

# manx telecom



## Manx Telecom Parish Walk Rules 2012

### Classes

1. The open walk is over the 85 mile course and competitors must be aged 21 years and over on the day of the walk. There will be an additional Ladies prize list. To be classified as a finisher, the walk must be completed in a time of not more than 24 hours.
2. The race for those aged a minimum of 18 and under 21 years on the day of the walk is to Peel, a distance of 32.5 miles. There will be separate prizes for Ladies and Men.
3. The overall team race is for teams of 4 walkers and cannot include more than 2 walkers who have previously completed the full 85 miles. All 4 walkers' distance walked to count and the team with the most miles will be deemed the winner. In the event of a tie on mileage then the fastest aggregate time for the 4 walkers will determine the winner. There will be a separate prize list for teams of 4 ladies.
4. The Corporate Challenge is for teams of 4 walkers who are all bone fide employees of the same company. Teams may include no more than 1 previous finisher. All 4 walkers' distance walked to count and the team with the most miles will be deemed the winner. In the event of a tie on mileage the fastest aggregate time for the 4 walkers will determine the winner.

### Rules

1. No running or jogging is allowed. The race is organised under IAAF rules of race walking. This event will be judged as a Category B Race and Rule 230 interpreted accordingly. The use of poles and any artificial aids are prohibited.
2. Pacing i.e. an attendant walking or cycling with a competitor is not allowed. Pacing will result in time penalties or disqualification. Attendants must walk behind competitors when supplying drinks etc. only for the duration that this would take and must stop when instructed to do so by an official.
3. Race numbers must be displayed front and back on the outer layer of clothing above waist height at all times and must not be obscured by waterproofs or rucksacks or trimmed in any way (the sponsor's name must be visible). After Ballaugh, for walkers safety rucksacks are not permitted as they obscure the reflective bib.
4. The route must be followed as laid down by the organisers and all officials and marshals instructions are to be obeyed.

5. Competitors must wear light coloured clothing and a reflective bib. For competitors safety the wearing of headphones is not permitted. Competitors must walk on the right hand side of the road facing oncoming traffic except where directed by marshals, crossing the road at junctions, where a footpath exists on the left hand side only and on Douglas Promenade. After 22.00 walkers must wear an illuminated light source that is visible from front and rear.
6. Only one support vehicle per entrant is permitted on restricted roads. Camper vans and larger vehicles will not be permitted on closed roads. Support vehicles must display a race number. No parking and giving assistance to walkers is prohibited along the No Stopping Zones as designated on the route description.
7. Competitors continuing beyond Ballaugh must be individually accompanied by an attendant in a car. The sharing of a support car is not permitted. Attendants must wear hi-viz reflective clothing.
8. If the time limit for arrival at a check point is exceeded, then the competitor may be asked to retire by a race referee. All retirees must report to officials at a checkpoint. If they stop en route then report to the next church along the course. Failure to report will mean omission from the final results. All timing chips are to be returned and failure to do this will incur a £25 penalty.
9. The race referees have the absolute power to withdraw any competitor deemed to be physically unfit to continue. A certificate of medical fitness may be requested by the race referees prior to the event.
10. The Committee reserve the right to cancel or alter the race. The organisers will not be liable nor responsible in any way whatsoever for any bodily injury or damage to property arising out of the race.
11. All entries must be made before 23.59 on May 13<sup>th</sup> 2012. All team members must be entered as individuals. Entries are not transferable and refunds will not be given.
12. Photographs and entry data may be used for promotional purposes.
13. Time penalties will be imposed for any infringements of the above rules.
  - 1<sup>st</sup> Infringement -15 minutes
  - 2<sup>nd</sup> Infringement – 45 minutes
  - 3<sup>rd</sup> Infringements- DisqualificationThese time 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.  
Failure to comply with road safety regulations will lead to disqualification without warning.

## **The 2012 Manx Telecom Parish Walk**

Starts from the National Sports Centre, Douglas at 8 am on 23 June 2012

[parishwalk.com](http://parishwalk.com)