



manx telecom parish walk 2019

saturday 22nd & sunday 23rd june



make the most of your parish walk experience!

1 send your photos to Facebook

During the course of the **2019 Parish Walk**, a team of official volunteer photographers will be taking pictures of you around the course. Your personal images will be identified using unique **Pic2Go** barcodes on your race number and will then be uploaded using the **Manx Telecom** 4G mobile broadband network during the race to a personalised individual Facebook album.

To receive your Parish Walk images on the day please register your race number online at manxtelecom.com/parishphotos

When you sign up, you will need to log into your Facebook account and give the **Pic2Go App** permission to post your images using your race number. You'll also be asked to confirm the privacy setting on the album as part of this process.

2 find yourself after the event

After the event or if you aren't on Facebook, you will also have the opportunity to search by race number and purchase copies of your favourite photos from isleofman.in with profits going to charity.

3 share your **#ParishWalk2019** experience

Use the hashtag **#ParishWalk2019** when sharing images and updates from around the course, whether you're a spectator or a competitor, and we'll share our favourites on the Parish Walk Instagram feed **@theparishwalk!**



A Welcome from the Race Director

Welcome to the 2019 Manx Telecom Parish Walk. The "Parish" challenge, as always remains the same, finishers must cover 85 miles, visit 17 parish churches and return to Douglas Promenade before the 24 hour deadline. It is a true test of endurance and mental strength for those who finish the full course of which there were 184 last year. However every walker can set their own target of one of the intermediary churches and all who achieve their target are winners in their own right. It is gratifying to see such a good entry this year of 1620, a figure well up on recent years.

2018 saw a return to form for race winner Richard Gerrard who came home first in a time of 15 hours, 25 minutes and 9 seconds. This was Richard's 5th win of the Parish and he saw off the challenge of 2017 winner Liam Parker with a commanding performance. Richard has been given the number one vest as he returns to start line to defend his title and Liam has been seeded number 2. Bernie Johnson continued the trend of new names on the Boundary Harriers Cup by winning the Ladies section in a time of 17 hours, 37 minutes and 12 seconds, which was good enough for 12th place overall. Bernie will be toeing the line again as she attempts to best the other ladies. All previous full distance finishers are seeded 1 to 226. Look out for a walker at the front end of the race wearing a high number as he / she may be the best first time finisher and in line to win the Millennium Shield for the best local newcomer.

The Manx Harriers welcomes Manx Telecom as the main sponsor of the Parish Walk. They have shown tremendous support for the event since becoming the headline sponsor in 2012 having sponsored the electronic timing since 2007. This steadfast support both technical and financial has allowed us to develop the race into the largest participation event on the island. We are constantly looking to improve the experience for all the walkers and this year we are providing a video clip of every finisher as they cross the line. These videos will be attached to the results page and easily downloaded.

This years race will be the 25th that I have headed up the organising committee. I completed the Parish in 1994 when there were only 11 finishers from an entry of 231. How things have changed since that time.

But one thing has remained constant and that is the incredible sense of elation that all the walkers have when they have reached their goal or the finish line on Douglas Prom. One very sad change to our team this time is the loss of Geoff Walmsley who died in December. Geoff was a tireless worker and jovial member of the committee. We miss him acutely and the committee extend their condolences to Sylvia and all the family.

Colebourns are kindly supplying the plasma screens for relaying race information as it happens at the finish line on Saturday night. Intersport have kindly helped with the prizes again this year. Our feed station sponsors are Barclays Bank, 3FM, Zedra, Shoprite, Hospice, Mann Vend, SMP, KPMG, IOM Creamery, Zurich, DQ Advocates, Thomas Miller, Paragon, PWC, Hamblin, Up and Running, Poker Stars, Rushen Round Table, IQEQ, Applebys, Estera, Arthritis Care, The Isle of Man Bank, Canada Life and the IOM Business Network. Davisons Manx Dairy Ices will at Peel and ELS Ltd will be providing professional event production for the presentation evening at the Villa Marina on June 25th. Manx Radio will be providing up to date coverage of the race as it happens. Thank you to all of them.

