

THE CHILDREN'S CENTRE

RACE THE SUN

SPONSORED BY ATLA GROUP

2024 Race Guide



Isle of Man Registered
Charity: 921

LEG 1.

Peel to Top of the Sloc -

Distance: 12Km

Elevation Gain/Loss 677m / -329m

Distance ★★☆☆☆
Ascent ★★★★★
Surface(s) ★★☆☆☆
Terrain ★★☆☆☆

Race the Sun begins at sunrise (05.09am). Leaving Peel promenade, across the harbour bridge before taking the coastal footpath and heading towards Glen Maye then taking the road through Dalby, turning off after the Niarbyl junction. Following the signs the route will follow the road downhill to the bottom of Kerrowdhoo plantation and then uphill following the slabs that border the western edge of the plantation. Continue to follow this track past Eary Cushlin car park to the top of the Sloc.

LEG 2:

Top of the Sloc to Port Erin Promenade

Distance: 10.6Km

Elevation Gain/Loss 416m / -758m

Distance ★★☆☆☆
Ascent ★★★★★
Surface(s) ★★☆☆☆
Terrain ★★★★★

This is one of the shortest sections, but for what it lacks in distance it makes up for in height gain. You will take the footpath and ascend to the top of Cronk ny Arrey Laa, which at 437m marks the highest point on the entire route. Then head Southwest downhill towards the Carnanes and eventually, Fleshwick. After the steep climb out of Fleshwick, continue to follow the footpath towards Bradda Head. Branching off before Milners Tower, follow the track to Bradda Glen and then onwards to the main road and Port Erin promenade..

LEG 3:

Port Erin Promenade to Chapel Bay PSM

Distance: 12Km

Elevation Gain/Loss 485m / -490m

Distance ★★☆☆☆
Ascent ★★★★★
Surface(s) ★★☆☆☆
Terrain ★★★★★

Much of the route follows the dramatic cliff top path, which in parts can be very rocky and rough underfoot. Leaving the promenade, you will join the coastal footpath behind the old Marine Biological Station. You will follow the coastal footpath past The Sound and after skirting along the tops of the Chasms, head down into Port St Mary, following the raised footpath around the harbour and into Chapel Bay.

LEG 4:

Chapel Bay PSM to Port Grenaugh

Distance: 17.3Km

Elevation Gain/Loss 217 / -208m

Distance ★★☆☆☆
Ascent ★★☆☆☆
Surface(s) ★★☆☆☆
Terrain ★★☆☆☆

You will start heading towards Gansey Sea front along the pavement towards Castletown, around Scarlett and the limestone slabs. There is no need to do the loop around Langness, as you head out towards Café Bar Two Six. After following the footpath around the end of the Runway, the route heads off-road around Santon Gorge and then along the clifftops, finishing in Port Grenaugh.

LEG 5:

Port Grenaugh to Douglas Promenade

Distance: 16.8Km

Elevation Gain/Loss 515m / -518m

Distance ★★☆☆☆
Ascent ★★☆☆☆
Surface(s) ★★☆☆☆
Terrain ★★☆☆☆

From Port Grenaugh the route takes you along the narrow cliff top path and follows the unspoilt part of coastline with a brief period on the main road, descending along Marine Drive. Much of this road is now closed, so with tarmac under foot and no traffic to worry about the going is fast. At Douglas Head you will come down the Gas Works steps and head on to the promenade with the transition point opposite The Queens pub.



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LEG 6:

Douglas Promenade to Laxey Beach

Distance: 12.7Km

Elevation Gain/Loss 342m / -347m

Distance ★★☆☆☆
Ascent ★★☆☆☆
Surface(s) ★★☆☆☆
Terrain ★★☆☆☆

A real mix of paths, roads, and bridle tracks. Leaving the capital behind, you will head towards Onchan following the footpath on King Edward Road (not the pathway around Majestic Drive/Apartments) turning right and negotiating through Groudle. From here you will be on a minor road for 1.5km before heading over the Clay Head Coastal Path through Ballanette Nature Reserve, then joining the Clay Head Road for a further kilometre before descending to Garwick Bay. The route then continues onto the road linking Garwick with the coast road. From here it's a mere 1.75km till the turn off down onto Laxey beach promenade where the leg ends.

LEG 7:

Laxey Beach to Maughold Church

Distance: 14.2Km

Elevation Gain/Loss 469m / -393m

Distance ★★☆☆☆
Ascent ★★☆☆☆
Surface(s) ★★☆☆☆
Terrain ★★☆☆☆

Much of this section is made up of minor roads and bridle tracks. From Laxey Harbour, you head up a steep rocky climb and, after crossing the Coast Road, you end up on the Ballaragh Road. Following this road to its junction with the Coast Road at Dhooon Corner (by the cafe) and the cross directly onto the Dhooon Loop Road. You will continue onto the Glen Mona loop road, heading downhill and taking the right turn leading down to Port Cornaa. Once taking in the view at the beach follow the river away from the sea and past the famous salmon pool. This route will change from forest track to minor road as you head towards Port Mooar, at which the route once again hugs the coast, contouring in and out of beautiful little bays until eventually ascending to the transition point on the eastern side of Maughold Churchyard.

LEG 8:

Maughold Church to Point of Ayre

Distance: 16.9Km

Elevation Gain/Loss 259m / -323m

Distance ★★☆☆☆
Ascent ★★☆☆☆
Surface(s) ★★☆☆☆
Terrain ★★☆☆☆

Follow the coastal footpath out of Maughold and out towards Ramsey where the route is predominantly well-made cliff paths. (Avoiding the short section around Port E Vullen where there are slippery rocks Gr SC 474,926 and continue down the road past Port Lewaigue) turning right onto the Coast Road (A2) turning down onto Stanley Mount and onto Ramsey Promenade. You will then continue down the road and into Ramsey where you will cross the swing bridge and continue. This will then take to the beach section which you will follow for approx. 10.5 Km. Runners will leave the beach at the Point of Ayre and join the grassy path to the end of the stage near the foghorn

LEG 9:

Point of Ayre to The Cronk

Distance: 17.1Km

Elevation Gain/Loss 82.2m / -86m

Distance ★★☆☆☆
Ascent ★☆☆☆☆
Surface(s) ★★☆☆☆
Terrain ★★☆☆☆

Heading west, follow the grassy path, past Blue Point, leading you onto the sand where you will have approx. 9Km on the beach. This is a bit of a trudge with the soft sand underfoot, continue along the beach to The Cronk.

LEG 10:

The Cronk to Peel

Distance: 18.2Km

Elevation Gain/Loss 252m / -250m

Distance ★★☆☆☆
Ascent ★★☆☆☆
Surface(s) ★★☆☆☆
Terrain ★★☆☆☆

What this section lacks in ascent it will more than make up for in distance, starting on the beach for approx. 8km, the route joins the old railway line through Kirk Micheal to Glen Wyllin. From here, the route rejoins the beach through to Glen Mooar, at which point it once again follows the old railway line. Approaching Peel, there is a short section of road before rejoining the coast path - ending on Peel Promenade by sunset (21:22).



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