



THE 2003 MANN & PARTNERS MILLENNIUM WAY RELAY RULES AND INFORMATION

- 1 Entry forms must be submitted to Andy Fox at 61 Brunswick Road, Douglas, IM2 3NW no later than 12 noon on Thursday 18 December 2003. **No late entries will be accepted under any circumstances.**
- 2 The entry fee is £12 per team for the Millennium Way Relay and £8 for individual cyclists. If a cyclist also runs for a team an extra £5 payable in addition to the £12 team fee, ie £17 in total. Cheques should be made payable to Manx Harriers.
- 3 Each team must have a team manager to be responsible for the behaviour of the team and for notifying the organisers of team changes. The manager will be contacted beforehand if a query arises and will be informed in the event of a time penalty or disqualification.
- 4 The team member or cyclist who completes the entry form must sign 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 throughout the event and report retirements to the officials at the next changeover.
- 5 A team entered for the Millennium Way Relay must consist of four runners, male or female. Minimum ages for each leg are: 1st – 18; 2nd – 17; 3rd – 15; 4th – 17. All ages on the day.
- 6 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 over the age of 18 on the day of the race. They must run the first section to the Brandywell Road and cycle (using one bike only) the remainder of the way. 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 Cross Roads.
- 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.
- 10 Competitors must follow the route as indicated by the Department of Transport signs. 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 interest of safety.
- 12 Competitors are advised to run or walk the course before the event to familiarise themselves. Competitors should wear or carry adequate clothing, including on the first leg only, a water proof jacket and whistle. The organisers reserve the right to disqualify any competitor not appropriately dressed or equipped to run the first leg.
- 13 Every runner in the Millennium Way Relay must estimate the time they would take to run 10km on the road on Friday 26 December 2003.
- 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 Monday 22 December. Further changes for reasons of illness will be accepted from the team manager at the start of the race no later than 9 am on Friday 26 December. 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 the designated start time. Each competitor must wear his/her number on the front of their vest. Numbers must not be torn, folded or mutilated.
- 16 Further information may be obtained from Andy Fox on 626415.