

SYD QUIRK HALF MARATHON - SUNDAY 22 NOVEMBER 2020

Held under UKA Rules:
Run Permit No. TBC
Walk Permit No. TBC

START TIMES

8.00am HALF-MARATHON WALK

8.15am HALF-MARATHON RUN

(For runners who expect to take longer than 2 hours 15 minutes)

9.00am HALF-MARATHON RUN

(For runners expecting to finish in under 2 hours 15 minutes, and also incorporating the Isle of Man Half-Marathon Championships)

ENTRIES

Entry to the race is through online entry: please click on the "Registration" tab.

Entry confirmation will be via an email from the online entry system.

Entries open 14 September 2020

RACE ENTRIES CLOSE AT MIDNIGHT ON 08 NOVEMBER 2020

T-SHIRT OPTION CLOSSES AT MIDNIGHT ON 29 OCTOBER 2020

ENTRY FEES

Affiliated to an Athletic Club £28.00

Unattached £33.00

ISLE OF MAN HALF-MARATHON RUN CHAMPIONSHIP – ELIGIBILITY

Any entrant who is a member of a **local athletic club namely IOMVAC, Manx Fell Runners, Manx Harriers AC, Northern AC and 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 shall be eligible to compete in the Isle of Man Half-Marathon Run Championship.

IOMAA Championship medals will be awarded to the first 3 eligible men and first 3 eligible ladies

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 First Manx) shall receive both awards.

Entry to the Championship is automatically registered to all local affiliated club members.

PLEASE NOTE: CLUB VESTS MUST BE WORN IF PARTICIPATING IN THE CHAMPIONSHIP EVENT.

AGE LIMITS

Walk: Entrants must be over 17 years of age on day of race. Rule No: 308 Maximum Distances

Run: Entrants must be over 17 years of age @ 31.08.20 – Rule No: 207 Age Groups (3)

TIME LIMIT

There is a time limit that expires at 11.30am.

TIMING CHIPS

For this event, we will be using timing chips that are integrated with your Bib Number. These should be fixed to the **FRONT** of your vest with the safety pins provided.

Walkers will also be issued with a second number (no timing chip) which should be affixed to the **BACK** of your shirt. Both should be visible at all times during the race and do not need to be returned afterwards.

Emergency contact details and any medical condition should be written in the spaces provided on the reverse of the race number.

Please note that there will be **LIVE** results online at manxtimingsolutions.com.

REGISTRATION

Race numbers and bibs with the integrated timing chips will be allocated at registration on:

**FRIDAY 20th November 2020 from 5:30pm to 7:30pm
at Manx Harriers Clubhouse, NSC, Douglas.**

PLEASE NOTE: NO REGISTRATION WILL BE AVAILABLE AFTER ENTRY DEADLINE OR ON RACE DAY

If you are unable to attend registration at the above times, please arrange for someone to register on your behalf.

PARKING

We have been granted permission for parking in the old Ronaldsway Social Club car park. Please car share where possible to avoid traffic congestion.

For race day only, please ignore the signs stating vehicles will be clamped. Follow the signs on the day.

NB Please note that parking near or within the new Fire Engine depot is NOT permitted as access is required at all times.

START AREA

The start area is within Ronaldsway Industrial Estate.

Port-a-loos will be available, however there will be **NO** changing rooms; please turn up ready to walk or run!

A locked vehicle will be available for storage of any kit bags.

THE COURSE

A flat or slightly undulating course starting within Ronaldsway Industrial Estate close to the Sefton Express Hotel.

Firstly, complete a lap of the Industrial Estate before heading towards the roundabout at the exit of the Estate. From here you complete 2 laps of the following:

Turn left and head towards Ballasalla. Go through Ballasalla - over the level crossing, passing the Whitestone Pub and turning left at the roundabout at Ballasalla Stores. Continue towards Cross Four Ways and onto the Southern 100 course in reverse, passing through Billown and heading towards Ballabeg Corner. At Ballabeg Corner turn left and continue to Ballakeighan Corner where you again turn left onto the Castletown-By-Pass. At Castletown go straight on at the traffic lights at the railway bridge (leaving the Southern 100 course) and keeping left at the next roundabout, pass the Viking & Sidings Pubs and the Station Garage. Turn left at the Janets Corner roundabout, pass King Williams College and back to the Airport roundabout.

After 2 laps, turn back into the Industrial Estate for a further lap of the estate, following the same route as at the beginning of the race, noting that the Finish Line is close to the lane leading to the old Ronaldsway Social Club.

Runners are advised to **keep to the left at all times in single file** unless otherwise instructed by marshals.

The race course uses busy, narrow open roads and is not deemed safe for wheelchairs or buggies. It is also not advisable to follow the race in a vehicle.

PLEASE REMEMBER THAT YOU WILL BE RUNNING ON OPEN ROADS - PLEASE RUN SENSIBLY AND CAREFULLY.

HEAD-PHONES AND RACE KIT

As the race is along open roads, and runners must be able to hear marshals' instructions as well as traffic, **HEAD PHONES & EAR BUDS ARE NOT PERMITTED. However, the wearing of 'open ear' headphones will be permitted in line with UKA rules.** Infringements will result in the entrant being open to disqualification and ineligibility for an award
For safety reasons Hi-Viz tops or bright clothing must also be worn by all runners and walkers.

WATER STATIONS

DRINKS MAY ONLY BE TAKEN FROM THE DRINK STATIONS PROVIDED BY THE RACE ORGANISER – SUPPORT VEHICLES ARE NOT PERMITTED. 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.

Manned water stations will be situated at Billown Dip and at the start of the Castletown By-pass. A marshal will transport any competitor's own drinks to the Water Stations from the start area. Please put your own drinks etc into the correct box for the race entered, at least 20 minutes before the start of your race. The boxes will be by the start area.

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. Water will also be available at the finish area

PRESENTATION / BUFFET

The prize presentation and buffet for all entrants will take place at TBC immediately following conclusion of the race.

Toilets will be available at School, but there are no showers available.

The entrance to the school is just off TBC with parking facilities at the rear. There is parking also available in several car parks nearby.

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.

TROPHIES

Perpetual Trophy: Run & Walk - winners to hold for one year

Race trophies

RUN (overall) First Male & First Female
Second Male & Second Female
Third Male & Third Female

WALK (overall) First Male & First Female
Second Male & Second Female
Third Male & Third Female

The above will not be eligible to receive an Age Group Category Award.

AGE-GROUP CATEGORIES for awards

WALK & RUN Male & Female

17 -19 (Junior)
20 - 34 (Senior)
35 - 39
40 - 44
45 - 49
50 - 54
55 - 59
60 - 64
65 - 69
over 70

ALL COMPETITORS THAT COMPLETE THEIR RESPECTIVE RACES WILL RECEIVE A FINISHERS MEDAL