

63rd INTERNATIONAL ISLE OF WIGHT MARATHON RACE
Incorporating the 44th Annual Open Women's I.O.W. Marathon
SUNDAY 6th OCTOBER 2019 AT 11.30 AM



RYDE HARRIERS
RUNNING SINCE 1886



WIGHTLINK
ISLE OF WIGHT FERRIES

UNDER UK ATHLETICS RULES – UKA Permit No: 2019-36746

MEDAL AWARDED TO ALL FINISHERS

PLEASE NOTE - FOR SAFETY REASONS THE USE OF HEADPHONES IS NOT PERMITTED

CHIP TIMING

NEW COURSE FROM 2013 – COWES-YARMOUTH LOOP – CHANGE TO START TIME

THE COURSE IS NOT SUITABLE FOR WHEELCHAIRS

£200 FIRST PRIZE FOR MEN & WOMEN

£50 FOR BREAKING OVERALL COURSE RECORD
FULL VETERAN CATEGORY PRIZE LIST

£25 FOR BREAKING VETERAN CATEGORY COURSE RECORD

Race Venue and Start:

Isle of Wight Community Club, 195 Park Road, Cowes, Isle of Wight, PO31 7NP
Grid Reference - SZ 486954

Registration:

Late entries from 9.30am to 11.15am, pick up your number and chip on race day.

Course:

One lap, undulating town and rural roads, Cowes, Gurnard, Rew Street, Porchfield, Shalfleet, Yarmouth, Afton, Willmingham, Thorley, Wellow, Shalfleet, Porchfield, Northwood, Cowes.

Marker boards at each mile point. The course is not suitable for wheelchairs.

Map My Run route link <http://www.mapmyrun.com/qb/cowes-eng/isle-of-wight-marathon-cowes-2013-onward-route-177782876>

SEAA Course Accuracy Certificate 13/323.

Time Limit: 3 hours 10 minutes at 15 MILES – 6 hours at Finish.

Please note this limit will be enforced on race day.

Travelling:

WightLink and Red Funnel are offering reduced ferry fares, details sent with race entry acknowledgement. The Isle of Wight Community Club is a 20 minute walk or a five minute bus trip from the Cowes Red Jet terminal (buses every 15 minutes that connect with Red Jet).

Please see over for entry form and fees.....

Isle of Wight Marathon 2019 – entry form and fees.....

| | | |
|---------------------|---|----------------------------------|
| Fees | £21.00 UK ATHLETICS affiliated club member, £24.00 unattached runners. Cheques payable to RYDE HARRIERS. | |
| Closing Date | 1st October.(Postal Entries) ENTRY ON THE DAY PLUS £3. | |
| Reply To | Race Secretary (Marathon), Ryde Harriers, PO Box 152, Ryde, Isle of Wight, PO33 1BH. | |
| Enquiries | Telephone | Steve Lee on 01983 616497 |
| | e-mail | racess@rydeharriers.co.uk |
| | web-site | www.rydeharriers.co.uk |

Detach Here

PLEASE ENTER ME FOR THE ISLE OF WIGHT MARATHON ROAD RACE 2019

Surname: _____

Date of Birth: _____

First Name: _____

Gender (M/F) _____

Address. _____

Age on Race Day _____
(Minimum 18 years)

UKA Registration No:

Post Code: _____

Phone No: _____

Note: Without a UKA Number your entry is considered UNATTACHED.

e-mail: _____

You must be a member of a club affiliated to UKA and also be Individually Affiliated to count for your club in the Open Team Competition.

CLUB (UK ATHLETICS AFFILIATED) or state UNATTACHED

I declare that I will abide by the rules of UK Athletics and its agents. I confirm that I will not compete unless I am fit to do so. I take part in this event at my own risk and will not hold the organisers responsible for any injury, loss, damage, action, claim, costs or expenses that might arise as a result of my participation. I understand that entry fees will not be refunded if the event is cancelled on safety grounds or due to events beyond the organisers' control. I am aware that headphones or ear-pieces of ANY kind may NOT be worn for this event and WILL result in my disqualification.

"I also agree that Ryde Harriers may publish my Personal Information as part of the race pre-entry list and 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, gender and age category. "

Signed: _____

Date: _____