



*Cave Shepherd & Co*

**RUN BARBADOS**  
**MARATHON WEEKEND**

**DEC 7-9 2018**

*Come for the RUN... Stay for the FUN!*

**ONLINE ENTRIES ARE OPEN | ENTER A CHALLENGE (3 RACES)**

**REGISTER TODAY | [www.runbarbados.org](http://www.runbarbados.org)**



# RACE EVENTS

## 2018 AGENDA

### WEEKEND SCHEDULE:

#### **FRIDAY DEC. 7th** **FUN MILE RACES 8pm**

The Friday Night Fun Mile is an exciting 1 Mile race starting and ending on the Bay St. Esplanade.

In 2018 we will split the Friday Night Mile into 5 separate races:

1. Fun Race for Costume Runners, Groups and individuals out to enjoy the festivities.
2. Junior Girls Race for 15 & under.
3. Junior Boys Race for 15 & under.
4. Open Women's Race.
5. Open Men's Race.

When you complete your entry form please indicate which of the 5 races you are entered into.

Junior Elite Runners can enter the Open Races.

All 5 races will be timed.

MC *Mac Fingall* will keep the crowd informed and entertained.

The Start/Finish area as well as the entire route is posted on the Runners Details page.

#### **'All you can Eat' Pasta Buffet**

Join us on the Bay St. Esplanade for the sumptuous Pasta Buffet from 7pm.

- Book your pasta buffet online when you register for the weekend races.
- Only US\$18 for an 'all you can eat' pasta buffet with over 8 different pasta options.
- Watch the Races while enjoying the buffet or feast on the buffet after your Fun Mile race.

DJ Music, food and drinks on the Bay St. Esplanade. Run participants, friends and family are encouraged to stick around and enjoy the festive occasion.

Presentation of prizes for the 5 Fun Mile races will take place immediately after the last runner has finished and the results become available.

All finishers will receive a commemorative medal.

#### **SATURDAY DEC. 8th**

**5K RUN 4pm**  
**5K Walk 4:02pm**  
**10K RUN 4: 45pm**

Join us from 3:30pm for our Warm-up session with popular Fitness instructors.

In the 5k Run there will be a Corporate Challenge where companies/teams will compete for prizes. See more details on this challenge on the Runners Details page.

There is also a Schools Challenge in the 5K Race.

The Run Barbados 10K is one of the oldest in the Caribbean (since 1983) and a race you don't want to miss!

Presentation of prizes and awards for the 5K and 10K races will take place immediately after the last runner has finished and the results become available.

The 5K Walk is a healthy way to join in the action with friends and family. The Walk follows the same route as the 5K Run. The Walk will not be timed. If you want your time recorded you will need to enter the 5K Race.

Both the 5K and 10K races follow a scenic course along Bay Street featuring the beautiful Carlisle Bay and through the historic former colonial seaport of Bridgetown (*UNESCO World Heritage Site*).

There will be entertainment on the course, plentiful course support, water stations and aid stations.

All finishers in the 5K & 10K Races will receive a commemorative medal.

# RACE EVENTS

## **SATURDAY DEC. 8th**

### **Afternoon Party & Entertainment**

Everyone is welcomed to our after race party on Saturday 8th. There will be DJ music and entertainment on the Bay St. Esplanade from 3pm and will continue through the 5k and 10k events. Lots of food and drinks available.

Runners, their family, friends, supporters and all the public are encouraged to come down to the Bay St. Esplanade.

MC Mac Fingall will keep the crowd informed and entertained.

## **SUNDAY DEC. 9th**

### **HALF-MARATHON & MARATHON 5am**

Runners will start on the Esplanade, Bay Street and proceed north through Bridgetown and along the scenic west coast of the island.

The AIMS-IAAF certified course will loop at usual place in St. James and proceed back to the Finish on the Esplanade which completes the Half Marathon.

Marathon runners will complete TWO laps of the Half-Marathon course.

- Entire route posted under *Runners Details*.
- Fluid stations and toilets on route; as well as lively Caribbean music to provide motivation.
- Presentation of prizes and awards for the Half Marathon and Marathon races will take place at a designated time which may be before the conclusion of the race.

All finishers will receive a Commemorative medal.

