HALF MARATHON

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

Veterans:-

Men	35-39	First & Runner Up	Ladies	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
	1 st	Junior Man		1 st	Junior Lady

- **Completion Certificates only available from www.manxtimingsolutions.com**
- **"Technical" T-shirt at registration**
- **Medal and "Goody bag" for all finishers**
- **Individual time printout and full results service**
- **Buffet lunch**
- **Trophy Presentation**