



KPMG PROMENADE RELAY

IN SUPPORT OF WISH UPON A DREAM
24 JUNE 2016
EVENT INFORMATION

In support of



We are extremely grateful to our hosts and sponsors The Claremont Hotel who will once again be open throughout the event, providing changing and cloakroom facilities and our post-race event with prize presentation (full details below).



Pre-race sign-on from 5pm

As the race will be timed by Manx Timing Solutions.

The relay event will use timed baton technology and it is essential that the first runner from each team attends the sign-on tent at the start/ finish line located by the kiosk at Loch Prom.

Solo runners will also need to collect their timing at the sign-on tent.

Kids races

New for 2016 the event will open with three children's races and in keeping with our chosen charity, Wish Upon A Dream. The emphasis will be on fun, with these races being untimed and free to enter. However, spaces will be limited to the first 100 children in each of the following categories:

- Under 5's: 100 metres
- Under 10's: 300 metres
- Under 14's: 600 metres

We will start at approximately 5.30pm with the under 5's, then as each group finishes their race the next group will start. Each course will be clearly marked and well contained, with the kids starting and finishing under the Loch Prom gantry.

Start 6.30pm

A mass start to the race will be signaled at 6.20pm, from under a gantry near the Sea Terminal on Loch Promenade.

Solo format

Another first for 2016, we will also have a 5K solo category for runners wishing to do run their own race. The solo format is very simple, runners will set off at the same time at the main relay event (6.30pm) and they will cover an out and back route, turning at Summerland and finish back at the Sea Terminal.



Relay Format

Each team will cover four lengths of Douglas Promenade in total, completing a distance of 10 kilometers as follows:

4 Person Team (4 x 2.5 kilometers)		2 Person Team (2 x 5 kilometers)	
Runner	Leg	Runner	Leg
1	Sea Terminal – Summerland	1	Sea Terminal – Summerland; turn Summerland – Sea Terminal
2	Summerland – Sea Terminal		
3	Sea Terminal – Summerland	2	Sea Terminal – Summerland; turn Summerland – Sea Terminal
4	Summerland – Sea Terminal		

Race Timing

Manx Timing Solutions will operate an electronic transponder timing system for the race.

The system is very easy to use with timing mats located at each end of the Promenade which will be clearly marked and marshalled.

Solos

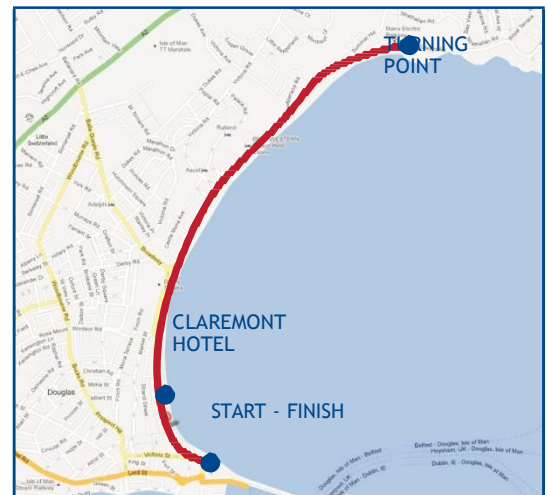
You will be issued with a chip which can be attached to your shoe laces with cable ties. Please look out for our marshals who will help you remove the chips at the end of your run.

Relay teams

Each team will be specifically allocated one 'baton' which they must pass to their team mates within the transition zones.

PLEASE NOTE IT IS ESSENTIAL THAT YOU RETAIN THE BATON THAT YOUR TEAM HAS BEEN ISSUED WITH, AS THESE HAVE BEEN PRE-PROGRAMMED WITH YOUR TEAM'S DETAILS.

Also, please ensure that you return all batons and timing chips to the bins provided at the finish as they are expensive.





Race Entry

To enter the race, please go to <http://my2.raceresult.com>.

Online entries only. Entries close on 17 June 2016

Transport to and from Summerland

Please note that unfortunately we do not have the open-top bus service in operation this year. We are currently looking at alternative options and will keep entrants informed of any progress.

Cloakroom

The Claremont Hotel will provide a changing and cloakroom area for those wishing to use this facility. Please do not leave valuables in the hotel as neither the organisers or The Claremont Hotel will accept liability for loss or theft.

Post-Race Event & Prize Presentation

The Claremont Hotel will provide a post event prize presentation and get-together which we would be delighted if you could attend. The post-race event will commence from approximately 7.45pm and all competitors and their supporters are welcome.

If you intend to bring along more guests than those competing it would be appreciated if you could notify the race organisers of the expected number of additional guests by emailing events@kpmg.co.im

Prizes

The first three teams to finish will receive the prize of a cash donation to a charity of their choice. There will be additional prizes for those brave souls in best fancy dress.

Marshalls & Promenade Safety

A cycle way suspension will be in place on the Promenade during the race. However, please note that the Promenade will remain open to the public so please be mindful of other users, especially children.

The race route will be clearly marked at the start and turning point with cones and barrier tape. There will be clearly recognisable marshals in place throughout the event. Please listen to any instructions the marshals give as they are in place to assist the security of both the competitors and the public.

First Aid

St John Ambulance will be present throughout the event to provide first aid cover.

Parking

There is no specific parking provided for this event. However, various parking spaces are located along the Promenade and at Drumgold Street, Parade Street, Chester Street, Shaw's Brow and the Bottleneck car parks.