## RACE SPONSORS

The race calendar now features the **Cave Shepherd & Co. Marathon**; the **Fortress Half Marathon**; the **Colombian Emeralds International 10K**; the **Cave Shepherd Card 5K**; the **Signia Fun Mile** and the **Ganzee 5K "Walk for Charity."** This partnership arrangement includes access by the RBMW team to the group's large international database.

## TITLE SPONSORS



## GOLD SPONSORS



# EVENT RULES & GUIDELINE

- Participants must follow instructions as given from all event officials including race staff, volunteers, medical personnel, fire and police officials, throughout the duration of the event.
- All participants are expected to conduct themselves in a professional and courteous manner towards the community and their fellow participants during their participation in the event. This means, for example, alcohol consumption, urinating or defecating in public except in designated toilet facilities, participant obstruction anywhere on or near the course shall be strictly prohibited unless facilitated by the event.
- Every participant shall be provided with an event bib number, which shall be conspicuously worn on the front of the participant's outermost layer during the event. The event bib number is to be worn as issued. No participant shall be permitted to participate in the event without the appropriate bib number.
- The use of music devices (e.g. iPods), cell phones, cameras or similar devices by participants while in the event is allowed, but participants are asked to use their discretion so as not to disturb other runners.
- For the safety and enjoyment of all event participants, the courses are restricted to registered runners/walkers, wheelchair division participants and official race personnel only.
- No dogs, no strollers, no baby joggers, no bikes, no inline skates, no roller skates, and no wheeled vehicles (other than registered wheelchair and official Bike EMS and Patrol Teams) should be allowed on the 10K, half marathon and full marathon courses.
- The sole responsibility of knowing and following the course rests with each athlete. No adjustments in times or results shall be made for athletes who fail to follow the proper course for any reason.
- Line up according to your ability. If you are running 10 plus minute miles then you should not be in the front as you will interfere with faster runners and potentially cause an accident.
- Medical personnel authorized by the event to do so may examine any participant who appears in distress. If in the sole opinion of authorized medical personnel it is in the best interest of the participant's health and welfare, medical personnel may remove a participant from the event.
- Try not to stop at a water station. Take your cup and keep moving or move to the side. Allow runners behind you to get their water.
- Only runners who are signed up with a legitimate race number should go through the finish chute.  
  
Non registered friends must not run through with you – especially children as it could be dangerous with runners sprinting to the finish. They can cheer for you on the side and meet you beyond the finish chute. Non-registered runners going through the finish chute can result in time recording problems.
- Keep moving after you finish. Slow down to a jog or walk. Do not wait for your friends in the chute as it will back up and cause a safety hazard.
- Minimum Age Requirements: 10K - 13 years old; Half Marathon - 15 years old; Marathon - 17 years old
- For all Run Barbados races, participants under 18 years of age must have a statement signed by a parent or legal guardian permitting participation.
- Event officials reserve the right to delay, cancel or suspend the race due to inclement weather in accordance with Emergency Protocol on severe emergencies and/or weather.

The following items are not allowed in the races:

- No Pets
- No Coolers
- No Glass
- No Alcohol

Your cooperation and patience are appreciated.

- Do not give your number to anyone else. You are recorded in the database with your age, gender, etc. for awards purposes. Giving your number to someone else will create errors.
- Wear your bib on the front so it can be seen by race officials. Make sure it is securely attached and the timing chip is on the back.



# PRIZES

## CHALLENGE MEDALS

<b>Gold Challenge</b>	Run the Fun Mile, 10K and Marathon and receive a special commemorative gold medal.
<b>Silver Challenge</b>	Run the Fun Mile, 10K and 1/2 Marathon or the Fun Mile, 5K and Marathon and receive a special commemorative silver medal.
<b>Bronze Challenge</b>	Run the Fun Mile, 5K and 1/2 Marathon and receive a special commemorative bronze medal.

