

THE RACE ROUTE

THE START

Starting at the Point of Ayre, and keeping to the right of the road, follow the A16 into Bride village. At the roundabout, bear right and take the A10 towards Jurby. Keep to the right hand side of this road and face oncoming traffic. Continue along this road passing through The Lhen and Jurby West, past the prison and on to:

Ballaugh Cronk

The Cronk is our first timing check point. The cut off time to reach the Cronk is 11am (3 hours). If you have not reached the Cronk by this time you will not be allowed to continue and will be retired from the race by the marshals.

At The Cronk, bear right and take the Orrisdale Road. Please note that as this is a very narrow stretch of road your back up vehicle will not be allowed to follow you on this section. There will be a drinks / refreshment station at the Cronk and again at Orrisdale.

Continue on this road and turn right at the 'T' junction signposted "Kirk Michael". Follow this road until another 'T' junction where it joins the A3. Turn right towards:

Kirk Michael

Follow the road through the village and, just after the Mitre public house, bear right taking the A4 towards Peel. Keep to the right on this busy road continuing through Glen Mooar and Knocksharry.

Peel

Upon entering Peel, turn right down Walpole Road. At the bottom of Walpole Road, turn right and continue walking on the right hand side all the way towards the rock face at the end of the promenade. Cross over to the sea-side of the promenade and walk along the promenade itself. There will be separate timing points for those finishing at Peel and for those continuing in the race. These will be marshalled. Those continuing in the race should proceed along the promenade. Leave the promenade near or at the zebra crossing and cross to the other side and continue on the left along the footpath towards the House of Manannan. At the House of Manannan, pass the Creek public house and, keeping to the left, walk up Station Hill and, at the top, turn right into Patrick Street.

Continue along this road, the A27, towards Glen Maye. This is a narrow and busy part of the course – obey the instructions of the marshals and/or the Police. Continue through Glen Maye and on towards St James church in Dalby. There is a timing checkpoint here and it is the last one before the finish. The time limit to reach Dalby is 3pm (7 hours) If you have not reached Dalby by this time you not be allowed to continue and will be retired from the race by the marshals.

From there, continue on through Eairy Cushlin until:

The Round Table

At this crossroads, turn right onto the A36 heading towards Port Erin.

Between 13:00 and 16:30, this part of the course will be one way for all vehicles from the Round Table crossroads heading in a southerly direction through to Ballakillowey.

Continue along this road, down the Sloc and through Ballakillowey and on to the roundabout. Cross over this roundabout when instructed to do so by the marshals and continue on this road, the A29, past Rushen church to:

Four Roads roundabout

When instructed to do so by a marshal, cross over this roundabout and continue along this road, past the Station Hotel and on to the crossroads by Port St Mary School. At the crossroads, turn right and head up Plantation Road, the A31. This road will take you through Cregneash village on to the finish line at The Sound.

SIGNING ON

This will take place at the **Manx Harriers clubhouse** at the National Sports Centre, Douglas perimeter road on **Friday 14th September 2018** between **17:00** and **20:00**. Someone else may sign-on on your behalf if you cannot make it yourself.

You will be issued with:

- Your race number which must be pinned to the front and back of your top and clearly visible at all times. Please note that your race number contains your timing chip, the number and chip are disposable so do not have to be returned after the race.
- One duplicate number which must be clearly displayed in your back up vehicle at all times.

PLEASE NOTE THERE WILL BE NO SIGNING ON AT THE START OF THE RACE

TRANSPORT

For those who have requested and paid for transport to the start:

The Douglas bus will depart from the Grandstand at 6.30am PROMPT. The Southern and West buses departure times will be confirmed at signing on.

The race will start promptly at 08:00 on Sunday 16th September 2018 at the Point of Ayre. Parking at the Point of Ayre will be directed by marshals. Please follow their instructions as to parking/setting down. Toilets will be available at the starting area and also in Bride village.

THE COURSE

A map of the route is downloadable from the e2e website -<http://www.endtoendwalk.org>. For safety reasons the following time restrictions will apply and it will be at the discretion of the race referee whether you will be allowed to proceed. Cut off times:

CUT-OFF TIMES

For safety reasons, the following cut-off times will be enforced by race marshals and judges.

Peel and Dalby will remain open until the time stated below for competitors finishing at those points.

Any competitor not reaching the time check points will have insufficient time left to complete the course by 18:00 and will be retired at the check point.

The Cronk 11.00

Peel **13:30 (14:00 FOR FINISHERS)**;

St James (Dalby) **15:00 (15:30 FOR FINISHERS)**;

The Sound **18:00**.

ROAD SAFETY

The organisers of this event wish to make it clear that the entire course is on open roads. Be sensible and consider other road users. No more than TWO WALKERS ABREAST. Please do not stray into the middle of the road when being passed refreshments from your back up vehicle. Back up vehicle drivers should have regard for other road users.

