

Run BARBADOS®

MARATHON WEEKEND
Dec 10-11, 2022

ONLINE ENTRIES ARE OPEN

REGISTER TODAY | www.runbarbados.org



RACE EVENTS

REGISTER TODAY | www.runbarbados.org

2022 AGENDA WEEKEND SCHEDULE

SATURDAY DEC. 10TH

10K RUN 4:15PM
5K RUN 4:20PM
5K WALK/HIKE 4:30PM

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

Runners will start & finish in front Uncle Joes Bar in Bathsheba, St. Joseph. See race route maps for details.

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

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 / Hike is a healthy way to join in the action with friends and family. The Walk route is a well laid out trail along the rugged East coast from Bathsheba to Glenburnie, St. John and back.

Both the 5K and 10K races follow a scenic course along the East Coast, see route maps for details.

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.

SATURDAY DEC. 10TH AFTERNOON PARTY & ENTERTAINMENT

There will be DJ music and entertainment at the Start / Finish line in Bathsheba Park from 3pm and will continue through the 5k and 10k events. Food and drinks available from Uncle Joes Beach bar.

Runners, their family, friends, supporters and all the public are encouraged to join us in Bathsheba Park in St. Joseph to enjoy the festivities. MC Mac Fingall will keep the crowd informed and entertained.

SUNDAY DEC. 11TH HALF-MARATHON & MARATHON 5:30AM

Runners will start & finish in front Uncle Joes Bar in Bathsheba, St. Joseph. See race route maps for details.

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

See course maps on the website.

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.

SUNDAY DEC. 11TH 7K RUN 6:00AM

Rise & Run

The 7k is perfect for short to mid-distance runners who want to run on Sunday morning and may also want to run both days participating in the 5k or 10k on Saturday.

SUNDAY DEC. 11TH 3K RUN 6:05AM

Short & Sweet Burn

The 3k is perfect for short distance and novice runners.

Also, for runners who want to participate on Sunday but not in the long-distance races.

SUNDAY DEC. 11TH 5K WALK/HIKE 7:00AM

Opportunity to enjoy this spectacular Walk / Hike.

RACE EVENTS

LOCATION:

All events start and end at the Bathsheba Park, St. Joseph

MINIMUM AGE REQUIREMENTS:

10K: 11 years old
Half Marathon: 13 years old
Marathon: 14 years old

ENTRY DEADLINE FOR ALL RACES:

Midnight on Thursday December 8th is the deadline for Race Entry to all 2022 Run Barbados Marathon Weekend races. No entries will be accepted after this date.

ENTRY DEADLINE FOR 5K WALK/HIKE:

Walkers can register for the 5k Walk up until 30 mins before the event.

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.

From October 1st - Dec. 8th participants can either enter via website or at a designated box office to be announced.

On December 9th all new registrations will be done at Race Kit Collection centre only.

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:

Wednesday 7th - Friday 9th December:
Courtyard Marriott Hotel, Hastings, Christ Church.

Enter the hotel and get directed to the Conference Room hosting the Run Barbados Kit Collection.

Times: 12pm - 7pm.

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.

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.



RUNNERS DETAILS

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 close at 12.30pm.
(7 hours from 5.30am start)

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

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

5K WALK/HIKE:

Follows a well-maintained trail along the coast between Bathsheba and Glenburnie, St. John.
Offered Sat. 4.30pm and Sunday 7am

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

RACE COURSES:

See maps on website for race courses. 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.

TOILETS:

Located at the Start / Finish and turnaround points of the 10K + Half Marathon & Marathon.

BAG CHECK:

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

PARKING:

Guests can park close to the Bathsheba Coast road and walk in; no parking will be available at the Bathsheba Coast road.

BUS TRANSPORT:

Saturday Dec. 10th There will be 4 shuttle buses leaving Bridgetown at 2.15pm, 2 going West to Hometown and then to Bathsheba, and 2 headed South to Oistins and across to Bathsheba. Runners are asked to assemble at the nearest bus stop to their residence on the South / West Coast Main Rd. at 2.20pm. Buses to make stops at each bus stop on these routes to arrive at Bathsheba at 3.45pm. Cost \$20Bds per person.

Sunday Dec. 11th There will be 4 shuttle buses leaving Bridgetown at 3.45am, 2 going West to Hometown and then to Bathsheba, and 2 headed South to Oistins and across to Bathsheba. Runners are asked to assemble at the nearest bus stop to their residence on the South / West Coast Main Rd. at 3.50am. Buses make stops at each bus stop on these routes to arrive at Bathsheba at 5.10am. Cost \$20Bds per person. Chartered buses will leave Bathsheba Saturday at 6pm and 6.30pm and on Sunday at 10am and 10.30 am to retrace the same routes. Return fee \$20Bds per person.

