



## Scottish Widows Parish Walk 2010

Organised by Manx Harriers

### 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 (32<sup>1</sup>/<sub>2</sub> 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 (32<sup>1</sup>/<sub>2</sub> 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. No running or jogging is allowed. Failure to comply may lead to disqualification.
2. 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.
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 and support teams must wear bright clothing and reflective bibs above waist height at all times. The wearing of headphones is inadvisable as it increases the risk to walkers safety. After 10pm walkers **must** display an illuminated light source in addition to an adequate reflective bib.
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 per competitor is permitted on closed roads. Camper vans and larger type vehicles are not recommended and will not be permitted where traffic restrictions apply.
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 rules 2 to 8.

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. .
11. The Committee reserve the right to alter or cancel the race.

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