

ISLE OF MAN VETERAN ATHLETES' CLUB

www.marathon.iomvac.co.uk

SalClear ISLE OF MAN MARATHON and HALF MARATHON

SUNDAY 8th AUGUST 2010

****** 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 has not been cleared within a reasonable time contact Christine Bathgate on 01624 880483 or email: 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 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 £4 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 & buffet at approx. **3:30 p.m.**

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 Prom at 08:40 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 England Athletics 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 BVAFA 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 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 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. Closing date for entries for the Isle of Man Marathon Championship is 30th July 2010.

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

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Electronic Timing

We will again be using electronic timing this year. At registration you will be fitted with a small electronic chip on a wristband. This will be removed from you at the finish of the race. If you do not complete the race please ensure that your chip is returned to the Finish area. Any chips which are lost / not collected at the end of the race will be charged to you at the price of £35.

Parking

Please note that parking is not permitted inside grounds/gates of Ballacloan Stadium. There should be sufficient street parking nearby.

The Start

Marathon:

The starting point for the **Marathon** is on the Mooragh Promenade, approx. 400 yards 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. 200 yards 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 200 yards over-distance. The course has been measured by an England Athletics accredited measurer. Drinks stations are located at approx. 3 mile intervals.

PLEASE REMEMBER that you will be running on **OPEN ROADS** and although there should be little traffic on a Sunday morning, **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 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 chip is returned to the finish area. If it is not returned we will have to charge you £35 to cover the cost.

Showers / Toilets

Changing rooms with showers and toilets are available in the Clubhouse. Public toilets are also on North Shore Road (by the boating lake in Mooragh Park) near the Half Marathon start.

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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.marathon.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 . **We provide water at approx 3 mile intervals. Or 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, you may 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 50 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.

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.marathon.iomvac.co.uk

Good Luck !

I hope your training goes very well, and wish you a very good and enjoyable run on Sunday, 8th August 2010.

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MARATHON & HALF MARATHON

Sunday 8th August 2010

TROPHIES

MARATHON

Open : Men First 3 Open : Ladies First 3

Veterans: **BMAF Grade 1**

Men:	35-39 First 3	Ladies	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:- **BMAF Grade 1**

Men	35-39 First 3	Ladies	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 st Junior Man		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