

Changes to the 2018 Island Run

This year the **Rotary Club of Minster on Sea** have teamed up with **Kent Sports Trust** and **Sporting Events UK**. In order to continue improving this event and to overcome challenges that were threatening the future of the Island Run we have made a number of **significant changes** which we explain in the detail below

Summary (see detail below)

1. The 2 mile Fun Run remains largely unchanged.
2. A 5 KM & 10 KM run has been introduced FROM Sheerness
3. The 10 mile run and walk from Leysdown to Sheerness will not take place in 2018.
4. All runs EXCEPT the 2 mile Fun Run will be timed using electronic chip tagging
5. Administration processes, entrance fees and sponsorship requirements have changed for all of the runs.
6. We are now working with additional partners in order to improve the event and ensure its long term future.

Overview – Options

	2 mile fun run*	5k run	10k run
Who is this event for	Casual, fun and entry level runners	Casual, entry level and club runners	Entry level and club runners
Age requirements	None	Minimum 13 years old	Minimum 15 years old
Timing system	None	Electronic chip timing	Electronic chip timing
Entry fee paid in advance (check for closing dates)	£2 – all ages, plus £5 minimum sponsorship	Affiliated runners - £12 Unaffiliated runners - £14	Affiliated runners - £16 Unaffiliated runners - £18
Entry fee on the day if you have not pre-registered	£5 plus minimum sponsorship (cash only)	£15 (subject to space)	£20 (subject to space)
Minimum sponsorship required (see below)	Yes - £5	No – But this is a charity fund raising event so additional sponsorship is encouraged: you can nominate charities*	
Medal at end of run	Standard participation medal	Bespoke event medal	Bespoke event medal
Goody bag at end of event	No	Yes	Yes
Event t-shirt at start of event	No	Yes	Yes
Trophy awards (presented at separate awards ceremony: date tba)	First female across the line (any age) First male across the line (any age) Best fancy dress Highest fundraiser	5KM – fastest male & female under 15 years old All races: Fastest male & female under 19 Fastest senior male and female Fastest veteran male and female (male >40 yrs, female >35 yrs) Rotary charitable causes highest fundraiser & draw winner	
Sponsorship goes to:	Paul Trigwell Memorial Fund and other charitable causes	* You can nominate a registered charity to receive your sponsorship. As the race organisers we hope you will choose to support Rotary's charitable causes.	
Other	* 2 miles is approximate. Fancy dress encouraged: Prize for the best dress. Prizes (tba) awarded for the largest fundraisers.	All entrants who donate sponsor money will be entered into a prize draw (prize tba). One prize (tba) will be awarded to the entrant who raises the most sponsor money for Rotary's charitable causes.	

The 2 mile Fun Run

This is a sponsored fun run for casual and entry level runners of all ages over an approximate distance of 2 miles as in previous years. Entrants are encouraged to wear fancy dress with a small prize being given to the best fancy dresser.

The course also remains unchanged, starting at The Leas, Minster (ME12 2NL) and finishing adjacent to the Beach Street car park in Sheerness. (ME12 1RE) Note the race start time is earlier this year: 10am

Note this race is for fun and is **not** timed.

All participants will receive a medal when they cross the finishing line.

Participants are required to raise a MINIMUM £5 in sponsors AND to pay a small administration fee of £2 to take part. Ideally this should be paid before the event registration closure date (approximately 5 days before the event). The administration fee increases to £5 for those who have not pre-registered and enter on the day (see the section 'Administration processes have changed' below).

We were very disappointed with the number of entrants who did NOT submit the sponsor money that they advised they had raised last year. Once again this year we will trust entrants to do this following the event. If not paid before or on the day, we would be grateful if you would please submit any additional sponsorship money raised within 4 weeks.

Prizes will be awarded to the three participants who submit the most sponsor money.

Every penny of the sponsor money that you raise for this event will be donated to the Paul Trigwell Memorial Fund and other charitable causes.

5 KM and 10 KM Run

These runs are for all capabilities from entry level to advanced / club runner (affiliated) level. Please note that you must be at least 15 years old to take part in the 10km run and 13 years old to take part in the 5km run.

Because these new courses are very flat (just a few low slopes), handicapped and disabled runners are now able to take part. However we do ask that you contact us directly, prior to the event to ensure that we take your needs into consideration on the day.

This year we have teamed up with **Sporting Events UK** who specialise in the management of 5 and 10km runs, in order to introduce the improvements that runners have asked us for. This means that our runs will now be licensed and certified through their affiliation to UK Athletics (and Under UKA Rules) and use electronic chip timing to ensure that you get accurate times. Runners' times will be posted live on Sporting Events UK's website and uploaded where relevant to **runbritain**.

