

# The Ramsey Bakery End to End Walk 2010

Promoted by the Isle of Man Veteran Athletes' club

## THE RACE ROUTE

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### 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

At The Cronk, bear right and take the Orrisdale Road. The **20K** finish is approximately 1½ miles along this road. There is a dibbing point here and it is well signposted and marshalled.

**THIS IS A VERY NARROW STRETCH OF ROAD. PLEASE REQUEST YOUR BACK UP DRIVER NOT TO FOLLOW YOU ON THIS SECTION. A DRINK STATION WILL BE SITUATED AT BALLAUGH CRONK AND AT ORRISDALE.**

**IF YOU DO DECIDE TO FINISH AT THE 20K POINT, YOUR SUPPORT CAN MEET YOU 300 METERS FURTHER ON WHERE THE ROUTE COMES TO A 'T' JUNCTION CLOSE TO THE A3 AT KIRK MICHAEL.**

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 dibbing points for those finishing at Peel and for those continuing in the race.

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 Mannannan. At the House of Mannannan, 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.

Continue through Glen Maye and Dalby and on towards Airy Cushlin. There is a dibbing checkpoint here. From there, continue on until:

### The Round Table

At this crossroads, turn right onto the A36.

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

There will be a dibbing point at the 50 Kilometres mark.

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 the road, past the Station Hotel and on to the crossroads.

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.

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## IMPORTANT INFORMATION

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### SIGNING ON

This will take place at the [Manx Harriers clubhouse](#) on the National Sports Centre, Douglas perimeter road on **Friday 24<sup>th</sup> September** between 17:00 and 20:30.

Someone else may sign-on on your behalf.

You will be issued with:

- Your race number which must be pinned to the front of your top and clearly visible at all times.
- One duplicate number which must be clearly displayed in your back up vehicle **at all times.**
- An Electronic dibber which must be placed around your neck using the lanyard provided. **Full instructions for using the dibber will be given at registration. You will be responsible for returning the dibber. Failure to do so will result in a fine of £30 to cover the cost of the unit.**

**PLEASE NOTE THERE WILL BE NO SIGNING ON AT THE START**

### 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 the signing on.**

### START

The race will start promptly at **08:00** on **Sunday 26 September 2010** 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.**

### 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: **Peel 14:00; Eairy Cushlin 15:45; The Sound 18:00.**

### ROAD SAFETY

**The organisers of this event wish to make it abundantly clear that the entire course is on open roads. Be sensible and consider other road users. No more than TWO WALKERS AHEAD. 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.**

### EARPHONES

For road safety reasons it is **advised** that competitors do not wear earphones during the walk. If a competitor does wear earphones and 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 must **NOT** be cut, folded 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 **13:30** 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 Eairy Cushlin. The Course Director's decision is final.

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## RETIREMENTS

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

## TOILETS

Toilets are located at:  
Bride Village;  
Kirk Michael Village;  
Weather Glass Corner, Peel;  
Dalby Church;  
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;	Eairy Cushlin 29.3 miles;	Cronk ny Arrey Laa 50Km;
Sloc 33.5 miles.		

## PARKING AT THE SOUND

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 29 September 2010** at the Masonic Hall, Woodbourne Road, Douglas at 19:30. Trophies to all age groups including first Centurion and team prizes for the first men's, ladies and mixed team who complete the furthest combined distance in the fastest time. Coasters to all finishers. Certificates to all who finish within the time limit. A light buffet will be provided to all competitors. 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](http://www.endtoendwalk.org) and there will be articles / news / pictures at [www.manxathletics.com](http://www.manxathletics.com) and on our IOMVAC web site [www.iomvac.co.uk](http://www.iomvac.co.uk).

Race results will be available on line at [www.manxtimingsolutions.com](http://www.manxtimingsolutions.com).

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

## RACE RULES

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The End 2 End Walk is held under IAAF Category B Event rules.

Rule 230 - Definition of Race Walking: "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.

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## TEAM ENTRIES

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The Team Entry will change this year to make it easier to enter. The criteria will be:

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

The team categories will remain the same:

- Men;
- Ladies;
- Mixed
- Under 21

NB. The Under 21 team race will finish at Peel

On the entry form, there is a space to put your team name.