

Isle of Man Easter Athletics Festival 2009



Thank you for entering the 2009 Isle of Man Easter Athletic Festival. **Please read all the following information carefully**

Festival Registration

You can register for the festival and collect your race number on Friday from Rushen FC Clubhouse on Droghadfayle Road in Port Erin. The coaches will drop off here and if you are driving yourself it will be signposted from the main road driving into Port Erin. This is a 5 minute walk to the Bay Hotel Pub at start/finish area of the 10K run on Shore Road, Port Erin. You will be able to sign on from 17.30hrs. Local competitors are advised to arrive at registration an hour before the start at the latest. Please leave your car in the upper part of the town and give yourself plenty of time to walk down to the start. Those not competing in Friday's 10K race may register 30 minutes before the Saturday Peel Hill Race or the Sunday 5K races. Teams must be declared no later than 18.15hrs on Friday by completing the relevant team declaration forms available at the registration desk

Good Friday 10th April - Bushy's 10k road race

The race starts at 19.00hrs by the breakwater in Port Erin, Registration (see above) closes at 18.30hrs at the latest.

Course details:

Overview - the course has been selected as a picturesque run through the Manx countryside, rather than as a super-quick course. Whilst it is important to watch out for traffic, the roads are generally quiet. It is reasonably flat, especially for the first 6.5k. There are some inclines and the surface in one or two places is not particularly smooth.

From the start the first 1Km is flat. There is then a sharp hill for approximately 150m. The course winds its way out of the village onto country roads and is predominantly flat other than minor inclines until 3.5k, when it then gently descends to sea level around 4k. Take care here, as this is the main road crossing point.

It then follows a coastal road, shortly after which it takes a coastal footpath. The footpath is narrow in places with limited overtaking for about 300m. Care also needs to be taken in this area, as the surface is poor. There is a wooden gate that runners need to navigate around 5k

The coastal path is followed into the village of Port St Mary with a drinks station next to the beach just before 6k. The course then follows a raised walkway. This is both narrow, twisty and if wet, potentially slippery, for about 250m. Shortly after this point the course reaches the port area of the village and takes a sharp right hand turn into the village High Street - around 6.5k

The course then follows a gentle climb for about the next 1.5k up through the village and back out into the country. The course is then back on country roads until around 9k when it returns to Port Erin. There is a steep descent where the course returns to Shore Road, Port Erin. Once back here there you pass the Bay Pub, re-cross the start line and finish half a kilometre or so further on at the old Marine Biological Station buildings (note different finish area from previous years)

You can view a map of the course on the Easter Festival Website www.easterfestival.info and also at the festival registration area.

Transport For those who have entered the full festival or paid for supporter's packs, there is a coach provided to Port Erin leaving Douglas from the War Memorial, Central Promenade, Douglas at 16.45hrs. Three coaches will return from Port Erin from the Bay Hotel-two at 21.15hrs and one coach at 21.30hrs. Public transport is also available by bus & steam train service if you wish to make your own way down to Port Erin earlier in the day. A bus & rail timetable is available here <http://www.iombusandrail.info/timetables.html>

Changing facilities including showers will be available before and after the 10k road race on Good Friday in Port Erin. Local football club Rushen FC are based at Croit Lowey about 1200m from the finish of the 10k. Facilities will open at 17..30hrs and close around 21.00hrs. There are also toilets near to the start/finish area.

Saturday 11th April - Peel Hill Race

Peel is a fishing village on the west of the island, about 11 miles from Douglas. The race starts and finishes near the quayside at 14.15hrs (men) and 15.05hrs (women). Register 30 mins at least before start. You do not need to re-register if you ran on Friday but do need to bring your race number from Friday night

Course details: The first 400m is flat on road. The course then leaves the quayside and goes up a concrete/stony track for about 200m. At the end of this track, it goes onto a grass track. The ascent is very steep for about 600m (in distance not height!) up the main climb. Once at the top of the main climb there are then a series of descents and short sharp climbs after which you reach a tower at the top of the hill - approximately 1.5 miles after the start.

Men only:

There is a loop of about a mile, which covers a relatively gentle descent including a ploughed field - the surface is grass and farmland. Then there is a steep climb - approximately 600m - back to the tower - grass track and narrow sheep tracks.

From this point on both courses are the same.

The course descends back to the start finish. The surface is grass paths - about 600m - and then a stonier track - approximately another 400m - before returning to the concrete/stony track and quayside, then over the bridge to finish in the fish yard (marshalled) - note change of finish due to works on quayside.

All distances are approximate!

Transport For those who have entered the full festival or paid for supporter's packs, there is a coach provided to take competitors to Peel leaving Douglas from the War Memorial, Central Promenade at 13.00hrs. The coach will leave Peel from the Creek Inn (by the start/finish area) at 16.30hrs to return to Douglas.

Changing Facilities - Please arrive ready to run there are no official changing facilities.

