



Fundraising event, Sunday May 20th 2018, registration from 8.45am, 10am start.

Following the success of last year's event a forth sponsored Harbour 2 Harbour Walk has been organised. Starting at Castletown Lower Harbour and finishing by the Foraging Vintners, Port Erin harbour. Download entry form here or join online at my5.raceresult.com/90262/

- Sponsor Dandara
- Supported by Green Mann Spring Water (who will supply water stations along the route), and Shoprite
- Raising funds for SPort Erin, Southern Befrienders and SCI (more information at the bottom of the page)

Coffee Republic in Castletown will be open where coffee, tea & breakfast can be enjoyed to fortify you before you head off. The route follows the Arbory Road to the by-pass and then cuts down to Pooil Vaaish where it then follows the coast to Port St Mary giving you some spectacular scenes as you make your way from one harbour to the next. At around 9 miles long you a leisurely 3-4 mile an hour pace will get you to the finish in under 3 hours.

A SECOND START at Port St Mary Harbour, next to the RNLI office, is available for those that prefer a shorter walk; entry fee is the same.

Marshalls will be well placed along the route ensuring you follow the course. Green Mann Spring Water refreshment tables are well placed so you don't even need to carry your own water.

Register your dog but please keep them on the lead at all times.

If you work for a local business or service why not persuade your work mates to form a team and do it together?

Entrant Fee:

- £12.50 for Adults (18+)
- £7.50 for children (under 18)

Online Registratin: my5.raceresult.com/90262/

Email: <u>h2hreg@hubclubsci.im</u> for a registration form or call 838180. **Shoprite** will be hosting H2H stands again during April and May so you can pick up a form registration from there too.

The entrant fee also includes a free branded H2H give away, watch the facebook page for updates.