### Signia

**Fun Mile Walk / Run Friday Dec. 7<sup>th</sup> | 8pm**

**All Finishers will receive a commemorative medal.**

#### Medals:

- 1<sup>st</sup> – 3<sup>rd</sup> place Medals & Sponsors Prizes for Male / Female in all 5 races
- 1<sup>st</sup> place Barbadian / Resident Male & Female will also receive a Free Return ticket to the US complements of our sponsor JetBlue
- 1<sup>st</sup> – 3<sup>rd</sup> place Medals for Wheelchair competitors

**There will also be Sponsors prizes for the following categories:**

- Most original costume
- Best Dressed couple
- Best Dressed group of 5 or more people

### Cave Shepherd Card

**5K Run Saturday Dec. 8<sup>th</sup> | 4pm**

**All Finishers will receive a commemorative medal.**

#### Medals:

- 1<sup>st</sup> – 3<sup>rd</sup> place Trophies for School Teams
- 1<sup>st</sup> – 3<sup>rd</sup> place Trophies for Corporate Teams
- 1<sup>st</sup> – 3<sup>rd</sup> place Medals for Male / Female Open Category overall
- 1<sup>st</sup> place Barbadian / Resident Male & Female will also receive a Free Return ticket to the US complements of our sponsor JetBlue
- 1<sup>st</sup> – 3<sup>rd</sup> place Medals for Male / Female 24 and under
- 1<sup>st</sup> – 3<sup>rd</sup> place Medals for Male / Female 25 - 34 years old
- 1<sup>st</sup> – 3<sup>rd</sup> place Medals for Male / Female 35 - 44 years old
- 1<sup>st</sup> – 3<sup>rd</sup> place Medals for Male / Female 45 - 54 years old
- 1<sup>st</sup> – 3<sup>rd</sup> place Medals for Male / Female 55 - 64 years old
- 1<sup>st</sup> – 3<sup>rd</sup> place Medals for Male / Female 65 and over

### Colombian Emeralds International

**10K Run Race Saturday Dec. 8<sup>th</sup> | 4:45pm**

**All Finishers will receive a commemorative medal**

#### Prize Money Open:

- 1<sup>st</sup> Place Male & Female Bds\$1,000 each + Return Airfare and Hotel for 2019 event
- 2<sup>nd</sup> Place Male & Female Bds\$800 each
- 3<sup>rd</sup> Place Male & Female Bds\$600 each

### Prize Money & Sponsor Prizes For Residents of Barbados:

- 1<sup>st</sup> Place Male & Female Bds\$500 each
- 1<sup>st</sup> place Barbadian / Resident Male & Female will also receive a Free Return ticket to the US complements of our sponsor JetBlue
- 2<sup>nd</sup> Place Male & Female Bds\$300 each
- 3<sup>rd</sup> Place Male & Female Bds\$200 each

#### Medals:

- 1<sup>st</sup> – 3<sup>rd</sup> place Medals for Male / Female Open Category overall
- 1<sup>st</sup> – 3<sup>rd</sup> place Medals for Male / Female Residents Category overall
- 1<sup>st</sup> – 3<sup>rd</sup> place Medals for Male / Female 24 and under
- 1<sup>st</sup> – 3<sup>rd</sup> place Medals for Male / Female 25 - 34 years old
- 1<sup>st</sup> – 3<sup>rd</sup> place Medals for Male / Female 35 - 44 years old
- 1<sup>st</sup> – 3<sup>rd</sup> place Medals for Male / Female 45 - 54 years old
- 1<sup>st</sup> – 3<sup>rd</sup> place Medals for Male / Female 55 - 64 years old
- 1<sup>st</sup> – 3<sup>rd</sup> place Medals for Male / Female 65 and over
- 1<sup>st</sup> - 3<sup>rd</sup> place Medals for Wheelchair competitors
- 1<sup>st</sup> Place Wheelchair competitor Bds\$500
- 2<sup>nd</sup> Place Wheelchair competitor Bds\$300
- 3<sup>rd</sup> Place Wheelchair competitor Bds\$200

### Fortress

**Half Marathon Sunday Dec. 9<sup>th</sup> | 5am**

**All Finishers will receive a commemorative medal**

#### Prize Money Open:

- 1<sup>st</sup> Place Winner, Male & Female Bds\$2,000 each + Return Airfare and Hotel for 2019 Festival
- 2<sup>nd</sup> Place Open Winner Male & Female Bds\$1,500 each
- 3<sup>rd</sup> Place Open Winner Male & Female Bds\$1,000 each

