



XXV MITJA
MARATÓ
MENORCA

+10 KM +CURSA
POPULAR 2025

BRIEFING

MITJA MARATÓ-10K i CURSA POPULAR

ILLA DE MENORCA

November 2, 2025



BIB PICK-UP:

- Bib numbers can be collected at [ATLEET – AB Esports](#) store in Ciutadella on **Saturday, November 1**, from **10:00 AM to 2:00 PM**.
It is recommended to pick up your bib on Saturday.

- Bibs can be collected on **race day, Sunday, November 2**, from **8:00 AM to 9:00 AM** at the dedicated tent in [Plaça del Born](#) and from **11:00 a.m. to 11:45 a.m.** for the Kids' races (*Baby – U8 – U10 – U12 – U14 – U16*).

RACE SCHEDULE – Sunday, November 2

9:30 AM

25th Half Marathon Island of Menorca (21.097 km, 2 laps) – Certified course, Balearic Championship

10K Island of Menorca (1 lap)

Fun Run 4.1 km

- **12:00 PM** - Fun Run – Categories: Baby, U-8, U-10, U-12, U-14

AWARD CEREMONY:

- The prize-giving will begin at **12:30 PM** at **Plaça del Born**, followed by a **RAFFLE**. (*All participants will be entered in the raffle using their bib number.*)





ROUTES

You can download your race **route** below:

- Half Marathon 21.097 km – *Certified Balearic Championship Course* (2 laps) [Download el track here](#)
- 10K Island of Menorca (1 lap) *Certified Course* [Download the track here](#)
- Fun Run (4.1 km) [Download the track here](#)

• The Fun Run will turn at [calle de Sa Muradeta](#) to head towards the finish line, instead of continuing to **Plaça de Dalt es Penyals**.

Please pay attention when reaching this point to avoid getting lost.

For more information, contact: contacto@elitechip.net



ROUTES

To ensure a *smooth and safe start*, the Half Marathon, 10K, and Fun Run will have **THREE START BOXES** according to each runner's pace.
During the race, you can follow the **pacers** to keep your target pace.





ROUTES

You can download the routes for the children's races: [Children's races](#)

- **Baby** category race (approx. 150 m) – View the route here
- **U-8** category race (approx. 300 m) – View the route here
- **U-10** category race (approx. 500 m) – View the route here
- **U-12** category race (approx. 800 m) – View the route here
- **U-14** category race (approx. 1,000 m) – View the route here

The races will start from **12:00 PM**.

Please note that **there is no ranking for children's categories** – all participants will receive a medal at the finish line.



FINISH LINE

For safety reasons, crossing the finish line accompanied (family, pet, etc.) is **NOT** allowed.

The last **aid station** will be located just after the finish line, accessible directly **only to participants** after crossing it

(a companion will be allowed in the Baby – U8 – U10 – U12 races).

Please note that you **CANNOT** re-enter the aid station area once you have left.





REFRESHMENT STATIONS:

- There will be liquid refreshment stations (water) at approximately **km 2, 5, 8, 10, 12, 15, and 18**.
- It is recommended to drink moderately before the start to avoid beginning the race dehydrated.
- At the finish line, you will find a refreshment station with **local products**.

BASIC RECOMMENDATIONS:

- Wear appropriate clothing and running shoes. **Do not wear new shoes on race day.**
- Eat and drink properly the day before the race to arrive **well-hydrated**.
- Apply **vaseline** to sensitive areas prone to chafing: armpits, groin, nipples, etc.
- Stick to your **planned pace** from the start, especially in the first kilometers, as it's easy to get carried away. Energy wasted early may be needed at the end of the race.
- **Do not use any nutrition supplements** (gels, bars, etc.) that you haven't tried before.



- For participants in the Half Marathon (21 kilometers), remember that after the aid station at kilometer 15, you will face the **longest stretch** until the next aid station—about 4 km, up to kilometer 19. Make sure to stay well hydrated. From km 10 onwards, **ISOTONIC** drinks will be available at the aid stations.
- If you experience any symptoms of discomfort or exhaustion, notify someone from the organization **(volunteer, cyclist, police, or Civil Protection)** that you will encounter along the route.
- **Enjoy** the race! It's a competition or personal challenge, but also a celebration of sport.
- Please **dispose of water cups** only in the designated aid station areas. Cups thrown elsewhere will not be collected, and you may be disqualified.



We're celebrating our anniversary – 25 years!

This year we are celebrating the 25th anniversary of the **Mitja Marató Illa de Menorca**, and on this special occasion, we have decided to promote the culture and gastronomy of Menorca:

Finish line aid station: **featuring local products**

RAFFLE

- *Boat trip with car + 1 registration for the Palma Half Marathon on March 22*
- *Palma Half Marathon registration*
- *Palma 10K registration*
- *Menorca 10K registration*
- *Menorca 21K registration*
- *Mahon Cheese gift packs*
- *Can Bep Local products packs*
- *Abesports - Atlet Ciutadella gift packs*



Enjoy the races!
Thank you all.