

MITJA
MARATÓ
MENORCA



BRIEFING

MITJA MARATÓ-10K i CURSA POPULAR ILLA DE MENORCA

29th october 2023



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DE MENORCA
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AJUNTAMENT DE
CIUTADELLA DE MENORCA



Menorca
illa de
l'Esport





TIMETABLES:

9:30 h: XXIII Mitja Marató Illa de Menorca 21,097 km (2 laps around the course)
10K Illa de Menorca (1 lap around the course)
Cursa Popular (4,5km)

12:00 h: Cursa Popular - Categories Baby, SUB-8, SUB-10, SUB-12 i SUB-14

COLLECTION OF BIB NUMBERS:

- The delivery of bibs will take place at the ATLEET - AB Esports shop located in Ciutadella on Saturday 28 October from 10 am to 2 pm. [You can check the location here.](#)
- For non-residents, bibs can be collected on the same day of the race, Sunday 29 October from 8:00h in the marquee set up in the [Plaza del Borne.](#)

PRIZE-GIVING CEREMONY:The prize-giving ceremony will take place on Sunday 29 October from 13:00h in the Plaza del Borne.



DISTANCES

Below, you can download your race route:

- Half Marathon 21,097 km (2 laps of the circuit) [Download the track here.](#)
- 10 km Illa de Menorca (1 lap of the circuit) [Download the track here](#)
- Cursa Popular (4,1 km) [Download the track here](#)

The Cursa Popular will turn at [Sa Muradeta street](#) to go towards the finish line, instead of continuing towards Dalt es Penyals square.

So that you don't get confused.

More information by email: contacto@elitechip.net



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ESTRELLA
D'OR



25
AÑOS
BALEARIA



QUESO
MAHÓN



Bosch & Lozano



Quely



Autos
Menorca



fruites jover



fibraLink



motor
& bike



KIDS RACE

Below you can see the race courses of the kids:

- Baby Race (150m aprox.) [See de track here.](#)
- U8 Race (300 m aprox.) [See de track here.](#)
- U10 Race (500 m aprox.) [See de track here.](#)
- U12 Race (800 m aprox.) [See de track here.](#)
- U14 Race (1.000 m aprox.) [See de track here.](#)

The races Will start from 12 AM



AID STATIONS:

There will be liquid aid station (water) at km 2-5-8-10-12-15-19 approximately.

It is recommended to drink in moderation before the start, so as not to start the race with a deficit of liquids.

At the finish you will find more drinks and solid food to replenish your strength.

BASIC RECOMENDATIONS:

- Wear suitable clothing and shoes. Do not wear new shoes on the day of the race.
- Eat and drink properly the day before the race in order to arrive at the start well hydrated.
- Put Vaseline on sensitive areas such as armpits, crotch, nipples, etc.
- Keep to your planned pace from the start, especially the first few kilometers, as it is very easy to get carried away, and this wasted energy may be needed at the end of the race.
- Do not take any food supplements (gels, bars, etc.) that you have not tried before.



- For the participants of the Half Marathon (21 kilometers) remember that after the aid station post at kilometer 15 there will be the longest stretch until you reach the next refreshment post. It is about 4 km, in total, up to kilometer 19.
- In the event of any symptoms of discomfort or exhaustion, quickly inform someone from the organization (volunteer, cyclist, police, Civil Protection) that you will meet along the route.
- Enjoy the race. It is a competition or personal challenge, but also a celebration of sport.
- Throw your water bottles in the refreshment areas, if you throw them elsewhere they will not be collected and you may be disqualified.

Enjoy the races

Thank you everyone.