We acknowledge the help that we receive from the Tourism Events, the Civil Defence, the Coast Guard, the Police and St John Ambulance.

I personally would like to thank the members of the organising committee, Liz Corran, Karen Kneale, Debbie Surgeon, Allan Callow, Martin Lambden, Winston Liu, Kevin Walmsley, Allan Bell, Jock Waddington, Adam Killip, Geoff and Rachel Quayle, John and Joan Ryder all of whom have selflessly given up so much of their time over the past 12 months.

Finally a big thank you to all the officials, marshals, checkers-in and all those members of the public who come out every year to make the Parish Walk the unique experience that it is.

To all the competitors please read and observe the rules carefully and obey the marshals' instructions as they are there for your own safety.

Good luck and enjoy your Parish Walk.
Raymond Cox Race Director.

Advice for support drivers

1. Display your numbers clearly on the front and rear windscreens.
2. The following roads will be **CLOSED** for **ALL** traffic:
 - **A1 from Union Mills to Crosby**
 - **The Cleaynagh Road**
 - **The Orrisdale Road**
 - **Derby Road, Peel**

Plan your route!

3. The following roads are **ONE-WAY** only. These roads can be used for **PARKING** and **ASSISTING WALKERS** except where no stopping zones are in place (see below).
 - **The Glen Darragh Road**
 - **Braaid Roundabout to the Cleaynagh Road**
 - **The Oatlands Road**
 - **The Old Castletown Road**
 - **St Marks to Ballasalla Road**
 - **The Ballasalla to Ballabeg Road**
 - **Cross 4 Ways to Malew Church**
 - **Church Road Rushan**
 - **The Sloc Road**
 - **The Dalby Road (Round Table Road)**
 - **Church Street, Peel**
 - **Peel to Kirk Michael Road (from the Switchback junction)**
 - **Ballaugh Church to The Cronk**
 - **Jurby to Bride Road**
 - **Bride Roundabout to the junction with West Kimmeragh Road**
 - **The Dhoon to Laxey Road**

4. Do not stop on the **NO STOPPING ZONES** which are:
 - **Braddan Bridge to Union Mills**
 - **On the A26 St Marks Road between the Braaid Roundabout and the turn off for the Cleaynagh Road**
 - **On the Castletown Road from the junction of the Cleaynagh Road to the junction with the Oatlands Road**
 - **On the Castletown Road from the junction of the Old Castletown Road with the junction with the Orrisdale Road**
 - **On the St Marks to Ballasalla Road from the junction with the Orrisdale Road to Ballasalla**
 - **The T Junction at Ballabeg to Ballagawne Road**
 - **On the A27 from Eairy Cushlin to the end of the one way system at the Ballcallin**
 - **Glen Maye from the hairpin bend to Glen Maye Park**
 - **Kirk Michael from the Mitre Pub to the Filling Station**
 - **Bride Roundabout to the junction with West Kimmeragh Road**
 - **On Church Road, Lonan from the Junction with the A2 to Croit E Quill Road**
 - **On the A2 Lonan from the junction with Church Road coming out of Lonan**

Stopping to assist walkers along these areas is forbidden. There are many feed stations provided along the early part the course.

See map on centre pages and traffic plans on pages 23 to 26.

5. RUSHEN. There is a traffic flow system in place at Rushen Church. Please follow the signs for "Parking" if you want to go to the Church. Otherwise follow "Through Traffic" signs to continue up to the Sloc by passing the Church.
SEE PLAN ON PAGE 23
6. PEEL. There is a traffic flow system in place at Peel.
Please follow the diversion signs.
SEE PLAN ON PAGE 26.
7. Stop only where you can park **SAFELY**. Be aware of road junctions and dangerous bends.
8. Do not attempt to drive alongside or behind walkers.
9. Be aware of safety of other walkers and road users.
10. Do not leave litter or discard food waste. Take home all your litter or use the appropriate bins.
11. Switch on hazard lights when parked on the road.
12. Support crew must wear **high- viz reflective clothing** from Ballaugh onwards (although recommended to be worn at all times). Reflective bibs are on sale at the check in.
13. Do not make excessive noise in residential areas during the night.
14. Pace making is not permitted.
15. Car numbers to be displayed at all times.
16. Camper vans and larger vehicles will not be permitted on restricted roads.