### Prize Money & Sponsor Prizes For Residents of Barbados:

- 1<sup>st</sup> Place, Male & Female Bds\$1,000 each
- 1<sup>st</sup> place Barbadian / Resident Male & Female will also receive a Free Return ticket to the US complements of our sponsor JetBlue
- 2<sup>nd</sup> Place, Male & Female Bds\$800 each
- 3<sup>rd</sup> Place, Male & Female Bds\$600 each

#### Medals:

- 1<sup>st</sup> – 3<sup>rd</sup> place Medals for Male / Female Open Category overall
- 1<sup>st</sup> – 3<sup>rd</sup> place Medals for Male / Female Residents Category overall
- 1<sup>st</sup> – 3<sup>rd</sup> place Medals for Male / Female 24 and under
- 1<sup>st</sup> – 3<sup>rd</sup> place Medals for Male / Female 25 - 34 years old
- 1<sup>st</sup> – 3<sup>rd</sup> place Medals for Male / Female 35 - 44 years old
- 1<sup>st</sup> – 3<sup>rd</sup> place Medals for Male / Female 45 - 54 years old
- 1<sup>st</sup> – 3<sup>rd</sup> place Medals for Male / Female 55 - 64 years old
- 1<sup>st</sup> – 3<sup>rd</sup> place Medals for Male / Female 65 and over

# PRIZES

## **Cave Shepherd**

**Marathon Sunday Dec. 9<sup>th</sup> | 5am**

**All Finishers will receive a commemorative medal**

### **Prize Money Open:**

- 1st Place Winner, Male & Female Bds\$4,000 each + Return Airfare & Hotel for 2019 Festival
- 2nd Place Open Winner Male & Female Bds\$3,000 each
- 3rd Place Open Winner Male & Female Bds\$2,000 each

### **Prize Money & Sponsors Prizes for Residents of Barbados:**

- 1st Place, Male & Female Bds\$1,500 each
- 1st place Barbadian / Resident Male & Female will also receive a Free Return ticket to the US complements of our sponsor JetBlue
- 2nd Place, Male & Female Bds\$1,000 each
- 3rd Place, Male & Female Bds\$750 each
- 1<sup>st</sup> Place Male & Female Bds\$500 each
- 1<sup>st</sup> place Barbadian / Resident Male & Female will also receive a Free Return ticket to the US complements of our sponsor JetBlue
- 2nd Place, Male & Female Bds\$1,000 each
- 3rd Place, Male & Female Bds\$750 each

### **Medals:**

- 1st – 3rd place Medals for Male / Female Open Category overall
- 1st – 3rd place Medals for Male / Female Residents Category overall
- 1st – 3rd place Medals for Male / Female 24 and under
- 1st – 3rd place Medals for Male / Female 25 - 34 years old
- 1st – 3rd place Medals for Male / Female 35 - 44 years old
- 1st – 3rd place Medals for Male / Female 45 - 54 years old
- 1st – 3rd place Medals for Male / Female 55 - 64 years old
- 1st – 3rd place Medals for Male / Female 65 and over
- 1st - 3rd place Medals for Wheelchair competitors

# RUNNERS DETAILS

## LOCATION:

All events start and end at the Bay Street Esplanade.

## MINIMUM AGE REQUIREMENTS:

10K: 12 years old

Half Marathon: 14 years old

Marathon: 17 years old

## ENTRY DEADLINE FOR ALL RACES:

Midnight on Tuesday December 4th is the deadline for Race Entry to all 2018 Run Barbados Marathon Weekend races. No entries will be accepted after this date.

## ENTRY DEADLINE FOR 5K WALK:

Walkers can register for the 5k Walk up until Saturday Dec. 8th at 3pm.

## ENTRY FORMS (Registration):

All entries on or before September 30th must be done via this website. From October 1st the designated box offices will be open for registration. These are Cave Shepherd Broad St., Vista and Sheraton as well as Pages Bookstore in Massy Supermarket Warrens.

From October 1st - Dec. 4th participants can either enter via website or at a designated box office.

## PRIZES:

Run Barbados is the richest race in the Caribbean, offering more prize money than any of our competitors. Have a look at our 'Prizes' page for all the details.

