

## You have entered the 2024 Manx Telecom Parish Walk June 22/23

### Thank You!

The next step is to register at the marquee beside the grandstand at the NSC, Douglas on Wednesday June 19th from 5.30 to 8.30pm or **Thursday** June 20th from 5.30 to 7.30pm. Here you will pick up an envelope with your race numbers, car numbers, programme and free sports shirt with its unique Parish Walk design thanks to Steve Partington, if you did not elect to participate in the "Trees for T" initiative. The colour and size of the shirt is written on the front of your envelope along with your two supporters' mobile numbers to remind you. Please ensure that you know your race number from the programme, watch the information videos on the way in and go to the correct table. The race number has a timing strip on the reverse of the front bib with your name on it. There will be a limited opportunity to register / alter the two supporters' mobile numbers so that they may receive texts when you reach each check point. To save time please can you register your supporters' mobile numbers on the website, [www.parishwalk.com](http://www.parishwalk.com) prior to registration. We will be using a new system for photographs, Photohawk, head to [manxtelecom.com/photohawk](http://manxtelecom.com/photohawk) and subscribe.

If you are in doubt about your health, please seek medical advice. All medical conditions should be noted on the reverse of your back (green) 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. We have our information app that contains all the information you need to follow the Parish Walk, download this at <https://route.parishwalk.com/> or use the QR code on the front of your envelope.

Please note that there will be no parking at the NSC on Saturday June 22nd. Please use the car park at Pulrose Road and do not leave your car at the Sports Centre car park. The race starts promptly at 8am on the track at the NSC so get there in good time. There will be a free shuttle bus service, courtesy of IFGL, from the Park and Ride carpark at the Bowl to Peel Town Hall on Saturday from 2 until 6pm every 20 minutes. There will be an opportunity to drop your bag at the start and have it transported to Peel for collection so perhaps leave your car at home.

Reusable SpeedCups will be distributed on the way to the start by MannMade Corporate Services Ltd. Please hold on to these cups and use them at the feed stations.

You must wear both numbers, front (with your name) and back (green), above waist height and clearly visible at all times. You may wish to pin your numbers to a hi-viz bib which can be worn above a variety of clothing to cater for all weather conditions. Please remember that for your own safety all types of 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. You can plan where to meet your support crew at various points and use the information app. The results app, found at [www.parishwalk.com](http://www.parishwalk.com) has a new feature that predicts the walkers' time at the next check point to help your planning.

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:

1<sup>st</sup> Infringement – 15 minutes

2<sup>nd</sup> Infringement – 45 minutes

3<sup>rd</sup> 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 9.30pm. Vests and lights will be on sale at registration.

Closed roads: Drivers please find an alternative route

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

One-way roads: Drivers please use for parking

- Stuggadhoo Road
- The Glen Darragh Road
- St Marks Road
- The Oatlands Road
- The Old Castletown Road
- The Ballasalla to Ballabeg Road
- Church Road, Rushen
- Old School 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
- Bride to Andreas
- Andreas to St Judes Crossroads
- St Judes Crossroads to Sulby Bridge
- Ginger Hall to Glen Auldyn Crossroads, Ramsey
- 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 Road 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
- Ballabeg from the T junction to Arbory School
- A27 from Eary Cushlin to Ballaterson Farm, Peel
- Kirk Michael village to Rhencullen
- Bride Village
- Church Road at the junction with the A2 and along to Croit e Quill Road, Lonan

Drink stations and toilets will be available at:

- Start, NSC
- Ballafreer
- Marown School
- Glen Darragh Road
- Cleaynagh Road both ends
- Oatlands Road x2
- Ballakelly Old Castletown Road
- Santon Church Road
- Mill House Old Castletown Road
- Orrisdale Road x2
- Ballasalla
- Malew Church
- Billown Farm
- Arbory School
- Colby
- Rushen Church
- Shoulder Road
- Bottom of the Sloc
- Top of the Sloc
- Round Table
- Eary Cushlin x2
- Dalby
- Glen Maye
- Gordon
- Patrick
- Peel
- Devils Elbow
- Berk Farm, Kirk Michael
- Bishops court, Kirk Michael

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 correct coloured bins provided.

Please note the time limits for Santon 11.30, Malew 12.40, Rushen 13.35, Patrick 18.00 and Peel 17.00 (if you are continuing on). 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.

If you retire at a Check Point your timing strip will be cut to disable it. As we are using a combination of timing mats and tripods, if you approach a Check Point with your number on your shirt then the number will be automatically read. We have extra timing points at Round Table, Glen Maye, Hibernian and Summerland end of Douglas Prom for more information. If you stop en-route to a church, then simply remove your front number and send a text to 07624 316385 to let us know that you have retired.

The prize presentation will revert to the Villa Marina, Douglas on Tuesday June 25th. Doors open at 7pm. All full distance finishers will receive a finishers' award. However, all competitors will receive a medal and certificates stating your end point and time can be downloaded from the website [www.parishwalk.com](http://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 and in the local press.

**Remember that the race starts at 8am at the NSC.**

**Prize Presentation Tuesday June 25th Villa Marina 7pm.**