



1. Entry forms must be submitted to Andy Fox, 61, Brunswick Road, Douglas, IM2 3NW, no later than 10pm Saturday 12th December 2009 **No late entries will be accepted under any circumstances.**
2. The entry fee is £24 per team for the Millennium Way Relay and £18 for individual cyclists. If a cyclist also runs the first leg for a team, entry fee is £12 in addition to the £24 team fee, i.e. £36 in total. Cheques should be made payable to **Manx Harriers**.
3. Each team must appoint a team manager, who will preferably be a non-competitor, to be responsible for the conduct of the team and for notifying the organisers of team changes. The team manager will be contacted beforehand if a query arises and will be informed in the event of a time penalty or disqualification. Team managers are also responsible for passing on all relevant information and team numbers in advance of the event. The team manager should ideally be contactable by mobile telephone throughout the event.
4. The team manager must sign the entry form to acknowledge that all team members are aware of the rules. In particular all competitors must be aware that they are competing at their own risk and should not take part if they have any medical disability that would endanger themselves or others. The team manager must follow the team's progress throughout the event, and ensure that retirements are reported to the officials at the next changeover point.
5. A team entered for the Millennium Way Relay must consist of four runners, male or female. Minimum ages for each leg are: 1<sup>st</sup> – 18; 2<sup>nd</sup> – 17; 3<sup>rd</sup> – 15; 4<sup>th</sup> – 17. All ages on the day. Your runners must run the leg as stipulated on the entry form. To change order will alter the handicap for your team. After close of entries a change of order will bring an alteration to your handicap. To do so without informing the organisers on or before the day will bring a major time penalty and/or disqualification.
6. Every runner in the Millennium Way Relay must estimate the time they would take to run 10km on the road on the day of the event (see entry form) for the purposes of handicapping. The organisers will handicap the Millennium Way Relay teams using the information supplied on the entry forms and performances in previous events. **The method of handicapping is at their absolute discretion.**
7. Cyclists must be aged 18 or over on the day of the event. They must complete the first section to the Brandywell Road changeover point on foot,

at which point they pick up their bike and cycle (or run with their bike) the remainder of the way. The transition must take place at the Brandywell Road changeover point. Only one bike may be used. Cyclists may also form part of a running team by running the first leg and handing over to the second runner whilst carrying on in an individual capacity on their bike.

8. In the interests of safety, cyclists must wear helmets at all times after the first leg and must stop at the "stop box" which will be located on the north side of Crosby Crossroads. The stop box will be under the control of race marshals, whose instructions must be obeyed.
9. The cycle event is being held in association with the Manx Mountain Bike Club who have arranged public liability insurance for cyclists. It is the responsibility of all competitors to ensure that they have their own appropriate personal insurance cover. All cyclists must meet at the start line at 9.15am to sign the insurance forms and be present for the pre race briefing.
10. Competitors must follow the route as indicated by the Department of Transport signs, unless advised otherwise by the event organisers. Any competitor found to be deliberately deviating from this route will incur a time penalty or disqualification. Runners must run on the right hand side of the road except where directed otherwise by marshals.
11. Running or cycling on the roads is potentially dangerous and all competitors must take appropriate care. Marshals will be on duty to assist at busy junctions but competitors must wait for cars before crossing and obey the marshals or police. Failure to do so will lead to disqualification or time penalties at the absolute discretion of the race organisers. No time allowances will be made for delays in the interests of safety.
12. A cut off time has been introduced at St. Mark's. This will be in the region of 1pm and on the day will be at the discretion of the race referee. The exact time will depend upon weather conditions. All cyclists and teams will be told of the St. Mark's cut off time at the start of the event and this will be available at all change over points up to and including St. Mark's. Teams must make sure they are aware of this time.
13. Competitors are advised to run or walk the course before the event. Competitors should wear or carry appropriate clothing for the conditions, including, on the first and second legs, waterproof body cover and a whistle. Competitors on the first two legs are also strongly advised to carry a drink, an energy snack and a mobile phone. The organisers reserve the right to disqualify any competitor not considered to be appropriately dressed or equipped to run the first two legs.
14. Changes in the team are only permitted in the event of illness. In such cases the team manager must apply in writing and deliver the application to Andy Fox at the address above no later than 5pm on Thursday 24<sup>th</sup> December. A time penalty at the discretion of the organisers will be incurred for each team change made after the closing date for entries. Further changes for reasons of illness will be accepted from the team manager at the start of the race no later than 9am on the day of the race. Teams making changes at this late stage will not qualify for prizes.

15. All teams must declare themselves and their team membership at the start of the Relay no later than 15 minutes before their designated start time. Competitors must wear their number on the front of their vest. Numbers must not be torn, folded or mutilated.
16. The organisers will appoint a Race Referee who will be contactable by mobile telephone throughout the event. The Race Referee will have the absolute authority to make any decisions relating to the event as he/she sees fit. Such decisions may include the imposition of penalties or disqualifications, and the curtailment of the race if conditions dictate. In all cases the decision of the Race Referee will be final.
17. Further information may be obtained from **Andy Fox on 626415 or 495830.**