

Tower Insurance 100 Mile Walk and 20 Mile Walk

Here's further information and instructions from the Local Organising Committee:-

Website: www.isleofman100milewalk.co.uk

Facebook: <https://www.facebook.com/groups/550275208327422/>

Entry List and Results: <http://my.raceresult.com/112940/>

Registration: For both the 100 and 20 mile walks - On Friday, 16th August 2019, 7pm to 9pm, or on Saturday 17th between 10am and 1pm, in Castletown Civic Centre (located near the Start of the Course, just a short distance to the West of the Market Square). Please take the opportunity to confirm your Club, if any. We'll be delighted to see you in person, but other people will be allowed to collect your goodie bag and race number on your behalf. The Friday evening is also an informal reception, serving tea and coffee, and competitors will have an opportunity to ask the Organising Committee any questions they may have.

Race Numbers: Front (contains Race timing chip) and rear, both numbers need to be worn and visible at all times. Fill out details in medical section on the rear of the number.

Parking: NO vehicles to be parked on the Course during the event period (12pm Saturday to 3pm Sunday). Course Roads fully closed to motor vehicles 1.15pm Saturday to 2.30pm Sunday. Limited parking in long-stay public car parks e.g. just to the Southeast of the Market Square, and allocated areas e.g. at Victoria Road School (near Turning Point 1 at the Northern end of the Course). Further parking at Castle Rushen High School (CRHS) off Arbory Street, which is short distance along from the Western corner of the Course.

Support: The Support Area is in Market Square. We will be erecting gazebos and tables for competitors to use. The official feed station will be in front of the Civic Centre where we will provide water, tea, coffee, and a basic choice of bite size grab food / fruit. However, we recommend that you make your own arrangements if you have specific food & energy gel / drink requirements etc.

First Aid cover is also provided, with a recovery area in the Civic Centre, and a limited massage service at times.

Facilities: Toilets – as shown on the Course Map (see below). Further toilets, with showers available at the Southern Swimming Pool (near CRHS) plus a cafe open 8:30am to 4:30pm. The pool has free Wi-Fi, and there's also public Wi-Fi available in the Market Square and Civic Centre areas.

www.southernswimmingpool.im www.castletown.gov.im

Start Times in Castletown Market Square: -

100 Mile Walk – at 2pm on Saturday 17th August. 20 Mile Walk – at 8am on Sunday 18th.

Please Note: Headphones are allowed. Noise curfew – 11pm on Saturday to 7:30am on Sunday.

Hi-Visibility clothing is recommended, as is an armband light & headlamp at night although arrangements have been made for the streetlights to remain on.

Presentations: From approximately 14:30 on Sunday afternoon in Market Square. Race Certificates will be available online after the results are finalised.