Failure to adhere to the rules can incur your walker time penalties or disqualification!

Toilet Locations

Toilets will be at the following locations around the route

- The Start – NSC
- Marown School Car Park
- Cleaynagh Road
- Oatlands Road
- Santon Church Road
- Orrisdale Road
- Ballasalla Commissioners
- Abbey Church Hall
- Malew Church
- Arbory Church
- Arbory School
- The Colby Glen Hotel
- Rushen Parking Field
- Rushen Church
- Ballakillowey Picnic Area
- Bottom of the Sloc
- Top of the Sloc
- Round Table
- Eairy Cushlin
- Dalby Village
- Glen Maye
- The Raggat
- Peel Town Hall
- Peel Headlands
- Devils Elbow
- Kirk Michael
- Bishops Court
- Ballaugh
- Jurby Church
- Bride
- Andreas Village and Church
- Lezayre
- Ramsey Masonic Hall
- Ramsey Commissioners
- Maughold Village
- Glen Mona Pub Car Park
- Dhoon Glen
- Laxey Village
- Onchan Church
- Port Jack
- Finish

The lighter side of the Parish Walk

Since the number of entrants in the Parish Walk really began to take off in the mid-1990s, the popularity of the event has grown exponentially and today it seems impossible to imagine this classic occasion taking place without the huge amount of community input it now enjoys, involving many thousands of people whether they are walking, marshalling, supporting or spectating.

In recent years, there has also been a growing trend for some competitors to take part in fancy dress, whether in aid of a specific cause or simply for fun. This is perhaps partly inspired by events such as the London Marathon, which has a much higher percentage of people taking part dressed-up, although given how much flatter the London Marathon route is than the Parish Walk, it is probably not surprising that not too many people have decided to take on the challenge of walking over undulating terrain whilst weighed down by a heavy (and probably rather warm) costume.

Having said that, a look back at the archives over the last few years reveals a variety of interesting costume choices, and a few stand out in particular.

Marcia Brabbs made a bold statement in 2011 by taking part in pink high-heeled shoes to raise funds for charity, walking the 11 miles to Santon church in a time of 3 hours and 12 minutes, which is a significant effort.



In 2013 the 3-man bob team 'Cool ny Rhunnings' of David Horisk, Paul Kennish and Matt Cannell walked to Peel to raise money for Hospice in a fantastic recreation of the hit 1993 film 'Cool Runnings' although the

temperature in those outfits would have been anything but cool!



The following year saw a hat-trick of very respectable efforts on the costume front. Joanne Crellin aka Superwoman must have needed superhuman endurance, but she walked to Peel in a shade over 9 hours. Although the lack of race number makes it impossible to be certain, an educated guess is that the gentleman in the jester's hat is Roger Cave, who reached Peel in just over 8 hours. Completing the repertoire is the doubles pairing of Steven Quinn and Al Graham (on the right with the orange bandana) who had both previously finished the event but were content with Peel this time around.



More recent years appear to have been slightly leaner in terms of alternative dress but Owain Flanders and Alex McGowan made a fruity choice by taking part as bananas in 2017. Both made it to Peel, which was a super effort considering that the temperature on the Sloc on that day was well above 20 degrees Celsius.



Who knows what is in store for us in 2019, but keep an eye out for some interesting costumes en route.



Perhaps there should be a prize for best fancy dress? After all, there is already a prize for best feeding station...