## RACE KIT COLLECTION:

Tuesday 4th - Friday 7th December: South Beach Hotel, Rockley, Christ Church.

In the Lincoln Conference Room. Entrance from Hotel Lobby or use side entrance from road adjacent to Quayside Centre (look for the banner).

Times: Tuesday 4th - Thursday 6th 12pm - 7pm.

Friday Dec. 7th 10am - 2pm at South Beach Hotel and from 5pm - 7pm at the Bay St. Esplanade (Race site). Runners arriving in Barbados close to race time will be given special permission to collect their kits at race site. Contact us via our email address to confirm arrangements.

## RACE KITS:

All participants will be given their personal Race kit which includes a T-shirt, Bib, timing chip and other goodies. For timed races the Bib will have a timing chip on the back. Runners must produce proof of entry in order to collect their kit.

## SANCTIONING:

The Run Barbados Marathon Weekend races are sanctioned by the Association of International Marathons and Distance Races, also known as AIMS.

## TRAVEL PACKAGES:

We are pleased to offer you discounts at our partner hotels via a Promo. Code made available by each hotel. Check out our Partner Hotels page for all the details.

## SCHOOLS CHALLENGE IN THE 5K RUN RACE:

We invite all Schools to enter teams of 5+ Runners and the top 5 times will be competing against the top 5 times from other school teams. All runners must be 18 years old and under. Top 3 teams will be recognized with special commemorative plaques.

## GROUP / TEAM CHALLENGE IN THE 5K RUN RACE:

We invite Teams (Corporate, Sports, University, Clubs, etc.) to enter teams of 5+ Runners and the top 5 times will be competing against the top 5 times from other teams. Top 3 teams will be recognized with special commemorative plaques.

## PRE-RACE:

Sign up early if you can. By signing up early you will assure your spot as they may close out if the event reaches its limit.

Register on-line if possible. Be sure to get a receipt and insure your information is recorded properly.

Do not give your number to anyone else. You are recorded in the database with your age, gender, etc. for awards purposes. Giving your number to someone else will create errors.

## RACE DAY:

Get to the race early enough to allow time to find a parking spot, go to the bathroom and warm up. The larger the race the more time you generally need to allow. A general rule would be about 45 minutes before the start.

Bib Number. Wear your bib on the front so it can be seen by race officials. Make sure it is securely attached and the timing chip is on the back.

Runners are allowed to use headphones but are advised to keep the volume low so they can hear Race officials and road traffic.

## RACE STARTING POSITIONS:

Line up according to your ability. If you are running 10 plus minute miles then you should not be in the front as you will interfere with faster runners and potentially cause an accident.

## WATER STATIONS:

Stations will offer water and sports drinks in cups. Please dispose of cups in the garbage bins placed shortly after the Station. Try not to stop at the station. Take your cup and keep moving or move to the side. Allow runners behind you to get their drink.

The Water Station closest to the turn around area for the Half Marathon & Marathon will have a selection of Fruit and Energy Gels. Have a look at the Course Maps for more details on the Water Stations.

## MUSIC & ENTERTAINMENT:

Run Barbados Marathon Weekend is all about having fun in a safe environment. To increase the 'Fun Factor' we will have lots of Music and Entertainment in the Start/Finish locations and also at various points along the route.

## 'ALL YOU CAN EAT' PASTA BUFFET:

- Join us on the Bay St. Esplanade for the sumptuous pasta buffet from 7pm.
- Book your pasta buffet online when you register for the weekend Races.



# RUNNERS DETAILS

- Only US\$18 for an 'All you can Eat' Pasta Buffet with over 8 different pasta options.
- Watch the races while enjoying the buffet or feast on the buffet after your Fun Mile race.

## EMERGENCY SERVICES:

The fully equipped Medical Tent is located adjacent to the Finish Line. There will be Ambulances at the Finish Line as well as on the course to attend to any emergencies. Bike riders will be on the course to offer assistance also.

## VIDEO & PHOTOS:

Professional Photographers and Video crews have been employed to cover the event, drones will be flying over the race, and they will not pose a danger to participants. Runners are encouraged to take photos with friends and family for posting on our website & Facebook page.

