



ISLE OF MAN EASTER FESTIVAL OF RUNNING

RACE PACK

FRIDAY 7 - SUNDAY 9 APRIL 2023

Supported By

IQEQ

Know how Know you



THANK YOU FOR ENTERING THE ISLE OF MAN EASTER FESTIVAL OF RUNNING

Please read the following information carefully.

Emergency contact telephone number **07624 316385** (7am – midnight during the Easter Festival and 9am to 9pm from 4th to 14th April) Any non-urgent queries can be sent to the Festival email address easterfestival@manx.net



THREE RACES. THREE DAYS. ONE ISLAND.



RACE REGISTRATION

THURSDAY

Numbers can be collected on Thursday 6th April from the Manx Harriers Clubhouse from 5.15pm – 7pm. This is only for people entered by 25th March. There will be no opportunity to enter the festival on Thursday.

FRIDAY

Race registration is at the Rushen FC Clubhouse on Droghadfayle Road, Port Erin (aka Croit Lowey). (The coaches drop off here) Race Registration will be open from 16.15 and will close at 18.15 prompt. You can collect your race number and make your team declarations (forms available at race registration) no later than 18.15. Numbers cannot be collected and teams cannot be declared after this time. Late race entries will also be taken up to 18.15. A £5/race premium is payable for the 10k and £4/race for the hill race & 5k.

SATURDAY

Race registration is at the House of Manannan in Peel and will be open from 13.00 (The coaches drop off here) There is no need to re-register if you ran on the Friday but you must remember to bring your race number from Friday night. Any replacements will be subject to availability and will cost £5. Anyone needing to collect their numbers must do so at least 30 minutes before their race.

SUNDAY

Race Registration is at the Sea Terminal in Douglas and will be open from 9.30am. There is no need to re-register if you ran on the Friday and/or Saturday but you must remember to bring your race number from Friday night. Any replacements will be subject to availability and will cost £5. Anyone wishing to collect their numbers from race registration must do so at least 30mins before their race.

Anyone wishing to enter extra races must keep their original number and report to race registration to pay the appropriate fee at least 30 minutes before the race.