USE OF HEADPHONES

For road safety reasons it is advised that competitors do not wear earphones during the walk. If a competitor does wear earphones we recommend the in-ear bud style earphones. Noise cancelling over ear style head phones are not permitted. Any competitor wearing headphones and who does not hear the marshal's instructions, thus causing an accident this could result in the walk being stopped and the event being cancelled in the future.

Marshal's instructions must be adhered to at all times; failure by competitors to respond will result in disqualification.

CLOTHING AND DISPLAYING RACE NUMBERS

Your race number must be clearly displayed on the CHEST and BACK and worn as issued, that is to say it must not be cut, folded, defaced or otherwise concealed in any way. Please wear white or bright visible clothing. Marshals reserve the right to disqualify any walker not wearing suitable clothing.

ONE-WAY TRAFFIC SECTION

Please note the road between the Round Table cross roads and Ballakillowey will be one way for all vehicles in a southerly direction between **13:00** and **16:30**. This should assist us if there are inclement weather conditions between the Round Table and the Sloc. If weather conditions deteriorate to a degree that it is felt the race will have to be stopped early, in these circumstances the race will finish at a suitable point as decided by the Course Director. The Course Director's decision is final.

RETIREMENTS

Any competitor retiring from the race should remove his/her number and report to the nearest marshal. Please do not drop out of the race without notifying an official.

TOILETS

Toilets are located at: The start; Bride Village; Kirk Michael Village; Weather Glass Corner, Peel; Dalby Church; Sloc, Rushen Church and The Sound café.

WATER STATIONS (approximate distances)

Bride Village 2.7 miles
Blue Point 6.2 miles
Ballaugh Cronk 11.8 miles
Orrisdale 15 miles
Devils Elbow 18.5 miles
Creg Malin 22.1 miles
Glen Maye 26 miles
Dalby 27.7 miles
Eairy Cushlin 29.3 miles
Cronk ny Arrey Laa 31 miles
Sloc 33.5 miles
Finish 39.22 miles

There is a field for use as off-road parking at the finish due to there being limited parking at the Sound Cafe. Please follow marshals' instructions. The safety of the walkers is paramount.

PRESENTATION

The presentation will be held on **Wednesday, 19th September 2018, at 19:00** in the Manx Legion. Trophies to all age groups and team prizes for the first men's, ladies and mixed team who complete the furthest combined distance in the fastest time. Certificates will be given to all competitors who attend. A buffet will be provided and bar facilities will be available. Please come along and have a relaxing evening and a chat with your fellow competitors.

RESULTS

A full list of results etc. will be published at the following website: www.endtoendwalk.org and there will be articles / news / pictures at www.manxathletics.com and on our IOMVAC web site www.iomvac.co.uk. Race results will be available on line at www.manxtimingsolutions.com.

We hope you have an enjoyable walk and look forward to seeing you at the prize presentation social evening. Good luck.

THE RULES OF RACE WALKING

The End 2 End Walk is held under permit issued by the Race Walking Association as a Category B Event.

Definition of Race Walking as per IAAF rule 230: "Race walking is a progression of steps so taken that the walker makes contact with the ground, so that no visible (to the human eye) loss of contact occurs. The advancing leg shall be straightened (i.e. not bent at the knee) from the moment of first contact with the ground until the vertical upright position."

In Category B races (which the End 2 End walk is) the knee part of the definition is relaxed and compliance with the contact part of the definition only is required.

Judges will apply the 'two warnings with a final disqualification ruling'. However in the case of a flagrant breach of the rules then a judge may disqualify a competitor without any prior warnings.

All competitors will be judged equally under the rules.

PRIZE CATEGORIES - trophies will be awarded for:

- 1st, 2nd and 3rd man, 1st, 2nd and 3rd lady,
- 1st, 2nd and 3rd man, 1st, 2nd and 3rd lady (both finishing at Peel)
- 1st man U20 and 1st lady U20 (both finishing in Peel),
- Best First Time Finisher;
- Most improved Finisher (based on previous finishes on the current, western course);
- Youngest Finisher (this applies to competitors aged 20 or over on the day of the race);
- Oldest Finisher
- Male team
- Ladies team
- Mixed team
- There will be trophies for the winner of each age group for both men and ladies.

TEAM ENTRIES - The Team Entry rules are:

- A maximum of 4 in any team.
- A maximum of 2 previous End 2 End finishers (on the current, western course) in any team.

The team categories are:

- Men;
- Ladies;
- Mixed;

The winners of each category are calculated by:

- Adding the distances walked for each team member regardless of which timing point they finish at; and
- Adding the times of each team competitor for a 'team' total time.
- The winners will be the team which covers the furthest distance in the fastest time

Please note that a competitor can only be a member of one team