

# ATTENTION PARISH WALKERS

The Dukes Road Clinic Team will welcome you at Rushen and Peel for a free leg and foot massage.  
Donations to Leonard Cheshire Society.

The Dukes Road Clinic offers a wide range of therapies including:

**Julie Forrest**  
Chiropody

**Glenn Jensen**  
Sports and Remedial Massage  
Relaxing Aromatherapy Massage

Reflexology  
and Hopii Ear Candles

For Appointments and Information

**Tel: 827188/478497**

## CLERICAL MEDICAL Parish Walk 2003 21-22 June

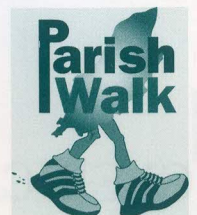
### *The Ultimate Challenge in Local Sport*



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



CLERICAL MEDICAL



Organised by Manx Harriers

CMI, setting a  
blistering pace . . .

*happy walking  
from CMI*



CLERICAL MEDICAL

## CLERICAL MEDICAL PARISH WALK

### A Welcome from the Race Director

Welcome to the 2003 Clerical Medical Parish Walk. The event continues to grow and attract more walkers each year. A new record entry of 1050 has been received with 543 men and 507 women coming to the start line. This unique event captures the imagination of the Manx folk and challenges their endurance and stamina. Ahead lies 85 miles and 17 Parish churches all of which must be passed before returning to the Promenade in Douglas within the 24 hour time limit. We wish all the competitors good luck and hope that they will enjoy the day and achieve their personal goals whether it be to Santon or return after the full 85 miles to Douglas.

The N.S.C. provides an excellent facility for the start which is at 9 a.m. The walkers are seeded and those wearing 1 to 85 on their vests have already completed the 'Parish' on at least one occasion - Robbie Callister, the winner for the last 2 years is going for a further win this year and he is wearing the coveted number one. Come out and support these and the other walkers.

The committee would like to extend its thanks to Clerical Medical for their continued support for the event. Without their valuable input it would be impossible to run the Parish Walk at the high standard that has been expected.

Our thanks are also extended to Dave Butterworth of Skanco Business Systems Limited for providing the computer hardware to get the results out promptly. We are grateful to Dave Willis who has written the computer programme to handle such a large entry and to Murray Lambden for maintaining our website, [www.parishwalk.com](http://www.parishwalk.com).

I would like to thank the organising committee of Liz Corran, Karen Kneale, Alan Callow, Kevin Walmsley, Martin Lambden, Winston Liu and Tracy Cook who have freely given of their time and efforts over the past four months.

Finally a big thank you to all the marshals, checkers-in, ambulance crews and all the people who year after year turn out in the dead of night to help with the Parish Walk.

To all competitors, please read and observe the rules carefully and obey the instructions of the marshals. Please note that there are certain time limits for passing some of the churches. Once you have completed your walk please ensure that your number is handed in to the officials.

Thank you and good walking.

Raymond Cox - Race Director.

