



Clerical Medical Parish Walk 2008

Rules and regulations

CLASSES

1. The open walk is over the full 85 mile course, and competitors must be 21 and over on the day of the walk. There will be additional Ladies prize list.
2. The race for under 21 ladies on day of race is to Peel (32¹/₂ miles). Competitors must be a minimum of 18 years old on the day of the walk.
3. The race for under 21 men on day of race is to Peel (32¹/₂ miles). Competitors must be a minimum of 18 years old on the day of the walk.

To be classified as a finisher, the walk must be completed in a time of not more than 24 hours.

RULES

1. Pacing i.e. an attendant walking or cycling with a competitor is NOT allowed. Pacing will result in disqualification. Competitors must not walk two or more abreast. Attendants must walk behind competitors when supplying drinks, etc.
2. No running or jogging is allowed.
3. Race numbers must be displayed front and back on the outer layer above waist height at all times.
4. Retirees must report to officials at the church they stop at or if en-route, then at the next check point. Failure to report will mean omission from the final results. Competitors must walk on the **right hand side** of the road, facing oncoming traffic at all times, except in the following circumstances: where directed by marshals, when crossing the road at road junctions, where a footpath exists on the left hand side of the road, and on Douglas promenade.
5. Competitors must wear white clothing and a reflective bib above the waist at all times. The race numbers must be clearly visible, front and back, and above waist level at all times. After Peel a reflective bib **MUST** be worn and if possible walkers should wear a flashing light on the left arm. Attendants must wear reflective clothing.
6. If the time limit for arrival at a church is exceeded, then the competitor may be asked to retire by the race referee.
7. Only one support vehicle is permitted per competitor on the closed roads. Camper vans or larger vehicles are not recommended. Support vehicles must display race numbers. No assistance to walkers may be given along the no stopping zones, as designated on the route description. Parking/Stopping is prohibited along these areas.
8. Competitors continuing beyond Peel must have an attendant in a car. Attendants should choose their parking places carefully, and MUST NOT drive alongside walkers or immediately behind them.
9. Time Penalties will be imposed for any infringements of the above rules.

1st Infringement – 15mins
 2nd Infringement – 45mins
 3rd Infringement – Disqualification

These penalties will be added to the race time at the conclusion of the race. In the event that the penalties added take the total time over the 24 hour limit, then that competitor will not be classified as a finisher.

10. The race referees have the absolute power to withdraw any competitor deemed to be physically unfit to continue. .

Failure to comply with road safety regulations will lead to disqualification without warning