

# Notes on the Walk

## 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.

\*\*\*\*\*

## SAFETY IN ROAD WALKING

Competitors are asked to take every care. Walking on the foot way unless directed by the officials or Police and pacing are not allowed. The Judges are empowered to disqualify any competitor failing to comply with these conditions.

\*\*\*\*\*

At change over points competitors and followers are asked to keep the Road way clear at all times. And to avoid asking any officials for times until all competitors have finished.

\*\*\*\*\*

## PRIZE PRESENTATION

This will be held on Saturday Next October 10th 1987 at the RUTLAND HOTEL, DOUGLAS, STARTING AT 7-30p.m. Tickets are priced £3-00 and are available from Ken Clarke at Douglas, 23786 or Kevin Madigan, Douglas, 25474. By Wednesday at the latest.

## Boundary Harriers

# T.T. Course Relay Walk

SUNDAY  
OCTOBER 4TH



T.T. GRANDSTAND  
DOUGLAS  
AT  
8-30 a.m.

Grandstand to Glen Helen
Glen Helen to Ginger Hall
Ginger Hall to Black Hut
Black Hut to Grandstand

SENIOR MENS

1. Sorting Office 'A'.....P.Kennaugh,J.Cannell,P.Cain,D.Bottomley.....
2. Sorting Office 'B'.....G.Corrin,G.Young,D.Dougherty,S.Parkinson.....
3. The Skins.....A.Quayle,Staylor,M.Karran,K.Quayle.....
4. Southern A.C.....B.Lewney,C.Holland,H.Cubbin,N.Whitehouse.....
5. Tour De T.I.T.S.....D.Quayle,S.Brennan,S.Cain,D.Christian.....
6. Rushen Silver Bandits.....R.Walker,W.Fargher,S.Tuck,A.Fargher.....
7. Four Players.....M.Fargher,R.Woodford,P.Faragher,A.Grebbin.....
8. Awl,Knight,Fork and Curls.....I.Callister,S.Capelan,P.Corlett.....
9. Bobs Wonderful Hair.....L.Moore,D.Partington,P.North,J.Taggart.....
10. Druidale Motor Club 'Stinky Feet'.....P.Bettridge,S.Parker,G.Mazzone,S.Young.....
48. Telecom Trekkers.....A.Garrett,E.McGee,S.Evans,L.Grady.....

VETERANS

11. Golden Oldies,B.Hollinrake,F.Huntley,M.Holgate,S.Basnett.....
12. Castle Rushen Old Scholars.....J.Corrin,D.Higgins,D.Wilkinson,R.Ronan.....
13. M.E.A. Vets 'A'.....J.O'Hanlon,M.Gibson,J.Callow,T.Moore.....
14. M.E.A. 'B'.....D.Quaggin,B.Weldon,S.Kewley,J.Bevin.....

PUBS

15. Vic Vandels.....K.Burnett,C.Pimlett,P.Ashworth,D.Lewney.....
16. Old Bushey Tails.....D.Stowell,C.Richard,T.Conway,G.Clague.....
17. Manx Arms.....D.Hall,N.Christian,J.Quirk,R.Goldsmith.....
18. Colby Glen.....A.Tinnion,B.Wilson,M.Taggart,G.McKenna.....

FOOTBALL CLUBS

19. Colby A.F.C.....R.Kelly,R.Broadbent,T.Kelly,M.Gellion.....

YOUNG FARMERS CLUBS

20. Central Young Farmers 'Tups'.....D.Quayle,A.Cain,D.Creer,M.Caley.....
21. Central Young Farmers 'Studs'.....M.Harvey,L.Cain,S.Harvey,S.Hughes.....
22. Eastern Young Farmers.....E.Clague,H.Quayle,R.Midgall,A.Corlett.....

MIXED TEAMS

23. Port St Mary Golf Club .....A.Oates,A.Horne,W.Kinvig,C.Nelson.....
24. Port St Mary Golf Club 'Birdies'.....D.Quayle,K.Watterson,J.McCombe,C.Preston....
25. Port St Mary Golf Club 'Boyles Bounders'.....J.Guy,T.Boyle,E.Nelson,A.Finch.....
26. The Rejects and Ralph.....R.Sorby,M.Lambden,R.Martin,M.Brown.....
27. The Deadlegs.....C.Kelly,J.Williamson,D.Wilson,G.McHale.....

Ladies

28. The Strollers.....S.Partington,J.Stigant,A.Lewin,J.Looney.....
29. Ellin Vannin Pepsi Cola Peddle Pushers.....D.Rorher,M.Purvis,J.Mooney,D.Tilbury...
30. Isle of Man Bank Sports Club.....S.Corkish,J.Corkish,G.Cain,J.Dodd.....
31. The Coasters.....B.Cowbourne,V.Hooper,M.Cowbourne,K.Lambie.....
32. Southern A.C.....I.Jones,P.Faragher,P.Robinson,C.Holland.....
33. Manx Electricity Ath.....D.Wilson,C.Williamson,J.McGregor,T.Kissack.....

WORKS TEAMS

34. Wallems 'One'.....G.Oates,M.Broderick,M.Kewley,I.Teare.....
35. Wallems 'Two'.....M.Smith,B.Porter,G.Jones,N.Kelly.....
36. The Manx Independant.....J.Madigan,P.Parker,M.Adams,B.Ashworth.....
37. Isle of Man Bank Sports Club.....E.Convery,R.Radcliffe,G.Evans,M.Duchars.....
38. Manx Electricity Athority 'A'.....J.Looker,T.Doyle,G.Stiant,R.Cooil.....
39. Manx Electricity Athority 'B'.....J.Griffiths,P.Coppell,E.Clague,G.Cain.....
40. RoyWest Trust 'A'.....N.Kneale,T.Ward,N.Dearden,D.Garland.....
41. RoyWest Trust 'B'.....G.Shimmin,I.Callister,D.Shea,T.Rodgers.....
42. RoyWest Trust 'C'.....G.Reville,R.Gelder,J.Power,T.Greenwood.....
43. RoyWest Trust 'D'.....T.Howarth,B.Hatton,M.Pilbeam,P.Ward.....
44. Barclay Unicorn-Trust.....J.Gregory,J.Powell,K.Walmsley,A.Creer.....
45. Isle of Man Assurance Group.....S.McLaeney,T.Burns,L.Crawley,C.Burns.....
46. Nat West Bank 'A'.....M.Ederton,A.Dinwoodie,C.Cameron,D.Hawley.....
47. Nat West Bank 'B'.....D.Parsons,A.Moratta,S.Cottier,M.McGrath.....