## TIMING:

All Run Barbados races will be timed with the use of disposable timing chips, which are attached to each participant's race number. The disposable chip requires no battery, is lighter than a feather and has a built in microprocessor customized to ensure maximum reads even during the most challenging of conditions.

## TIME LIMITS:

We encourage runners of all abilities to participate in the different events; the only time limit will be in the Marathon and is set at 7 hours.

The Marathon course will be shut at 12 noon (7 hours from 5am start).

Runners who choose to remain on the course after this time will do so at their own risk.

Marathoners not reaching the half way turn around point by 3.5 hours will be required to finish the race as a Half Marathon.

## 5K WALK:

Starts 2 minutes after the 5K Run and follows the same route. There is no timing of this Walk and there will be no Finisher medals or prize giving.

Competitive Walkers are welcomed to enter the 5k Run in order to have their time recorded and to receive a Finisher Medal.

## RACE COURSES:

Click below for Maps of the Race courses which have all been expertly measured by a certified AIMS official and marked at each kilometer. Water Stations are shown on all maps. Fruit and Sports drinks will be available at selected stations. Portable toilets and sponge stations will be available on the Half & Full marathon routes. All of the race courses are mostly flat and very scenic.

## FUN MILE COURSE:

The Fun Mile starts and finishes on Bay St. The course is simply a half mile sprint towards Bridgetown, turn around and sprint back to the finish line Arch on the Bay St. Esplanade.

## CHALLENGE MEDALS:

Gold Challenge - Run the Fun Mile, 10K and Marathon and receive a special commemorative gold medal.

Silver Challenge - Run the Fun Mile, 10K and 1/2 Marathon or the Fun Mile, 5K and Marathon and receive a special commemorative silver medal.

Bronze Challenge - Run the Fun Mile, 5K and 1/2 Marathon and receive a special commemorative bronze medal.

## TOILETS:

Available at the Start / Finish and half way on the Marathon loop.

## BAG CHECK:

We will provide a Bag Check service in our Registration area near the Start line.

## PARKING:

Guests can park close to the Bay St. Esplanade and walk in; no parking will be available at the Esplanade.

## BUS TRANSPORT:

There will be a free shuttle along the South Coast Sunday morning Dec. 9th taking runners to the Start Line on the Bay St. Esplanade. Runners are asked to assembly at the nearest bus stop to their hotel / apt. on the South Coast Main Rd. at 3.45am. The first bus will leave Oistins at about 3:30 am and another bus will follow 15 minutes later and make stops at each bus stop to arrive at Bay St. Esplanade by 4.15am.

## POST RACE TRANSPORT:

Public Buses servicing the South Coast are readily available. Guests can also make private arrangements with independent Taxi operators.

## SAFETY:

For the safety and enjoyment of all event participants, the courses are restricted to registered runners/walkers, wheelchair division participants and official race personnel only.

No dogs, no strollers, no baby joggers, no bikes, no inline skates, no roller skates, and no wheeled vehicles (other than registered wheelchair and official Bike EMS and Patrol Teams) should be allowed on the 10K, half marathon and full marathon courses.

The sole responsibility of knowing and following the course rests with each athlete. No adjustments in times or results shall be made for athletes who fail to follow the proper course for any reason.

## The following items are not allowed in the races:

- No Pets
  - No Coolers
  - No Glass
  - No Alcohol
- Your cooperation and patience are appreciated.

## THE FINISH:

Only runners who are signed up with a legitimate race number should go through the finish chute. Non registered friends must not run through with you – especially children as it could be dangerous with runners sprinting to the finish. They can cheer for you on the side and meet you beyond the finish chute. Non-registered runners going through the finish chute can result in time recording problems.

Keep moving after you finish. Slow down to a jog or walk. Do not wait for your friends in the chute as it will back up and cause a safety hazard.

## POST RACE:

Stay for the awards! Winners will be awarded their prize immediately following the finish of each race. Awards will be provided for age category winners from our prize desk, so runners are advised to check in with this desk to see if they placed in their age category. All race finishers will receive a participation medal.

Thank the volunteers. Most events are staged by many volunteers and your post-race email thanking them will be appreciated.