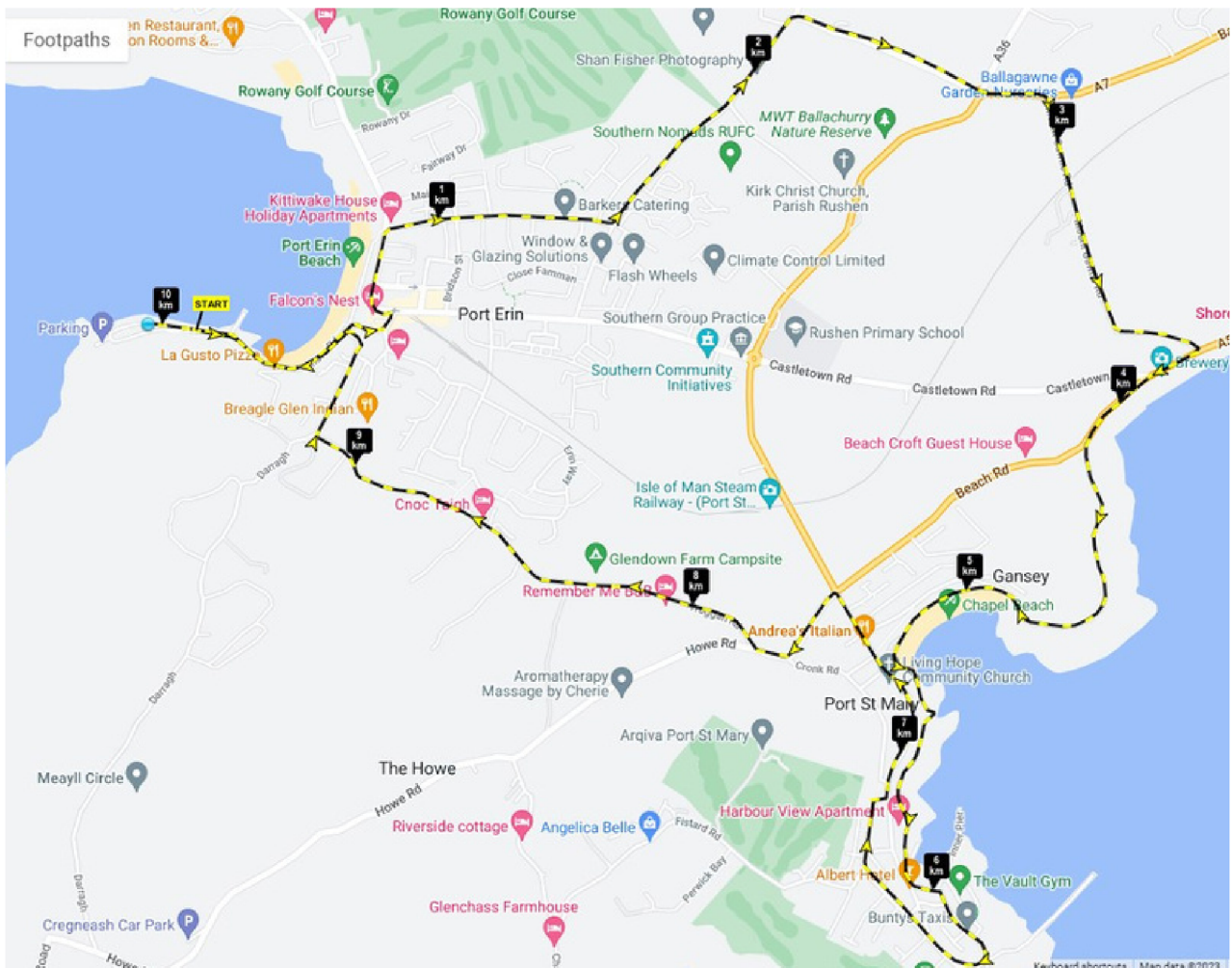


QUINE & CUBBON 10K ROAD RACE GOOD FRIDAY - 7 APRIL

This is the first race of the Festival and is held in the south of the island at Port Erin. The race starts at 18.45 (15 minutes earlier than in 2022) at the Lifeboat Station which is about a 10 min walk from race registration. Any local competitors are requested to leave their car in the upper part of the town as the lower promenade will be closed to traffic. Give yourself plenty of time to walk/jog down to the start.

Time limit – in the interests of safety a time limit has been imposed. Any competitor reaching 5K after 38 minutes has elapsed may be asked to withdraw from the race

You can view a map of the course below:





TRANSPORT

For those who have entered the full festival or paid for coach travel, there is a coach provided to Port Erin leaving Douglas from the War Memorial on Douglas Promenade at 16.45. Coaches will return from Port Erin from the Railway Station car park (close to the drop-off area) at 20.45 and 21.00.

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 on Droghadfayle Road, Port Erin (same location as race registration) about 1400m from the finish of the 10k. Facilities will open at 16.15, and close around 20.30 although they will be locked during the race period. There are also toilets near to the start/finish area.

REFRESHMENTS

Available at a number of outlets in Port Erin including the Bay Hotel and Barista Express will be located close to the finish.

PARKING

As the Lower Promenade will be closed to traffic there will be no parking in this area. Cars should be parked in the public car parks in the upper part of the village and competitors should walk/jog to the start.



FULL FACTORY WINNERSWEAR PEEL HILL RACES EASTER SATURDAY - 8 APRIL

The second race in the Festival is held in the west of the island at Peel approx. 11miles from Douglas. The men's race starts at 14.15 and the women's race starts at 15.15 (10 minutes later than usual) on the road in front of the House of Manannan.

TRANSPORT

For those who have entered the full festival or paid for coach travel, there is a coach provided to take competitors to Peel leaving Douglas from outside the Villa Marina, Douglas Promenade 12.45. The coach will leave Peel from the Creek Inn (by the start/finish area) at 16.30 to return to Douglas.

