

AWARDS

MEN:

Winner, Parish Walk Trophy and Prize
Prizes to all competitors completing the full course

LADIES:

Boundary Harriers Cup for the most meritorious performance
Equal awards to all finishers to Peel.

VETERANS:

Jimmy Quinney Cup. Equal awards to all finishers to Peel

TEAM AWARDS:

Men's Walking Club — G. & R. Ridgway Shield and Plaques to three winning team members
Men's Non-Walking Club — Boundary Harriers Cup and Plaques to three winning team members
Ladies Walking / Non-Walking Club Teams — Plaques to three winning team members

DEFINITION OF WALKING

Walking is the progression by steps so taken that unbroken contact with the ground is maintained. At each step the advancing foot of the walker must make contact with the ground. Before the rear foot leaves the ground during the period of each step in which a foot is on the ground the leg must be straightened, i.e., not bent at the knee, at least for one moment and in particular the supporting leg must be straight in the vertically upright position. Any competitor whose mode of progression does not comply with the definition of walking to the entire satisfaction of any judge or judges shall be disqualified.

SAFETY

Car drivers are asked to drive with care and consideration at all times, especially when overtaking or meeting competitors during the hours of fading light and darkness. Please dip your headlights when approaching on-coming walkers, for dazzling them can be dangerous. Competitors will wear reflective patches both back and front, and will walk on their right hand side of the road, i.e., FACING ONCOMING TRAFFIC.

THANK YOU FOR YOUR CO-OPERATION

TIME LIMITS:

Rushen 5 hours, Men; 5½ hours Women
Peel, 9 hours, Men; 9½ hours Women.
Bride, 15 hours, Men.
Full Distance, 24 hours Men.

THANKS

The Organisers wish to thank our sponsors, Mylchreests, for their help. And also the following — all voluntary helpers, checkers, marshals, Civil Defence personnel, the St. John Ambulance Brigade, the Police and many others without whom this event could not be run successfully.

PRIZE PRESENTATION VILLIERSHOTEL

SUNDAY 7-30 P.M. PROMPT

BOUNDARY HARRIERS, I.O.M. A.C.

1980 PARISH ROAD WALK 85 MILES

UNDER A.A.A. LAWS AND R.W.A. RULES

ON

SATURDAY JUNE 14 TH

FROM

VILLA MARINA ARCADE

AT 2-30 P.M.

SPONSORED
BY



MYLCHREESTS