# ABOUT RUN BARBADOS

Three decades have passed since the prestigious Run Barbados series was conceptualized, by locals: Sir Austin Sealy and Carl Bayley. This exciting event has evolved into one of the premier sporting attractions on the island with a festive atmosphere and a spirit of camaraderie that epitomizes the theme: "Come for the Run, Stay for the Fun!"

## A Unique Experience

The choice of races around the world is endless but the Run Barbados event has distinguishing characteristics that can provide the experience of a lifetime. The friendly local culture, the sheer beauty of the island and the marathon course that is both scenic and historic.

The start and finish of the "out and back" mostly flat route are at the picturesque Bay Street Esplanade, opposite the Prime Minister's office and overlooking the magnificent Carlisle Bay. The course then winds its way along the streets of Bridgetown, a historic seaport with the distinctive honour of being part of a UNESCO World Heritage Site.

Runners run under the Independence Arch and over the Chamberlain Bridge (dates back to 1865) with wonderful views of the Parliament Buildings, completed in 1873 and housing the third oldest parliament in the Commonwealth. As the Bridge is left behind runners will glimpse the statue of Admiral Lord Nelson, a statue erected in 1813 which pre-dates the Nelson's Column in London by nearly 30 years. The scenic route then continues along the Careenage adjacent to the Bridgetown Boardwalk.

The marathon and half-marathon route continue along the west coast where spectacular vistas of the Caribbean Sea can be enjoyed from various vantage points. Cricket fans will enjoy the view of Kensington Oval with the statue of Sir Garfield Sobers batting out front. The returning route through Bridgetown travels up the well-known Broad Street, crosses the Charles Duncan O'Neal Bridge with views of Independence Square and heads back to Bay Street for the finish.

The 10 km course enjoys the same start/finish line in Bay Street with a wonderful tour of iconic Bridgetown landmarks along the route.

Combine these sights with the sounds of steel pan, the local "tuk bands" and the highly appreciative local spectators and you have yourself an unforgettable memory.

## New Management

The event is under new management by experienced sports administrators as of 2015 and the focus is to provide a rejuvenated and professionally organized event similar to what runners had grown accustomed to in the Event's heyday. The AIMS-IAAF certified Marathon was re-introduced in 2015 after a few years hiatus, along with the customary races: Fun Mile, 5km, 10km and Half-Marathon.

## Charity

Run Barbados has supported many worthwhile causes over the years. Run Barbados has partnered with Heart & Stroke Foundation of Barbados in recent years with the goal of raising funds and awareness to support the critical services offered by the Foundation.

## The Runners

Many will recall the world-rated competitors who ran the streets of Barbados in the 10km and the Marathon in the early days. John Treacy, Geoff Smith, Alberto Cova, Ron Hill, Hugh Jones, Dylan Wykes, Catherine Ndereba, Kipkoskei, Jill Hunter and Carey May to name a few. Wykes, the second fastest Canadian Marathoner of all time had these comments after a second place in the half marathon in 2008: "I woke up halfway through the race. You have to ask yourself: Where else in the world would you rather be at this time of year?"

Every year the Event also welcomes recreational runners from across the globe. Many of these runners have returned multiple times and made firm friendships with Barbadians and other foreign runners holidaying in Barbados.

The wheelchair competitors are a welcomed and familiar sight on the race weekend as are the families that come out to take part in the 5K walk.

## The Run Barbados Marathon

The King and Queen of Run Barbados are undoubtedly Hugh Jones of Britain and Kim Goff of the USA. Hugh Jones, the first British man to win the London Marathon (2:09:24,1982) won the Barbados Marathon six times between 1990 and 1996. His list of impressive victories include wins in major marathons in the Netherlands, Norway, Sweden and Iceland. His first Barbados win in 1990 was one of the most exciting finishes in the history of the event and the only time in which there was a tie for the top spot (with Peter Maher of Canada). Hugh Jones is considered a great friend of the event and still holds the race record (2:22:33) that he set in 1991.

Kim Goff of the US is the 11-time winner of the Women's Marathon and has participated in the Series for 24 consecutive years. Kim is a four time Big Sur International Marathon Champion and has several half-marathon wins under her belt across the USA as well as top three finishes over a range of distances. Kim recorded her Barbados wins between 1993 and 2004. Kim is extremely popular with the other runners and is always welcomed with open arms. In 2015 Kim celebrated her 25th anniversary in her beloved event and ran the Barbados Marathon for the 20th time! Well done Kim.

