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## Sara Killey Memorial Walk 2008 Entry form

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### Rules and regulations

#### CLASSES

1. The open walk is over the full 50 miles course, and competitors must be 18 and over on the day of the walk. However competitors finish at any station will be given a finish certificate with the distance covered.

Port Erin Fire Station to Castletown Fire Station 4.5 miles  
Castletown Fire Station to Peel Fire Station 12.7 miles total 17.2 miles  
Peel Fire Station to Kirk Michael Fire Station 6.6 miles total 23.8 miles  
Kirk Michael Fire Station to Ramsey Fire Station 9.3 miles total 33.1 miles  
Ramsey Fire Station to Laxey Fire Station 9.3 miles total 42.4 miles  
Laxey Fire Station to Douglas Fire Station 8.1 miles total 50 miles

#### RULES

1. Pacing i.e. an attendant walking or cycling with a competitor is NOT allowed. Pacing will result in disqualification. Competitors must not walk two or more abreast. Attendants must walk behind competitors when supplying drinks, etc.
2. Any competitor seen running or jogging will be disqualified.
3. Race numbers must be displayed front on the outer layer above waist height at all times. Failure to display the numbers will result in disqualification.
4. All race numbers must be returned to the organisers. Retirees should return their numbers to officials at the fire station they stop at or if en-route, then at the next fire station. Failure to hand in your number will mean omission from the final results.
5. Competitors must walk 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.
6. Competitors must wear white clothing and 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 must wear reflective clothing.
7. Only one support vehicle is permitted per competitor on the closed roads. Support vehicles must display race numbers.
8. The race referees have the absolute power to withdraw any competitor deemed to be physically unfit to continue. The organisers reserve the right to disqualify any walker dangerously clothed and not wearing their numbers visibly
9. All competitors are required to reach Laxey Station by 19:00 hrs if they are to complete the final leg to Douglas

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