

RACE NAME

Türkiye İş Bankası İstanbul Half Marathon 21K

DATE

28.04.2024

Registration Periods and Participation Fees

Registration period May 9 – October 3, registration fee is 60 Euro

Registration period October 4 – January 2, registration fee, 70 Euro

Registration period January 3- April 10, registration fee 90 Euro

Registration Cancellation

Your registration cannot be cancelled or postponed and no refund is possible as the service processes will start as soon as you register. Even though you decide not to attend to the race, you can get your race kit from the distribution point.

Age Limit

Athletes who have turned 18 as of April 30, 2024 can participate in the race.

Category Change

“Category Change” is not possible.

Race Day Schedule

05.00 Closure of The Course to Vehicle Traffic

07.30 Skate Race Start

08.10 10K Start

09.30 Elite Athletes and 21K Start

11.00 Award Ceremony

12.55 21K Cut Off

13.30 Opening of the Course to Vehicle Traffic

14.00 End of the Race

Race Time Limit

The time limit for 21K runners is 3 hours 25 minutes.

Cut Off and Time Limits

Between 0 K – 5K: **09.30 – 10.15**

Between 5K – 10K: **10.15 – 11.05**

Between 10K – 15K: **11.05 – 11.55**

Between 15K – 21K: **11.55 – 12.55**

Pace Gates Tempo Athletes

During registration, athletes are requested to state their target finishing time. Using this information, we will guide athletes to the correct pace gate according to their bib number so as to help them enter the race area. Each athlete must enter to the race area using the gate indicated on his or her bib number. Using another door to race area is not allowed. For example; an athlete who has a bib number indicating the letter “A” cannot enter to the area using the Gate B.

Tempo athletes will line up at the starting point according to their targeted finishing time. These athletes will be present at the start of the Half-Marathon. The tempo athletes will help you to start the race and control race time according to your targeted place.

Intermediate Schedule

In the 10K run, the rank of the runners is determined at the 5K and finish points.

Timing and Km. Marks

The intermediate times will be taken at each 5km.

Each km will be indicated by markers along the course.

Water and Refreshment Stations / Toilets

There is a refreshment station on the race course per 5 kilometre. There are also water and sponge stations between these food stations.

There will be public and portable toilets available in various spots on the race course. The toilet spots will be indicated with signs so as to ensure that runners get easy access. The toilets will generally be placed 100 to 200 meters after water stations.

Safekeeping Tents

Please fill in the information requested on the reverse of your bag number and attach it to your bag. The number tag must be attached to your bag before the race. Please do not use this number if you will not deliver your bag.

Only the bags provided to athletes will be accepted at the safekeeping tents by the organization committee. The other bags and belongings will not be accepted due to security concerns.

The athletes who will deliver their bags to safekeeping buses are required to put the bag number provided by the organization, in the outermost pocket.

Bags must be delivered to safekeeping tents/buses before the time for delivery is over. The bags not delivered until such time will not be accepted.

Participants must not put valuable articles, money, telephone, wallet or similar other belongings in the bags they will deliver to safekeeping buses. In case of lost bags, the institution and authorities who hold the organization cannot be held responsible.

Bags may be lost in case of bag delivery to a place or vehicle other than safekeeping tents/buses. In such case, the institution and authorities who hold the organization cannot be held responsible.

*Don not forget that you need to leave your safekeeping items at the latest 20 minutes before the start time of the category you will run. For example, for the run that will start at 08.10, the athlete must have delivered his/her bag at 07.50 at the latest.

Master Athletes (Age Groups)

Men Age Groups

35-39 / 40-44 / 45-49 / 50-54 / 55-59 / 60-64 / 65-69 / 70-74 / 75-79 / 80-84 / 85+

Women Age Groups

35-39 / 40-44 / 45-49 / 50-54 / 55-59 / 60-64 / 65-69 / 70-74 / 75-79 / 80-84 / 85+

Medal

All athletes who complete the race within the time limit of 3 hours and 25 minutes will receive a medal at the finish line.

