



# Ventspils Marathon Coming up

This year, for the 12th time, Ventspils will host the Ventspils Marathon, which will take place on 17 September and has already attracted more than 600 participants, and registration is still open.

For the second year running, the start and finish area will be in front of Concert Hall “Latvija”, which will create a completely different feeling for participants and fans, with the final 150 metres finishing in the Big Square.

Runners can choose between the distances of the marathon or 42.2 km, half marathon or 21.1 km, 10.6 km or 5 km, while Nordic walkers can walk 10.6 km. Younger visitors are invited to enjoy the fun of exercise in the Kids’ Race. There will also be a fellowship run for participants with reduced mobility. For full registration information, visit[www.sportlat.lv](http://www.sportlat.lv).

At the finish line, each participant will receive a bag with healthy surprises. There will also be an opportunity to enjoy a refreshing soup, a health alley, children’s attractions and sports equipment for sale. Fans and competitors will be entertained by the band “Bukte” and the band “Otra puse”. There will be several music points along the route, and you are welcome to support the athletes on the course.

### COMPETITION PROGRAMME

At 8:00 – 9:45 Registration, number and chip collection;

At 09:55 Opening ceremony;

At 10:00 Common start for the marathon (42.195km), ½ marathon (21.097km), marathon relay and 10km races;

At 10:00-12:45 Registration, number and chip collection for the 5km race;

At 12:30-13:00 Award ceremony for the ½ marathon (21.097km) and 10km races;

At 13:30 Start of the 5km race;

At 14:00-15:00 Children’s crawl;

At 14:25 – Fellowship run for participants with reduced mobility, gather at the entrance of the Concert Hall from 14:30;

At 14:30 Start of the children’s race, from 300m to 1000m, 8 races in total;

At 11:00-16:00 Catering for all participants, health alley, attraction points, massage area;

At 14:45-15:30 Pre-awards concert by the band “Otra puse” Normunds Pauniņš

At 15:30 Final awards ceremony for the marathon (42.195km), 5km and children’s races, raffles.

Significant traffic and public transport restrictions are planned during the event. Participants and spectators are advised to use the Reņķa Garden’s car park at 66 Kuldīgas Street (intersection of Kuldīgas and Sporta streets) for parking.

The Marathon is organised by Ventspils Municipality, whereas the children’s race is supported under the EU Project No. 9.2.4.2./16/I/103 “Measures for the Promotion of Public Health and Disease Prevention in Ventspils”. The aim of the Project is to promote a change in public health behaviour by improving access to health promotion and disease prevention services for the population. Project activities include promoting physical activity, healthy eating, mental health and public awareness. Project activities include promotion and popularization of physical activities, healthy nutrition, mental health in society.