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 registered with a legitimate race number should go through the finish chute. Non-registered friends must not run through with official runners – especially children as it could be dangerous with runners sprinting to the finish. They can cheer from the sidelines and meet runners beyond the finish chute. Non-registered runners going through the finish chute can result in time recording problems. N.B. Runners must keep moving after they are finished: Slow down to a jog or walk. Do not wait for friends in the chute as it will result in a bottleneck and subsequent 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.

EVENT RULES & GUIDELINES

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.

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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.

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 - 11 years;
Half Marathon – 13 years; Marathon 14 years

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.

PRIZES

5K RACE SATURDAY DEC. 10TH | 4:20PM

ALL FINISHERS WILL RECEIVE A COMMEMORATIVE MEDAL

- 1st place Male & Female Bds \$500 each
- 2nd place Male & Female Bds \$300 each
- 3rd place Male & Female Bds \$200 each
- 1st – 3rd place Trophies for Corporate Teams

Medals:

- 1st – 3rd place Medals for Male / Female Open 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

10K RUN RACE SATURDAY DEC. 10TH | 4:15PM

ALL FINISHERS WILL RECEIVE A COMMEMORATIVE MEDAL

Prize Money Open:

- 1st Place Male & Female Bds \$800 each
- 2nd Place Male & Female Bds \$600 each
- 3rd Place Male & Female Bds \$300 each

Prize Money for Residents of Barbados:

- 1st Place, Male & Female Bds \$500 each
- 2nd Place, Male & Female Bds \$300 each
- 3rd Place, Male & Female Bds \$200 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
- 1st Place Wheelchair competitor Bds \$500
- 2nd Place Wheelchair competitor Bds \$300
- 3rd Place Wheelchair competitor Bds \$200



PRIZES

HALF MARATHON SUNDAY DEC. 11TH | 5:30AM

**ALL FINISHERS WILL RECEIVE
A COMMEMORATIVE MEDAL**

Prize Money Open:

1st Place Winner, Male & Female Bds\$2,000 each
2nd Place Open Winner Male & Female Bds\$1,500 each
3rd Place Open Winner Male & Female Bds\$1,000 each

Prize Money for Residents of Barbados:

1st Place, Male & Female Bds\$800 each
2nd Place, Male & Female Bds\$600 each
3rd Place, Male & Female Bds\$300 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

MARATHON SUNDAY DEC. 11TH | 5:30AM

**ALL FINISHERS WILL RECEIVE
A COMMEMORATIVE MEDAL**

Prize Money Open:

1st Place Winner, Male & Female Bds\$4,000 each
2nd Place Open Winner Male & Female Bds\$3,000 each
3rd Place Open Winner Male & Female Bds\$2,000 each

Prize Money for Residents of Barbados:

1st Place, Male & Female Bds\$1200 each
2nd Place, Male & Female Bds\$800 each
3rd Place, Male & Female Bds\$500 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
1st Place Wheelchair competitor Bds\$500
2nd Place Wheelchair competitor Bds\$300
3rd Place Wheelchair competitor Bds\$200

7K RACE SUNDAY DEC. 11TH | 6:00AM

**ALL FINISHERS WILL RECEIVE
A COMMEMORATIVE MEDAL**

1st place Male & Female Bds \$500 each
2nd place Male & Female Bds \$300 each
3rd place Male & Female Bds \$200 each

Medals:

1st – 3rd place Medals for Male / Female Open 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

3K RACE SUNDAY DEC. 11TH | 6:05AM

**ALL FINISHERS WILL RECEIVE
A COMMEMORATIVE MEDAL**

1st place Male & Female Bds \$500 each
2nd place Male & Female Bds \$300 each
3rd place Male & Female Bds \$200 each

Medals:

1st – 3rd place Medals for Male / Female Open 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

ABOUT RUN BARBADOS

39 years 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 is at the picturesque & rustic East coast of Barbados. Runners will enjoy the cool ocean breezes and the natural beauty of the East coast 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.

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.

ABOUT RUN BARBADOS

TURN POINT
CATTLEWASH BEACH

JOE'S RIVER BRIDGE

SOUPBOWL

BATHSHEBA

UNCLE JOE'S BAR & GRILL **START**
FINISH

Run BARBADOS
MARATHON WEEKEND
Dec 10-11, 2022

Total Distance 3K

The 3k is perfect for short distance & novice runners. Also runners who want to participate on Sunday but not in the long distance races.

