



# HELENEHOLMS MARATHON

7 APRIL 2018

20 ÅRSJUBILEUM  
1999 : 2018

10 KM  
HALVMARATON  
MARATON med DM/VDM

Welcome to Heleneholms athletic field Saturday 7<sup>th</sup> of April 2018 for the 20<sup>th</sup> anniversary of Heleneholms Marathon!

## Distance:

### Varvetmilen (10 k)

- Varvetmilen: Seeding race for Göteborgsvarvet, half marathon
- For information and registration please visit <http://www.goteborgsvarvet.se/varvetmilen/malmo/>

### Marathon DM/VDM (42 195 m)

- Competition class for elite and age groups, only open to members of clubs registered under national athletic federation. Men and women.
- Open class: Men and women

### Half Marathon (21 098 m)

- Open class: Men and women

## Fees:

Marathon: 350 SEK Late registration: 450 SEK  
Half Marathon: 250 SEK Late registration: 350 SEK

## Register before 26<sup>th</sup> of mars

Register at [heleneholmsif.se/langloppning/tavling/heleneholms-marathon/](http://heleneholmsif.se/langloppning/tavling/heleneholms-marathon/)

If you wish to register more than one person, please send an e-mail to [marathon@heleneholmsif.se](mailto:marathon@heleneholmsif.se)  
Upon registration, specify each participants full name, year of birth, choice of race, class and name of club (if competition class).

Registration is binding and can't be refunded.

Foreign runners without Swedish bank account: please contact [marathon@heleneholmsif.se](mailto:marathon@heleneholmsif.se)

## Late registration

Can be done on the race day at Heleneholms athletics field no later than one hour before start.

## Your race number

Can be picked up at Runners' Store Malmö (Baltzarsgatan 31) on the 5<sup>th</sup> of April from 15.00-16.00 pm.

Your number can also be picked up on the race day at Heleneholms athletic field from 8.30 am and no later than one hour before start.

## Changing rooms

At Heleneholms athletic field. There will also be safekeeping for valuables such as wallets and phones etc.

## Start and finish

At Heleneholms athletic field, Ystadvägen 23 B, Malmö.

Start Varvetmilen 10.30 am.

Start Marathon 10.45 am.

Start Half Marathon 11.00 am.

Maximum time for Marathon runners is set to 5 hours and 30 minutes.

## The course

The races are run in one, two and four laps on a 10 k course. The course runs in a non-traffic and verdant environment along cycle paths and walkways. The course is control measured. All distances and classes will be timed.

## Water etc.

Enervit and water will be served every third kilometer and at the finish line along with coca cola and bananas. Marathon runners are served energy bars after 30 kilometers.

## Prizes

Medal and jubilee gift for all follow through runners in all classes at finish line. DM-medals and honorary prize to the primary in the competition classes in Marathon. Giveaway prizes in the open class.

## Results

Will be announced on Heleneholms athletic field after the races and on [heleneholmsif.se/langloppning/tavling/heleneholms-marathon/](http://heleneholmsif.se/langloppning/tavling/heleneholms-marathon/)  
Registration admits the results being published online.

The Marathon Race is included in Skånes Veteran Cup. The rules of the Swedish athletics federation are applied. Participation is at your own risk.

## Race general

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