

You have entered the 2017 Manx Telecom Parish Walk June 17 /18.

Thank You!

The next step is to check-in at the marquee beside the grandstand at the NSC, Douglas on Thursday June 15th from 5.30 to 8.30pm or Friday June 16th from 5.30 to 7.30pm. Here you will pick up your race numbers, car numbers, timing chip, programme and free sports shirt with its unique Parish Walk design thanks to Steve Partington. Please ensure that you know your race number from the programme and go to the correct table to collect your envelope. There will be an opportunity to register two supporters' mobile numbers so that they may receive texts when you reach each check point. In order to save time you can register these numbers through the website www.parishwalk.com

If you are in doubt about your health please seek medical advice. All medical conditions should be noted on the reverse of your front race number along with the car registration number of your support vehicle for those of you going beyond Ballaugh. The route for the Parish Walk will be marked but please familiarise yourself with the course from the website and a copy of the route will be in your envelope.

Please note that there will be no parking at the NSC on Saturday June 17th. Please use the car park at Pulrose Road and do not leave your car at the Sports Centre car park. . There will be a minute of applause in memory of Murray Lambden at 7.55am and the race starts promptly at 8am from the track at the NSC so get there in good time

You must wear both numbers, front and back, above waist height and clearly visible at all times. You may wish to pin your numbers to a bib which can be worn above a variety of clothing to cater for all weather conditions. Please remember that for your own safety headphones are not permitted in this event. Support vehicles are restricted to one per competitor and cars must display race numbers clearly front and rear. There is advice to drivers on the reverse of the windscreen number so please heed this.

A copy of the rules will be in your envelope and on the website. Please read the rules and follow them. Time penalties will be applied for infringing the rules:

1st Infringement – 15 minutes

2nd Infringement – 45 minutes

3rd Infringement – Disqualification

Remember the rules apply to your support crew as well as to you and infringements by them could cost you dearly.

If you wish to continue past Ballaugh you must have a support vehicle in attendance. You and your support team must wear hi-viz vests and walkers must display an illuminated light source visible from front and rear after 10pm. Vests and lights will be on sale at the check-in.

Closed roads: Drivers please find an alternative route

- Union Mills to Crosby
- The Cleaynagh Road
- The Orrisdale Road
- Old School Road, Rushen
- Derby Road, Peel

One-way roads: Drivers please use for parking

- The Glen Darragh Road
- St Marks Road
- The Oatlands Road
- The Old Castletown Road
- The Ballasalla to Ballabeg Road
- Church Road, Rushen
- The Sloc
- The Dalby Road
- Church Street, Peel
- The coast road to Kirk Michael
- The Ballaugh Road to the Cronk Crossroads
- The Jurby to Bride Road
- The coast road from The Dhoon to Minorca Hill, Laxey

The following are NO STOPPING ZONES and drivers are prohibited from parking and assistance to walkers is prohibited on safety grounds. Failure to comply with these regulations may lead to disqualification.

- Braddan Bridge to Union Mills
- St Marks to Cleaynagh Road junction
- Castletown Road from the Cleaynagh Road junction to the Oatlands Road junction
- Castletown Road from the junction with the Old Castletown Road to the Orrisdale Road
- St Marks Road from the Orrisdale Road junction to Ballasalla
- A27 from Eary Cushlin to Dalby
- Kirk Michael village
- Church Road junction, Lonan

Drink stations and toilets will be available at:

- Marown School
- Cleaynagh Road
- Lancashire Hotel
- Oatlands Road
- Santon Church Road
- Orrisdale Road
- Ballasalla
- Malew Church
- Colby

- Rushen Church
- Shoulder Road
- Bottom of the Sloc
- Round Table
- Dalby
- Glen Maye
- The Raggatt, Patrick
- Peel
- Devils Elbow
- Jurby Prison

A full list of all toilets available to walkers will be displayed at check-in and in the programme. In order to keep the countryside clean please place your rubbish in the bins provided.

Please note the time limits for Santon 11.30, Malew 12.40, Rushen 13.35 and Peel 17.00. The time limits for all the churches are listed in the programme. Competitors arriving at check points after these time limits may be excluded from the race at the discretion of the Race Referees. The time limits for the earlier churches are generous and should not trouble most of you.

When you retire you must hand in your timing chip to the marshals. If you stop en route to a church then proceed to the next check point and hand in the chip. The chips are expensive and your co-operation in getting them all returned is appreciated. We will invoice competitors £25 for the loss of any unreturned chips. If for any reason you do not hand in your chip to a marshal then please post it back to Liz Corrin, 35 Wybourn Grove, Onchan or bring to the prize presentation at the Villa Marina on Tuesday June 20th. Doors open at 7pm and light refreshments will be provided. All finishers will receive a medal at your finish point. Certificates stating your finish point and time can be downloaded from the website www.parishwalk.com after the event. A Help Desk will be manned at the presentation to sort out any errors or omissions in the provisional results. Please come to the prize presentation but if you do not your award will be forwarded to you.

Full race details and results will be posted on the website, in the local press and transmitted by Manx Radio.

Remember that the race starts at 8am at the NSC. Please return your timing chips.

Prize presentation Tuesday June 20th Villa Marina 7pm.

