

ISLE OF MAN VETERAN ATHLETES' CLUB

www.isleofmanmarathon.com

ISLE OF MAN MARATHON & HALF MARATHON SUNDAY 22nd JULY 2012

**** THE FOLLOWING INFORMATION IS PROVIDED FOR YOUR GUIDANCE ******
PLEASE STUDY IT CAREFULLY. It will probably save you making a phone call !

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 confirmation of entry or 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 is not cleared within a reasonable time call 01624 880483 or email: iomvaclub@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 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 **£5 per person**. They depart from the Sea Terminal, Douglas Promenade at **07:20am**. There is no charge for the return journey and the buses will leave Ramsey after the prize presentation and buffet at approx. **3:15 p.m.**

The fee for this bus must be paid in advance otherwise we cannot guarantee you a seat.

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 at 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 Association of Running Club 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 BVAFF 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, 3rd overall and 1st Veteran over 40*) will receive both awards.

Isle of Man Marathon Championship

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

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Electronic Timing

At registration you will be given an electronic tag to be fitted to your shoe.. This will be removed from you 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 to you at the price of £5.

Parking

Parking is not permitted inside the gates of Ballacloan Stadium. There should be sufficient street parking nearby.

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 **9:00 am start**.

Half Marathon: The start point for the **Half Marathon** is on Mooragh, approx. 600 yards from Race HQ. There will be a 10 minute warning call for the **9:30 am 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 approx. 200 yards over-distance. The course has been measured by an England Athletics accredited measurer. Drinks stations are located at approx. 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.**

PLEASE REMEMBER that you will be running on OPEN ROADS and although there should be little traffic on a Sunday morning, 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 is returned to the finish area. If it is not returned we will have to charge you £5 to cover the cost.

Showers / Toilets

Changing rooms with showers and toilets are available in 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..

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



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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 all 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 registration and they will be sent to the drink station/s of your choice.** Water will be also be given to you in the finish area.

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, you may be disqualified from the race.

Marathon Time Limit

There is a time limit of 6 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 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 me to arrange an early start.

Walkers

Walkers are welcome in both the Marathon and Half Marathon races - subject to the time limit detailed above.

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 page on our website or telephone 08457 585833.

Please mention that you are coming to the Island for the Marathon races.

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

Overseas Runners

The easiest way for runners from outside the UK to enter our event is via the Runners World website - www.runnersworld.co.uk
This will save you time and money in currency exchange costs.

Closing Date for Entries

All entries must be received by 9th July 2012.

Due to the work involved there can be no exceptions and 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. For full details please see the separate "No Rest for the Wicked" page on our website www.isleofmanmarathon.com

Good Luck !

I hope your training goes very well, and wish you a very good and enjoyable run on Sunday, 22nd July 2012.

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Andreas
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**SalClear ISLE OF MAN
MARATHON & HALF MARATHON**

Sunday 22nd July 2012

TROPHIES

MARATHON

Open : Men	First 3	Open : Ladies	First 3
Veterans:	BMAF Grade 1		
Men:	35-39 First 3 40-44 First 3 45-49 First 3 50-54 First 3 55-59 First 3 60-69 First 3 70+ First 3	Ladies	35-39 First 3 40-44 First 3 45-49 First 3 50-54 First 3 55-59 First 3 60-69 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:-	BMAF Grade 1		
Men	35-39 First 3 40-44 First 3 45-49 First 3 50-54 First 3 55-59 First 3 60-69 First 3 70+ First 3 1 st Junior Man	Ladies	35-39 First 3 40-44 First 3 45-49 First 3 50-54 First 3 55-59 First 3 60-69 First 3 70+ First 3 1 st Junior Lady

- **Certificates available on request**
- **Medal, Tshirt and "Goody bag" for all finishers**
- **Individual time printout and full results service**
- **Buffet lunch**
- **Trophy Presentation**