Geoff Walmsley and Henry Harvey

In the last 12 months the Parish Walk has unfortunately lost two individuals who have made huge contributions to the event over a great number of years.

Geoff Walmsley was an enthusiastic and valued committee member for a great many years. He was a jovial presence at registration, keen to share words of advice and encouragement. He was responsible for ensuring walker safety around the whole course, from the start at the NSC, through the hours of darkness right to the finish. Geoff very sadly passed away at the end of December and is very much missed.

Henry Harvey, a true pioneer of the sport who took part in the 1960 Parish Walk (which marked the beginning of the event as we know it today) very sadly passed away in April this year at the age of 85. Henry won the event three times (in 1961, 1962 and 1964) setting a best time of 16:21:06 when winning the event for the third time.

The Parish Walk Committee expresses its sincere condolences to the family and friends of Geoff and Henry.

**PLEASE USE THE
RUBBISH BINS
AROUND THE
ROUTE OR TAKE
YOUR LITTER
HOME WITH YOU**



Race Officials

Race Director: Raymond Cox

Chief Timekeeper: Bridget Kaneen

Chief Judge: Steve Taylor

Judges: Raymond Cox, Jock Waddington, Winston Liu, Karen Kneale, Bridget Kaneen, Liz Corran, Kevin Walmsley and Alan Callow

Starter: Sylvia Walmsley

Race Referees: Raymond Cox and Kevin Walmsley

Course Director: Kevin Walmsley

Assistant Course Directors: Martin Lambden, Debbie Surgeon, John Ryder, Joan Ryder, Allen Bell and Geoff Quayle

Race Secretary: Liz Corran

Results Secretary: Karen Kneale

T-Shirt Design: Steve Partington

Chief Marshal: Winston Liu

Course Marking: Allan Callow

Electronic Timing: Manx Telecom and Manx Timing Solutions.

Information Screens: Colebourns

Media Partner: Manx Radio

Equipment Supplied by: Civil Defence

Media Manager: Jock Waddington

Social Media Director: Adam Killip

Statistician: Rachel Quayle

The Manx Harriers would like to thank the police, The N.S.C., the Vicars and Church Wardens, St, Johns Ambulance, Isle of Man Coastguard and all whom have helped to make this event possible.

Prize Presentation

7.00 P.M. at Villa Marina, Douglas
on TUESDAY 25th JUNE



Overall Winner:

I.O.M. Parish Walk Cup presented by:
Manx A.A.C.

Best Lady Finisher:

Boundary Harriers Cup presented by:
Boundary Harriers AC

Best Finish by Local Newcomer:

Millennium Shield presented by:
Ray Hughes

Most Improved Performance:

MSM Trophy presented by: Craig Hodgson

U21 Mens Winner to Peel:

Parish Walk Junior Trophy presented by
the late Murray Lambden

U21 Ladies Winner to Peel:

John Quilliam Cup presented in memory of
John Quilliam

Overall Team Winner:

Boundary Harriers Cup presented by
Boundary Harriers A.C.

Ladies Team Winner:

Castletown Ale Drinkers Bowl presented by:
The Castletown Ale Drinkers Society

Merit Award:

£100 Manx Telecom shop voucher

MT Corporate Challenge:

