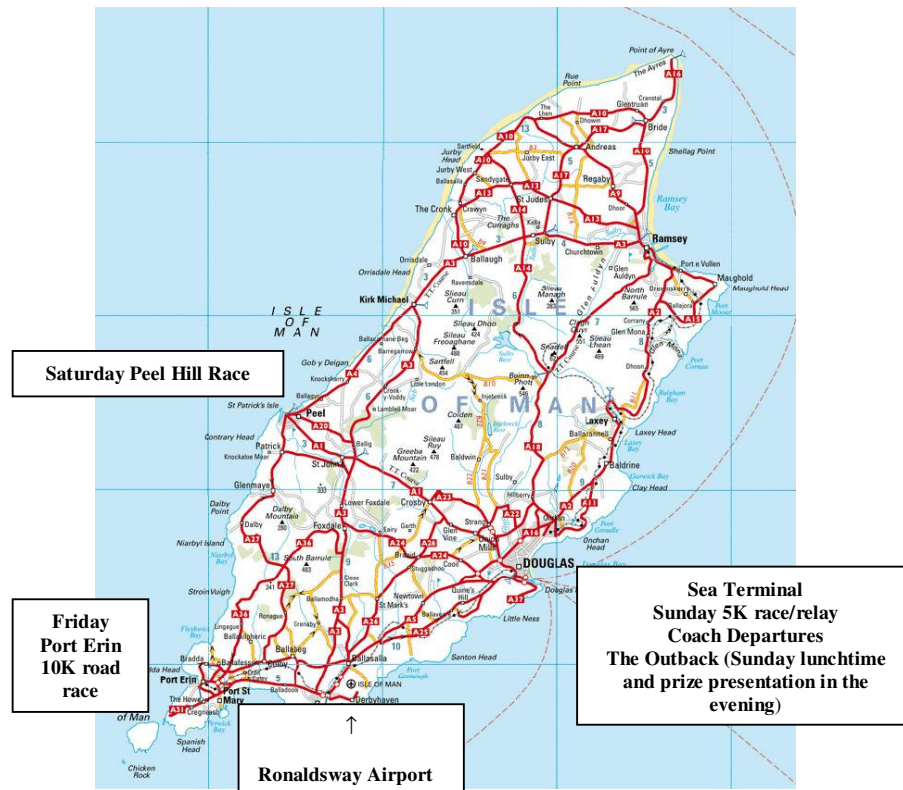


50th Isle of Man Easter Athletics Festival

Friday 6th April- Sunday 8th April 2012



Thank you for entering the 50th 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. There is a 10 minute signposted walk to the 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 18.30hrs on Friday by completing the relevant team declaration forms available at the registration desk

Good Friday 6th 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 featuring a short loop past the finish area. 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 approximately 700m from the finish. Once back here there you pass the Bay Pub, re-cross the start line and finish about 350metres or so further on at the old Marine Biological Station buildings.

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, there is a coach provided to Port Erin leaving Douglas from the War Memorial, Central Promenade, Douglas at **16.30hrs**. Three coaches will return from Port Erin from the car park by the railway station (close to the drop off point)-two coaches at 21.15hrs and one coach at 21.45hrs. 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/>

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 (same location as race registration) about 1200m from the finish of the 10k. Facilities will open at 17.30hrs, and close around 21.00hrs although they will be locked during the race period. There are also toilets near to the start/finish area.

Saturday 7th 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 with start times of 14.15hrs (men) and 15.05hrs (women). You must 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. Registration desk is in the Manannan Centre by the start finish line.

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 at the same place as the start.

All distances are approximate!

Transport For those who have entered the full festival, 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, although there are toilets readily available at the start/finish area.

Run back to Douglas - Many competitors run back to Douglas, taking in a number of pubs along the way. **Please remember that you are ambassadors for the Festival and ensure that you respect the publicans and their pubs.**

Sunday 8th 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 10.50am. 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. Your relay numbers will be issued when you declare your team. Runners are not permitted to run more than one leg.

MEN PLEASE NOTE: THIS YEAR YOU MUST WEAR YOUR EASTER FESTIVAL NUMBER (from Friday and Saturday) ON YOUR BACK IN ADDITION TO YOUR RELAY NUMBER ON YOUR FRONT

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 an open air café serving drinks & light refreshments

Other important information

Age Groups: For junior age groups, the age is at 1st September 2012. Minimum age is 15 for all the festival events. For veterans, age is on the first day of the Festival i.e. 6th April (Women 35 & Men 40).

Numbers: Men: Wear your race number on Friday, Saturday and Sunday. On Sunday you must wear your festival race number on your back. Separate team/leg numbers are issued for the relay which you must wear on your front.

Women: Wear your number for all three races.

Note - any competitors not wearing their official race number, tampering with or mutilating their number will be disqualified.

Multiple prizes: Any competitors 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.

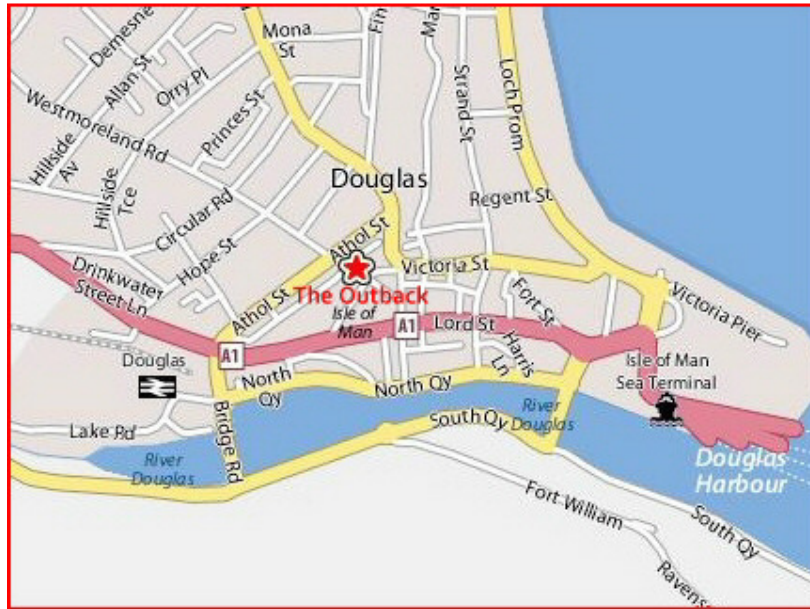
Social Events:

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 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. In the evening the Prize Presentation and Party 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. **This is a Private Function and admission is 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 and/or prize presentation tickets for Sunday night for £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