Sunday 12th April- The Outback 5k Ladies Race and Men's 4x5k relay

The race start/finish area & registration is at the Sea Terminal (South) end of Douglas Promenade. Ladies race starts at 10.15hrs & the Men's 5K relay starts at 10.45am. Register 30 mins at least before start of race. New numbers (with A, B, C, & D legs) will be issued for the men's relay teams. Men's relay teams must be declared no later than 10.15hrs by completing the relevant forms available at the registration desk. Runners are not permitted to run more than one leg

The Junior 3K race (1.5K out & back) for U13 & U15's will start at 09.45hrs, before the ladies 5K race. Entry for the Junior race is on the day at 09.30am. Cost is £1. All finishers will receive a medal. Minimum age 11 as of 1st September 2008 (School Year 7)

5K Course details: Start/finish is located on Douglas Promenade walkway at the Sea Terminal end of the Promenade. A 2.5K out and 2.5k back lap. The course is very flat and covers virtually the length of Douglas Promenade. Keep to the right of oncoming runners.

Transport - no transport laid on, Douglas Promenade is within easy access of all Douglas Hotels

Changing Facilities - Please arrive ready to run as there are no official changing facilities. There are toilets at the start/finish area and also a café serving drinks & light refreshments

Other important information

Age Groups: For junior age groups, the age is at 1st September 2008. Minimum age is 11 for the 3K on Easter Sunday (school year 7) and 15 for main festival events. For veterans, age is on the first day of the Festival i.e. 10th April. Women 35 - Men 40.

Numbers: Men: Wear your race number on Friday and Saturday. Separate numbers are issued for the relay. However, you will have to note your race number on your relay declaration form.

Women: Wear your number for all three races.

Note - any competitors tampering with or mutilating their number will be disqualified.

Multiple prizes: Any competitors who is eligible for more than one individual prize in a single race, for example, 10th overall, 2nd veteran, will only be eligible for one prize. The prize awarded will be the one receiving the higher monetary value.

Social Events:

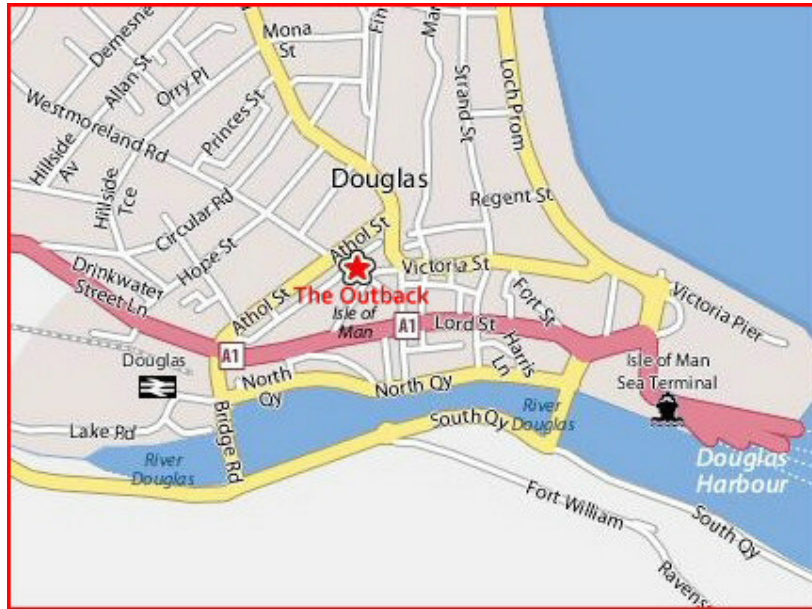
Good Friday - Watch the sunset as you enjoy a post race drink and bar food at the Bay Hotel on Port Erin promenade. There are also a number of other pubs plus cafés and takeaways in Port Erin that will be open during the day and evening.

Easter Saturday - Take a well deserved drink in the harbour side Creek Inn Pub following your efforts in the Hill Race

Easter Sunday - Following your final race please visit the privately hired Australian themed sports bar 'The Outback' in Douglas 400 metres from the start and finish area of the 5K races. A light buffet will be laid on and you can also check the race results and watch video footage of the festival. The junior presentation of U20 & U17 prizes for the 10K, Hill & 5K races will also take place. In the evening the Prize Presentation and Beer Drinking Competition is also at the Outback. This is definitely a night to remember and not to miss!

PLEASE BRING ID. Under 18's strictly no admittance. **Admission by ticket only**

Beer Drinking Competition - information and rules regarding the 4th leg of the Easter Festival are available on the website www.easterfestival.info and will be available on the night. Entries close at 20.00hrs on Sunday. Team declaration forms will be available throughout the festival and on the night.



Festival Rules - once again please check the website www.easterfestival.info

Supporter's Family & friends may purchase a return coach ticket to both Port Erin & Peel for just £6 or prize presentation tickets for Sunday night (£4) Please contact Kim Harding on 01624 628403 or email kimharding@manx.net to book.

If you have any other questions please contact Chris Quine on 07624 432546 or Paul Jackson on 07624 487873. The Organising Team would like to take this opportunity to wish you a very enjoyable and safe festival