£100 Manx Telecom Shop voucher for
each team member

Edwin Dennis
SIGNS & GRAPHICS

T. 624248 M. 497284
E. sean@edwindennis.com

Ballacottier Road Hillberry Onchan IM4 5BJ

Past Winners

1960	Stan Cleator	19.50.30	1995	Brian Ashwell	16.37.47
1961	Henry Harvey	17.10.17	1996	Lee Cain	17.26.29
1962	Henry Harvey	16.25.40	1997	Chris Flint	17.36.40
1963	Joe Brown	17.04.09	1998	Richard Brown	15.59.44
1964	Henry Harvey	16.21.06	1999	Chris Flint	17.07.46
1965	No Race		2000	Peter Kaneen	16.59.54
1966	No Race		2001	Robbie Callister	16.59.27
1967	Albert Johnson	15.54.51	2002	Robbie Callister	16.34.30
1968	Leece Kneale	16.05.52	2003	Peter Kaneen	15.26.07
1969	Ian Hodgkinson	17.11.25	2004	Robbie Callister	15.26.31
1970	Dudley Seddon	17.21.49	2005	Robbie Callister	15.24.24
1971	Graham Young	15.43.12	2006	Sean Hands	14.47.36
1972	Derek Harrison	16.19.15	2007	Robbie Callister	15.36.47
1973	Derek Harrison	16.36.04	2008	Jock Waddington	15.44.43
1974	John Dowling	16.40.07	2009	Jock Waddington	15.45.56
1975	Ted Warner	18.49.52	2010	Jock Waddington	15.18.06
1976	John Cannell	17.28.12	2011	Jock Waddington	15.01.48
1977	Steve Gardner	19.11.01	2012	Vinny Lynch/Richard Gerrard	14.42.32
1978	Murray Lambden	16.19.37	2013	Michael George	14:44:49
1979	Derek Harrison	15.20.51	2014	Richard Gerrard	15:15:20
1980	Derek Harrison	16.13.10	2015	Richard Gerrard	14:40:08
1981	John Cannell	16.15.11	2016	Richard Gerrard	15:31:43
1982	John Cannell	15.59.33	2017	Liam Parker	15:36:59
1983	John Cannell	16.31.38	2018	Richard Gerrard	15h25:10
1984	Derek Harrison	16.10.17			
1985	Willie Corkill	16.29.31			
1986	Willie Corkill	17.03.45			
1987	Willie Corkill	16.58.33			
1988	Martin Lambden	17.12.01			
1989	Charlie Weston	18.17.55			
1990	Gordon Vale	17.55.10			
1991	Charlie Weston	17.46.58			
1992	Graham Young	16.38.27			
1993	John Cannell	16.11.11			
1994	John Cannell	16.13.46			

Records

FASTEST TIMES:	TIME	YEAR
Overall Winner		
Richard Gerrard	14:40:08	2015
Ladies		
Karen Chiarello	15.53.44	2017
Under 21 Men		
Alex Eaton	05:44:58	2014
Under 21 Ladies		
Anna Hall	06:35:55	2017

2018 Award Winners

Overall Winner IOM Parish Walk Cup	Richard Gerrard (Record Holder)
Best Lady Finisher Boundary Harriers Cup	Bernie Johnson
Best Local Newcomer Millennium Shield	Juan Kinley
Most Improved Performance MSM Trophy	Paul Sayle
Under 21 Men Parish Walk Junior Cup	Connor Gilbert
Under 21 Ladies John Quilliam Cup	Anna Hall
Merit Award Manx Telecom Trophy	Julian Thomas

Overall Team Winner
Boundary Harriers Cup
Team Name: Easy Does It: Dale Farquhar, Michael Bonney, Luke McKinley and Paul Nolan

Ladies Team Winner
Castletown Ale Drinkers Bowl
4SWs: Nikki Taylor, Jess Kitchen, Sharon Blackley, Thenral Anand

Ladies Under 21 Team:
MT Trophy
Team Name: Plan.com: Sian Mellor and Olivia McKee

Mens Under 21 Team:
MT Trophy
Team Name: Marksies Muckers:
Michael Nolan and Juan Moore

MT Corporate Challenge
Team: Capital International Limited:
Pete Miller, Andy Payne, Rory Dearden,
Nicholas Kohne

SHARE THE ROAD SAFELY TOGETHER



DO YOU KNOW WHAT'S AROUND THE NEXT CORNER?

FOR EVERYONE'S SAFETY THINK AHEAD!