CHANGING FACILITIES

Please arrive ready to run. There are no official changing facilities, although there are temporary toilets available at the start/finish area for Festival runners. Please do not use the toilets in the Creek Inn or House of Manannan.

REFRESHMENTS

Available during the afternoon from the cafe located inside the House of Mannanan and in the Creek Inn. Also, after the women's race has concluded the Creek Inn will be providing free sandwiches to competitors.

BONUS AWARDS

Our race sponsor has generously donated additional funds for extra prizes this year. These are in addition to the usual awards and will be presented at the conclusion of racing:

1st - £200

2nd - £125

3rd - £75



RUN BACK TO DOUGLAS

Although not officially part of the Festival, many competitors run back to Douglas, taking in a number of pubs along the way.

Following feedback from the local Constabulary, if you are doing this run you are requested to:

- Use the Heritage Trail (old Railway Line) wherever possible
- Wear bright clothing
- Be back in Douglas before dark or complete your journey by public transport.

Please remember that you are ambassadors for the Festival and ensure that you respect the publicans and their pubs as well as local farmland.

Please drink responsibly.



THE OUTBACK 5K RACES EASTER SUNDAY - 9 APRIL

The last event of the festival are 5k road races for men and women on an out and back course along Douglas Promenade, starting near the Sea Terminal. The women's race starts at 10.30am & the Men's race starts at 11.15am. When running keep to the right.

TRANSPORT

No transport as 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 inside the Sea Terminal building (same area as race registration)

REFRESHMENTS

Available from the open air café serving drinks & light refreshments close to the start/finish as well as a Costa Coffee in the Sea Terminal.

At the conclusion of the races, the Outback Sports Bar will be serving free chip baps to all competitors.



OTHER IMPORTANT INFORMATION

AGE GROUPS

For junior age groups, the age is at 1st September 2022. Minimum age is 15 on the 7th April 2023 for all the festival events. For veterans, age is on the first day of the Festival i.e. 7th April 2023 (35 for both men and women).

NUMBERS

All competitors need to wear their race numbers for all three races. Timing chips are embedded into your race number. Do not lose or forget your number. Replacements will only be issued if available and in any event a £5 replacement fee will be charged.

Note – any competitors not wearing their official race number on their torso, tampering with or mutilating their number will be disqualified and any prize winnings forfeited

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.

HEADPHONES

These are permitted in the 5K only. Other than the use of Aftershokz bone conducting headphones they must not be worn in the 10K or hill race. Doing so is likely to result in disqualification.



SOCIAL EVENTS

GOOD FRIDAY

Watch the sunset as you enjoy a post race drink at the Bay Hotel on Port Erin promenade. There are also a number of other pubs plus café's 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. Some light refreshments will be provided after the races by the Creek Inn Pub.

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. "Chip butties" 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! Under 18's strictly no admittance. Doors open at 19.00. **This is a Private Function and admission is by ticket only.** Tickets are included for those who have paid for the Full Festival package.

All tickets issued are for the personal use of the person named on the ticket and is not transferable, ID is also required. (DO NOT lose your ticket as it will not be replaced and you will not be able to enter without it)

Off Island competitors will receive a ticket with their race number. Isle of Man based competitors will not be provided with a ticket but their name will be on a "guest list" at the door. Please provide ID to gain admission.



BEER DRINKING COMPETITION

information and rules regarding the 4th leg of the Easter Festival will be available on social media prior to the event and the night. Entries close at 20.15 on Sunday. Team declaration forms will be available throughout the festival and on the night. Have a good time but please remember to drink responsibly.

OUR FANTASTIC SPONSORS

The Festival could not take place without the generous support from our Sponsors, please support them:

IQEQ – www.iqeq.com

Quine and Cubbon – www.manxprint.com

Full Factory Winnerswear - <https://shop.fullfactory.co.uk/>

The Outback - www.facebook.com/theoutbackiom/

Isle of Man Department for Enterprise – for information to help anyone looking to relocate to the Isle of Man, go to www.locate.im

