



CLERICAL MEDICAL



Organised by Manx Harriers

Clerical Medical Parish Walk 2004

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.
2. The open women's walk is over the first 32¹/₂ miles of the course to Peel with separate prizes for veteran women (over 35 on day of race).
3. The walk for veteran men (Over 40 on day of race) is over the first 32¹/₂ miles of the course to Peel.
4. The race for under 21 ladies on day of race is to Rushen (19¹/₂ miles). Competitors must be a minimum of 18 years old on the day of the walk.
5. 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.
6. Competitors in the women's and veteran's classes may continue beyond Peel. Such competitors will still be classified in their finishing order at Peel, but will in addition be included at their final finishing point. They will only be excluded from their prize list if they finish the complete course, and claim 1st, 2nd or 3rd prize.

ROAD SAFETY

1. 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.
2. 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.
3. Competitors must not walk two or more abreast. Attendants must walk behind competitors when supplying drinks, etc.
4. Competitors must wear white clothing and if possible a reflective bib above the waist at all times. The reflective 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 should wear reflective clothing.
5. The organisers reserve the right to disqualify any walker dangerously clothed and not wearing their numbers visibly.

Numbers must be returned to race officials on retirement at the **next** check point.

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

www.parishwalk.com