Participants who finish the race after the time limit forfeit a right to medal.

Award Ceremony

In the 10K General Classification category; our top 3 athletes in the Skating Age and 21K Age categories can receive their trophies from the Spor Istanbul Head Office between 12.00-18.00.

Trophies will be sent to our athletes outside the city by cargo.

Athletes to receive awards on the stage:

1. Top 3 men and women in the 21K Skating General Classification
2. The first 3 men and women in the 21K Turkish Athletes Classification
3. Top 3 men and women in the 21K General Classification

Race Kit Distribution

Thursday, April 25, 2023, 10.00 – 19.00 Kanyon AVM P1 Floor

Friday, April 26, 2023, 10.00 – 19.00 Kanyon AVM P1 Floor

Saturday, April 27, 2023, 10.00 – 18.00 Kanyon AVM P1 Floor

Chip Usage

Information on how to use your chip is available in the video below.

Overall ranking rewards (elite athletes) will be awarded based on gun time. All age group and other prizes will be given according to chip measurement times. Your position at the start line, how further back you are from the start line, does not affect your measurement. Your race time starts to be measured on the moment you cross the chip carpet.

Electronic Timing Chip

At the Race Kit Distribution area, all participants who register for the race will be given an Electronic Timing Chip with Recycling feature, that will measure their grades during the race. Do not forget to wear your chip distributed with the race kits on the day of the race, do not take it out of your shoes during the race. The degrees of the racers running without chips cannot be measured.

We strongly advise you not to exchange your chip with other runners, as your chip is identified by your identification information.

Do not cross the finish line a second time or re-enter any part of the race course.

Bib Number

Participants will get their bib numbers during the distribution of kits. Your bib number will be determined when you will get your kit.

Your bib number is special for you and to N Kolay Istanbul Half-Marathon. Do not copy it or exchange with other participants.

If you give your bib number to another person or change it, your rank will be cancelled since you will be deemed to have violated the race rules.

ATTENTION: If you give your bib number to or exchange it with another person, this may risk his or her health since he or she will not be sufficiently prepared to N Kolay Istanbul Half-Marathon.

You will need to show your bib number in order to leave your bag to the safekeeping tent.

Your bib number must be attached on your chest throughout the race.

You need to attach your bib number in visible fashion so as to ensure that the official photographers of N Kolay Istanbul Half-Marathon can take your photos and you can find these photos later.

Please do not forget to put on the timekeeping chip, which has been delivered to you with your bib number and is used for keeping the time of your run, before the race starts.

Please completely fill in the required information on the reverse of your bib number, so that we can immediately intervene in case of any health issue.

Medical Advice

Please get a medical examination before the race.

Patients with respiratory tract and heart diseases must not attend to the race.

You should attend to the race after a good sleep and rest.

Please have a breakfast early in the morning of the race and avoid alcoholic and acid drinks.

You should definitely put on your running shoes with socks.

You can cream your toes in order to prevent possible wounds which may occur after the race.

Please leave the race and ask help from health officers in case of any health issue which may occur during the race.

Important:

Do not take part in the race if you have recently had a cold, flu or fever; if you have vomited; if you had chest pains; or if you are weak and not feeling well. You may be at serious risk on

race day. In this case, please be informed that Istanbul Half-Marathon will also be held one year later and consider attending to the next race.

Bus Departure Points for Runners Leaving the Race

There will be 3 buses at the 13th, 15th and 17th kilometres for runners who leave the race and don't wish to continue till the finish point.

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Organizational Restrictions

Istanbul Half Marathon is a running event and, therefore, athletes are not allowed to attend with a bicycle, motorcycle, any wheeler or non-wheeler vehicle or an animal. Istanbul Metropolitan Municipality organizes other races and events for sports performed with these means. Participants are required to arrive with sportswear suitable for the organization.

