



Affiliated to IOMAA, England Athletics, FRA

www.manxfellrunners.org

Isle of Man Bank Junior Hill Running Championships

2014 Instructions

Date and Time

Saturday, 11th October 2014. Racing to commence at 1:30pm with year 2 and then rising up through the year groups.

Venue and Start/Finish Area

Peel Hill (above Fenella Beach).

Age Groups

Races for primary school children in years 2 through to and including year 6. If numbers allow there will be separate races for boys and girls in each year group, otherwise the girls and boys will be combined. Results will be declared for boys and girls.

Entry Forms

Entry forms available for a school/club block entry or by individual entry. It would be very helpful to enter in advance to help with organisation, although entries will also be taken on the day. All entry forms must be signed by a teacher, parent or guardian. Advance entries can be emailed/posted to David Griffin (see below).

Race numbers and pins will be provided at Registration.

The races are free of charge for all children, thanks to the kind sponsorship provided by the Isle of Man Bank and the Manx Fell Runners Club.

Registration

Open from 12:30pm and located at the start/finish area on Peel Hill (above Fenella Beach). If raining on the day we may move registration to a sheltered spot in the Fenella Beach car park. Registration will be signposted on the day.

Courses

The courses will include a hill climb and descent for all year groups. If conditions on the day dictate we might change to uphill only for younger age groups. The length of the race will increase as we progress up the age groups, the maximum distances will be as follows:

Year Group	Maximum Distance
2 & 3	800m
4 & 5	1000m
6	1600m

The courses will be clearly marked with flags and tape. Marshals wearing high-viz vests will be positioned over the length of the courses. There is plenty of opportunity for excellent spectating, but we do request that spectators stand back and keep the course clear for the competitors.

Footwear

The ground is predominantly short grass, with a short section of gravel road. It is therefore advisable for competitors to wear running shoes with grip. The grass can become very slippery.

Car Parking

We recommend parking on Peel promenade with access by the swing bridge. The quayside running up to Fenella Beach is likely to become congested.

Please take care if driving as there will be lot of children and pedestrians around the Quayside, Fenella Beach and Swing Bridge area.

Toilets

There are public toilets located on Peel Promenade close to the swing bridge

First Aid

First aid will be in attendance on the day. Please ask any marshal if first aid assistance is required.

Prizes

Every competitor will receive a treat for competing after finishing their race. Awards will be issued through the schools after the event.

A trophy will be awarded to the school which enters the most runners. The size of the school will also be taken in to consideration.

Poor Weather

Rain will not be enough to postpone the event! But should the forecast be very poor we shall make an announcement to postpone the event on the Manx Fell Runner's website and via Manx Radio early in the morning.

Contact

In case of any queries, please contact David Griffin on 464411, email davidgriffin@manx.net or post to Melvaig House, 32 The Park, Onchan, IM3 1HS