

The 2015 Tower Insurance Isle of Man Open 100 Mile Race Walk and supporting events

You must read (and be sure you understand) all of the rules before you enter The 2015 Tower Insurance Isle of Man Open 100 Mile Race Walk.

If you do not agree with the rules and information you should not enter. Once you have entered there will be no refund of entry fees under any circumstances and your entry is not transferable to any other person. If you fail to comply with the rules you may be disqualified without warning from the event. If you require clarity on any of the rules you should contact Steve Taylor (Race Secretary) at least one month before the entry deadline on July 31st 2015.

The organisers reserve the right to cancel the event, change the course or introduce any additional rules that are deemed by the organisers to be necessary for the safety and enjoyment of the walkers. The organisers will not be liable nor responsible in any way whatsoever for any bodily injury or damage to property arising out of the race.

Age limits: 100 and 50 miles events are open to anyone who has reached the age of 20 years on the day of the race. The 20 mile event is open to anyone who has reached the age of 17 years on the day of the race.

No running or jogging is allowed. The event is held with a Race Walking Association Category B permit which allows the judging rules to be relaxed with only the contact part of IAAF rule 230 being applied. The use of poles and any artificial aids are prohibited.

Headphones - these are allowed to be worn but must be "in ear" style only and present in only one ear. Walkers must be able to hear and respond to officials instructions / directions or face disqualification.

High Visibility vests must be worn between the hours of 9pm and 6am, these times may be changed and is dependent on the weather.

Time Limits - Walkers competing in the 100 miles must reach 50 miles within 12 hours and 75 miles within 18 hours in order to be allowed to continue past these points. Walkers competing in the 50 miles have a maximum of 15 hours to complete the course. Walkers in the 20 mile event have a maximum of 6 hours to finish.

Pacing i.e. an attendant walking or cycling with a competitor is not allowed. Pacing will result in disqualification. Attendants must not walk or run alongside competitors when supplying refreshments, competitors should collect their refreshments from the designated feeding stations and dispose of any waste in the bins provided along the course.

Attendants who by their actions fail to ensure the safety of any competitor or who impede the progress of any competitor may result in their own athlete being disqualified from the event.

Race numbers must be unaltered and displayed front and back on the outer layer of clothing above waist height at all times and must not be obscured by waterproofs or rucksacks.

The route must be followed as laid down by the organisers and all officials and marshals instructions are to be obeyed.

Registration for the 100 and 50 mile events will take place in Castletown Civic Centre between the hours of 10am and 1pm on Saturday 15th August. Registration for the 20 mile event will take place between 7am and 7.45am on Sunday 16th August.

All timing chips are to be returned after the event. Failure to do this will incur a £25 penalty that will be taken from the payment card that was used to enter the event.

Car parking for competitors and support personnel is located in the S100 paddock. Please refer to route map or follow directions on the day.

The Race Referee and Medical Personnel have the absolute power to withdraw any competitor deemed to be physically unfit to continue. A certificate of medical fitness may be requested by the Race Referee prior to the event.

All entries must be made before 23.59 on July 31st 2015.

Photographs and entry data may be used for promotional purposes.

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