It is strictly prohibited for all the runners who register to any category under Istanbul Half Marathon, to bring or exhibit at the race area products which promote a brand, foundation, organization or entity other than the t-shirts, flags and similar other articles distributed by the sponsor companies. Legal action will be taken against those persons and institutions who behave to the contrary

Is There a Wheelchair Classification?

In our competition, there is no classification of wheelchair in any class.

Services Offered within the scope of the Event

Electronic timing

Race Kit (chest number and electronic chip)

Race bag

T-shirt

Medal

Certificate

Water and nutrition stations on the race course

Food package after the race

Photograph service

Free transportation in the vehicles belonging to Istanbul Metropolitan Municipality (Marmaray is not included)

Race Course

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SnJ&ehbc=2E312F" width="640" height="480"></iframe>

RACE NAME

Türkiye İş Bankası İstanbul Half Marathon 10K

DATE

28.04.2024

Registration Periods and Participation Fees

Registration Period 1: October 2 – January 60 EURO

Registration Period 2: January 3 – March 11 70 EURO

Registration Period 3: March 12 – April 15 90 EURO

Registration Cancellation

Since our service processes start from the moment you register, registration cancellation, postponement or refund will not be made; Therefore, you can receive your race bag at the distribution point even if you do not participate the race.

Category Change

“Category Change” is not possible.

Age Limit

All the athletes who are 16 or above by April 28, 2024, can register.

Race Day Schedule

2023 RACE DAY PROGRAM

05.00 Closure of The Race Course to Traffic

07.30 Skate Race Start

08.10 10K Start

09.30 Elite Athletes and 21K Start

11.00 Award Ceremony

12.55 21K Cut Off

13.30 Opening of the Race Course to Traffic

14.00 End of the Race

Race Time Limit

The time limit for 10K runners is 1 hour and 30 minutes.

Intermediate Schedule

In the 10K run, the rank of the runners is determined at the 5K and finish points.

Water and Freshment Stations / Toilets

There are freshment stations every 5 km along the race course. There are water and sponge stations in between the refreshment stations.

Toilets

There will be public and portable toilets available in various spots on the race course. The toilet spots will be indicated with signs so as to ensure that runners get easy access. The toilets will generally be placed 100 to 200 meters after water stations.

Safekeeping Tent

Your race bag will be delivered to you at Kanyon AVM (Kanyon Shopping Mall) on 24-25-26th of March. (Please see: Race Kit Distribution for details.)

Please fill in the information requested on the reverse of your bag number and attach it to your bag. The number tag must be attached to your bag before the race. Please do not use this number if you will not deliver your bag.

Only the bags provided to athletes will be accepted at the safekeeping tents by the organization committee. The other bags and belongings will not be accepted due to security concerns.

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*Don not forget that you need to leave your safekeeping items at the latest 20 minutes before the start time of the category you will run. For example, for the run that will start at 08.10, the athlete must have delivered his/her bag at 07.50 at the latest.

Medal

All runners who complete the race within the 1 hour 30 minutes time limit are awarded with a medal at the finish point.

Participants who do not finish the race within the time limit lose their right for a medal.

Trophies and Awards

Trophies will be presented to male and female athletes ranked in the 10K Category in the general classification.

Award Ceremony

In the 10K General Classification category; our top 3 athletes in the Skating Age and 21K Age categories can receive their trophies from the Spor Istanbul Head Office between 12.00-18.00.

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We strongly advise you not to exchange your chip with other runners, as your chip is identified by your identification information.

Do not cross the finish line a second time or re-enter any part of the track.

Bib Number

Participants will receive their bib numbers during kit distribution. Your bib number will be determined when you receive your kit.

The bib number you receive is only for you and the N Kolay Istanbul Half Marathon organization. Do not copy or replace this number with other participants.

If you give or change your bib number to someone else, your rating will be void as you would have violated the race rules.

ATTENTION: If you give your bib number to or exchange it with another person, this may risk his or her health since he or she will not be sufficiently prepared to N Kolay Istanbul Half-Marathon.

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