When the Marathon returned in 2015 the winners were Curtis Cox of Trinidad and Amy Chalk of the UK. 2016 saw Amy Chalk of the UK as the repeat Ladies winner and Jean Habararema of France as the overall winner.

## The Half-Marathon

The half-marathon is a more recent addition to the series. Pamenos Ballantyne of St Vincent was a repeat winner in this event in 2000-2002. In recent years the Men's Race has been dominated by Kenyans, Richard Kessio, Robert Letting and Philip Lagat. Kessio has won the Barbados Marathon (2010-2011), the Half Marathon (2012, 2013 & 2014) and the 10km race in 2011. In 2014 Running Times named him as one of the "Masters Long Distance Runners of the Year".

In 2016 the Half-Marathon winners, were Julius Koskei of Kenya and Natasha Wodak of Canada.

## Looking Back at Run Barbados

The Series started with only the Bridgetown 10K and the Marathon with the Half Marathon and 5km races being added many years later. Scroll to bottom of this page to see marathon winners since inception in 1983.

In the old days, the marathon started at the Grantley Adams International Airport, continued through the old town of Oistins, along the south coast to Bridgetown, traversed the Spring Garden Highway, travelled along the west coast road past the well-known Sandy Lane through Holetown, to its finish just north of Speightstown. The 10km has always started and finished at the beautiful Bay Street Esplanade. Barbadians are exceedingly proud of Run Barbados and a throng of spectators both local and visitors to the island always watch along the way and eagerly await the finishers.

The first ever Barbados Marathon was won by Bruce Lauckner (Trinidad) in 1983 (2:45:58) and the top spot has been claimed by many differing nationalities since then. An American runner claimed the first Ladies Marathon in 1985 (Folsom) while Laura Konantz (CAN) was victorious five times between 1986 and 1990 and still holds the course record (2:44:40).

Caribbean runners that have excelled include St. Lucian Victor Ledger (five time winner) and Vincentian Pamenos Ballantyne, a three-time winner. Barbados can proudly boast of producing the winner on two occasions, 1988 and 1989, when the race was won by Reuben McCollin and Adelbert Browne respectively. Ronnie Holassie of Trinidad also made his mark.

# ABOUT RUN BARBADOS

Runners of Kenya have been faithful and successful participants in the event and in the 2011 Marathon, the last to date, made a clean sweep with Richard Tirop Kessio and Leah Chebiwot Kigen on the top of the podium in the Men's and Ladies' Marathon.

## The 10 km Race at Run Barbados

The Run Barbados series has hosted notable runners since the early days. Rob de Castella, known as Deeks to the Australian public, the first winner of the 10km has an impressive resume. De Castella first came to international attention when he won the 1981 Fukuoka Marathon in a time of 2:08:18, a world record. He won the first ever Australian Gold Medal in a World Championships when he won the Marathon in 1983. He won Gold in the Marathon in two Commonwealth Games among other wins.

John Treacy of Ireland set the Men's course record back in 1985 (29:11) and this record was unbroken until current holder of the Barbados 10K record Joseph Kariuki of Kenya won in a time of 28:40 in 2002. The Ladies' record is held by Jill Hunter of the UK (32:44). She won the race in 1991. Treacy was a well-known distance runner excelling in 5,000 m, 10,000 m and the Marathon. He was a silver medalist in the Marathon at the 1984 Olympics and represented Ireland at four Olympic Games. Jill Hunter represented England in two Olympics, three World Cross Country Championships and three World Championships.

Catherine Ndereba of Kenya was here in 2003. Sometimes referred to as "Catherine the Great" she has an outstanding distance running record with five medals in the Marathon in Olympic Games and World Championships (two golds at Worlds). In 1998 she ran the world's fastest times in the 5km, 10km, 12km, 15km and 10 miles! She is the only woman to have won the Boston Marathon four times.

For the most part Kenyan runners dominated the Mens 10K in the years 2000-2010. Talented runners like Ronald Mogaka, Joseph Kamau and Robert Letting were repeat visitors to the island.

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