



MTAM 2019

26.9 Miles

Thank you for registering for the Oakland Insurance “More Than a Marathon” Causeway Coast challenge 2019. Please park in the East Strand Car Park and if you have registered in advance simply climb on-board the awaiting bus (Leaves at 07:45 Full Marathon)

Should you require assistance at any point throughout the event please speak to a member of staff in an Oakland Hi Vis vest. EMS Ambulance Service will be on hand, should you require their assistance please phone 07880388164 or speak to a member of the support team.

Within your pack you will have:

- Chipped Race Numbers
- Safety Pins
- Food Voucher (Food for the Soul)
- Route information



Your entry fee goes directly to Headway Ballymena, our charity of choice for 2018, so we are trying to keep the cost of the event to a minimum however there will be Headway and Oakland staff providing water and chocolate to all participants, basic first aid and transport should you require this at the locations stated below. During the sections there will be signage and staff where possible to guide you however we recommend you familiarise yourself with the route maps to ensure you are aware of the designated route.

Water, Motivation & Chocolate!	Distance in Route	Station Available
Whitepark Rd - Lay by	4.15 Miles	08:30-12:00
Ballintoy Car Park – RSP (T)	7.9 Miles	08:30-14:00
Dunseverick Castle- Lay By	12.6 Miles	09:30-16:30
Giants Causeway, Top of The visitors centre	17.1 Miles	09:30-17:00
Portballintrae Car Park (T)	19.7 Miles	10:00-17:30
Dunluce Road - Lay By	22.5 Miles	10:00-18:45
Finish: Watersports Centre, East Strand, Portrush	26.39 Miles	10:30-19:00

Key:(T) Public Toilets

Every “Challenge Champion” that completes the marathon, half marathon or 10K will receive a bespoke MTAM medal at the finish line and we are happy to have prizes available for First & Second place as follows.

Winner Vouchers		
First	£50 Compliments Vouchers	£100 Oakland Insurance Voucher
Second	£30 Compliments Vouchers	£25 Oakland Insurance Voucher
First Lady	£50 Next Vouchers	£100 Oakland Insurance Voucher
Second Lady	£30 Next Vouchers	£25 Oakland Insurance Voucher

Timing of the event is chipped within your bib number. Results will be tallied and posted through Facebook, Marathon Club Ireland and Oakland Insurance website within 3 days.

Your family and friends can support you along the route but we would recommend they do so at the section start points as parking is generally available at these locations. At the finish line at East Strand Watersports Centre all supporters can enjoy live music, complimentary tea/coffee and can purchase a food voucher from any Oakland staff member for £2. Remember every penny goes directly to Headway. All participants can make their way inside the Watersports Centre for a complimentary sports massage.

By entering the Oakland MTAM you agree to the following DISCLAIMER

I declare that I will not compete in the race unless I am medically fit on the day of the race and that, in any event, I will compete at my own risk. I accept that the organisers, sponsors, partners, marshals will not be liable for any loss, damage, action, claim, costs or expenses, which may arise in consequence of my participation of the event. I also hereby give my permission to Oakland Insurance Ltd to use my name, quotes, video and photographic likeness for marketing and promotional purposes. I also understand that entry fees are non-refundable.