



Organised by Manx Harriers

Clerical Medical Parish Walk 2009

An invitation to compete on June 20/21

The Parish Walk is one of the oldest sporting events on the Island's calendar. First held as a sporting challenge between two men in the last century, it was revived in its present form in the 1960's, as an event open to all.

What is it? It is a walking race that is open to competitors of all standards, and an event that generates a tremendous social atmosphere. To complete the course you have to walk 85 miles, calling in at each of the Island's 17 parish churches, but for most competitors it is a challenge to see just how many churches they can reach. 2008 saw an entry of 1598 and 122 actually finished the entire course. Two thirds of the entries reached Peel or further.

The start of the race will be on the track at the NSC, King George V Park, Douglas. Checking-in will be at the NSC at the King George V Park. The route description is in your race entry pack and please familiarise yourself and your support team with it. There are No Stopping Zones created along the early part of the course, where assistance to walkers is forbidden. This is to ensure a safe walk for everyone and to keep traffic flowing safely. Please ensure that your support team are aware of these new rules, as failure to adhere to them will lead to disqualification.

There is an open race over the complete course, 85 miles. There will be additional prizes for ladies over this distance. Under 21 Ladies and Men race to Peel, 32.5 miles. There will be awards for best men/mixed team and best ladies team based on four walkers results. There will be awards for all those who complete the course within 24 hours and prizes for the top finishers in each category. The minimum age for all walkers is 18 on the day of the event.

Manx Harriers wish to express their great appreciation of the support and assistance given by Clerical Medical over the past 20 years. We are delighted to welcome Clerical Medical's continued support for this year's race. Their sponsorship has allowed the walk to grow into the mass participation event that we now know.

Anyone who gets to Santon Church or beyond will receive a certificate to show the last church they reached and the time taken. Electronic timing will be used again this year courtesy of Manx Telecom and provided by SportIdent UK. Computerised results will be posted on the website www.parishwalk.com.

The entry fee for paper based entries will be £25.00 and completed entry forms must be returned no later than 12 noon on Saturday May 2nd 2009. Entries may be made on-line on our official website www.parishwalk.com. Follow the links to SportIdent UK. Entries made with the website will cost £20.00 and the deadline for entries is 12 noon on Saturday May 9th 2009.

The enclosed entry form includes several rules and regulations, to ensure that everybody can compete fairly and safely. Signing your entry form indicates that you have read these and agree to abide by them. Please put your entry in as soon as possible to facilitate our overworked secretary. Due to very tight schedules in getting the programme printed and the event organised this closing date will be strictly adhered to and no late entries will be accepted.

An entry list will be posted regularly on the website. Please fill in your mobile number so that you avail of our texting service leading up to the race.

There is a 24 hour time limit to complete the course, with appropriate cut-off times along the way, based on a 3-5 mph schedule. This should not be a problem to most people, but we will have to adhere to these times. The cut off times for Santon is 3 hours, Rushen 5½ hours and Peel 9 Hours. The cut off times for the later churches will be printed in the race programme and on the website.

Further entry details, race information and results will be posted to the site. The prize presentation will be on Tuesday June 23rd at 7.00 p.m. in The Villa Marina, Douglas. All competitors and supporters are welcome.

Please note that the race will start at **8.00 a.m. and from the NSC**. This is to ease the severe congestion caused by the walk in Douglas and on the early parts of the course.

Please make sure that you complete the forms correctly.

We look forward to your entry – thank you and good luck.

www.parishwalk.com