TURN POINT
CATTLEWASH BEACH

JOE'S RIVER BRIDGE

SOUPBOWL, BATHSHEBA

UNCLE JOE'S BAR & GRILL **START**
FINISH

Run BARBADOS
MARATHON WEEKEND
Dec 10-11, 2022

Total Distance 5K

The 5k is our most popular race, fun for the whole family. Our new East coast route will make it even more enjoyable.

UNCLE JOE'S BAR & GRILL **START**
FINISH

TENT BAY

ATLANTIS HOTEL

TURN POINT
GLENBURNIE ST. JOHN

Run BARBADOS
MARATHON WEEKEND
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Walk/Hike Route
Total Distance 5K

Join us on this guided Trail Walk / Hike to Glenburnie and back. Spectacular views await you. A wonderful adventure for non-runners who still want to be part of the festivities. This event is offered Saturday afternoon and Sunday morning.

ABOUT RUN BARBADOS

TURN POINT **CATTLEWASH** **JOE'S RIVER BRIDGE** **SOUPBOWL, BATHSHEBA** **START FINISH UNCLE JOE'S BAR & GRILL**

Run BARBADOS
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Total Distance 7K

The 7k is perfect for short to mid-distance runners who want to race on Sunday morning and may also want to run both days participating in the 5k or 10k on Saturday.

TURN POINT **BARCLAYS PARK** **CATTLEWASH** **JOE'S RIVER BRIDGE** **SOUPBOWL, BATHSHEBA** **START FINISH UNCLE JOE'S BAR & GRILL**

Run BARBADOS
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Total Distance 10K

The 10k is an exciting race and has been on the Run Barbados roster from the start in 1983.

TURN POINT **JUST BEFORE MORGAN LEWIS WINDMILL** **SHOREY VILLAGE** **BELLEPLAINE ST. ANDREW** **BARCLAYS PARK** **CATTLEWASH** **JOE'S RIVER** **START FINISH UNCLE JOE'S BAR & GRILL**

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Half Marathon/Marathon

The 2022 Run Barbados Half Marathon and Marathon is a very scenic and breezy route with little disruption from vehicles. A welcomed change for distance runners. The Marathon runners will do a double loop of the Half Marathon route.

ABOUT RUN BARBADOS

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.

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.

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.

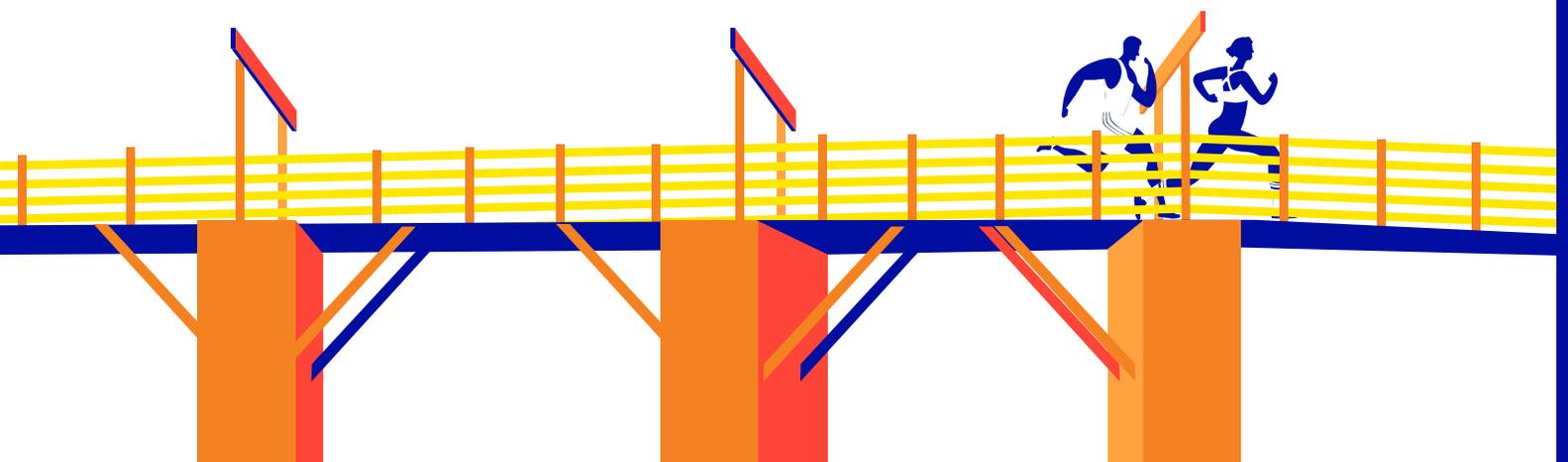
THE 10 KM RACE AT RUN BARBADOS

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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