Ideally you should register in advance for these runs and pay the entrance fee as detailed in the overview above, using the links we have provided. The small price increase reflects the additional costs in bringing the extra benefits for those taking part in these runs

As this is a charity fund raising event we would ask all entrants to consider downloading the additional sponsorship form to support our own Rotary charity (Charity Number 1119547) so that we may support other needy charitable causes. **We are also encouraging entrants to raise funds for their own nominated charities.** All entrants who raise sponsor money will be entered into a prize draw, with an additional prize for the entrant who raises the most sponsor money for our charity. Please see the sponsorship links for more details.

A map of the courses will be available on line from the end of January. Kent Sports Trust has confirmed that the courses we have laid out are very fast and should enable runners good opportunities to achieve or improve on their personal best times.

Both the 5km and 10km runs start and finish adjacent to the Beach Street car park in Sheerness. (ME12 1RE). There may be staggered race start times from 10:45am.

Apart from a very short section, both courses will be run along the Sheerness and Minster seafront / promenades.

- From the start you will go up the Beach Street ramp to the seafront and turn left towards Tesco. You will run 450m before reaching a turning point to run back along the seafront towards Minster.
- You will go down the ramp adjacent to the St Henry and Elizabeth RC Church to avoid the steps at Neptune Terrace and after a 175m you will return up the ramp adjacent to the snooker club to re-join the seafront promenade.
- You will continue along the seafront, past the Isle of Sheppey Sailing Club towards Minster.
- 5km runners will turn around at the 3km marker just before the end of the sea wall at Barton's Point and return along the same route back to the finish line.
- 10km runners will continue along the coastal path onto The Leas, Minster.
- At the end of The Leas you will run onto the Minster Beach Path, past the beach huts on your right.
- 50m before the end of Minster Beach Path, adjacent to the last set of steps going up the cliff, you will reach the turnaround point and follow the same course back to the finish line in Sheerness.
- Note water stations are provided at the 3, 5, 6 and 8km marker points.
- Marshals will be at all key points on the course

Why we are not organising the 10 mile run and walk in 2018

Previous participants of this event will know that the original 10 mile course for this event had its challenges, particularly the non-pavement road section of the race from Warden to Minster. Despite the increased additional efforts to raise the awareness of the run to car drivers during the 2017 10 mile race, a car driver's excessive speed and blatant disregard for the warning signs still managed to cause one minor incident which cannot be overlooked.

The health and safety of the participants and marshals of the Island Run has always been the primary concern of the organisers and continues to threaten the existence of this event. Lengthy discussions have taken place and a number of runners consulted on these issues, with mixed responses.

As organisers we value the concept of the original 'Island Run' from one end of the Island to the other, that has been in place for over 40 years and a number of runners cite the unique challenges of the race as the main reason for taking part. Others tell us that the mileage distance is outdated, with 10 kilometre races now being the norm, whilst increasing road traffic and competitor volumes are increasing the risks to our competitors and discouraging their future participation.

We also listened to comments on the both the logistical challenges of starting in Leysdown and finishing in Sheerness and the lack of any formally recognised timing system, as well as other suggestions for improvement.

We have spent the last 6 months reviewing the issues, concerns and comments about the 2017 event, looking at different options and solutions and weighing up the pros and cons.

On balance the rise of health and safety litigation has become a threat and risk that can no longer be ignored. Whilst we remain optimistic that the planned England Coastal Path should resolve our issues and provide a traffic free route from Leysdown to Sheerness in 2020, we need to make changes now in order to maintain the duty of care to race participants and to ensure the sustainability of the Island Run for future years. We further believe that the

proposed alternative comes with lots of benefits not least a flat, fast and safe route for all of our competitors...

We hope to be able to review this decision once the new coastal pathway opens and perhaps add the 10 mile walk and run back into the calendar alongside the races we are implementing this year. There are a few who have said they will still do the walk as they have done for many years. Of course anyone is welcome to walk or run the original course at any time at their own risk. Whilst we cannot officially support or recognise this we very much welcome notification of such and are happy to publish any photographs you may take.

Our partner organisations

We are delighted that once again Steve Wolfe, the Chief Executive of **Kent Sports Trust** has pledged to support us again this year.

Last year Steve was invaluable in providing assistance, with advice on the route, social media exposure and he brought along one of **Kent Sports Trust's** Ambassadors, Paralympic gold medalist **Charlotte Evans MBE** to be the official race starter. They both then ran the course with the entrants.

As we mentioned earlier, we are also pleased to welcome Barry Hopkins, the Director of **Sporting Events UK** into our partnership. **Sporting Events UK** help to organise and manage over 20 running events in the south east each year.

Last year Fiona Trigwell passed over the organisation of the Island Run to the Rotary Club of Minster on Sea in order to preserve the event for future generations. The Rotary Club of Minster on Sea is committed to ensuring this happens and to expand this community event to include as many people as possible.

Together, the **Rotary Club of Minster on Sea**, **Kent Sports Trust** and **Sporting Events UK** aim to provide a safe, responsibly managed event with an opportunity to grow in future years. At the same time, the partnership aims to provide an event that will be inclusive to all, encourage participation in physical exercise and to provide an opportunity for participants to raise funds for charitable causes.