Gold Award under 18 hours

1	Richard Gerrard	15h25:10
2	Liam Parker	16h00:53
3	Pete Miller	16h14:29
4	Noel Ash	16h19:15
5	David Vandercoilden	16h21:47
6	Kevin Edwards	16h50:04
7	James Quirk	16h57:58
8	Robbie Callister	17h02:34
9	Tony Edwards	17h09:01
10	Dale Farquhar	17h25:42
11	Richard Leigh	17h27:27
12	Bernie Johnson	17h37:18
13	Lee Johnson	17h39:50
14	Michael Bonney	17h42:38
15	Ewa Kowalewska	17h45:24
16	Chris Cale	17h50:56

Silver Award 18 - 21 hours

17	Alan Cowin	18h07:16
18	Paul Sayle	18h14:06
19	Karen Lawrie	18h24:33
19	Tony Mackintosh	18h24:33
21	Tony Holgate	18h24:47
22	Maureen Moffatt	18h42:40
22	James Bassett	18h42:40
24	Juan Readshaw	18h47:08
25	Andrew Titley	18h49:06
25	Juan Kinley	18h49:06
27	Werner Alberts	18h53:01
28	Heather Melvin	19h20:25
29	Michael Osborne	19h31:49
30	Mark Hemsall	19h32:57
30	Sophie Dvorakova	19h32:57
32	Louise Smith	19h38:16
32	Tristan Shields	19h38:16

If you retire at a church your timing strip will be cut through the middle to disable it.

If you stop en-route to a church then simply remove and cut your front number and send a text to 07624 348328 to let us know that you have retired.

34	John Mc clafferty	19h43:21
35	Stephanie Burton	19h53:41
36	David Anderson	19h56:44
37	Shaun Kelly	19h59:24
38	Steve Pevsner	20h00:27
39	Luke McKinlay	20h02:15
40	Kathryn Prince	20h05:23
41	Kenny Valera	20h10:05
42	Viv Avery	20h16:22
43	Julian Thomas	20h22:21
43	Hattie Thomas	20h22:21
43	Louise Thomas	20h22:21
43	Megan Thomas	20h22:21
47	Emma Buckley	20h24:41
48	Jimmy Corkish	20h32:27
49	Charlotte Hemensley	20h35:14
50	Rupert Crookshank	20h37:43
51	Suzannah Corkill	20h40:41
52	Mike Crompton	20h41:29
53	Andrew Payne	20h41:45
54	Gary Spencely	20h43:00
55	Angela Martin	20h46:46
56	Rachel Gawne	20h47:09
57	Aaron Curphey	20h47:11
58	Gabriel Farmer	20h50:48
59	Berti Convery	20h52:19
60	Michael Lyall	20h52:57
61	Alison Kenyon	20h54:13
62	Lee Darbyshire	20h55:41
63	Mat Majsiki	20h55:59
64	John Struthers	20h58:22

Bronze Award over 21 hours

65	Alan Brew	21h02:32
65	Stephen Brew	21h02:32
67	James Mckelvey	21h05:09
68	Ryan Downey	21h07:03
69	Kaysee Craine	21h07:13
70	Adam Cowin	21h08:14
71	Jonathan Hall	21h14:30
72	Claire Jackson	21h15:33
73	Damian Bird	21h16:22
74	Mkubwa Ziad	21h28:15
75	Frank Feeney	21h30:16
75	Trevor Newton	21h30:16
77	Sarah M Cain	21h33:56
77	Carole Kelly	21h33:56
77	Pauline Taylor	21h33:56
80	Oliver Chrzanowski-Smith	21h40:21
81	Zoe Lambie	21h41:13
82	Bernadette Devlin	21h43:52

83	Hannah Duke	21h44:54	133	Ann-Marie Clucas	23h00:22
83	Helen Newbery	21h44:54	135	Martin Whitehouse	23h00:43
85	Sam Games	21h45:12	136	Martin Cowan	23h01:09
86	Alan Teare	21h47:24	137	Peter Wiblin	23h03:01
87	Allan Lund	21h50:49	138	Colette Johnston	23h05:42
88	John Constandinou	21h53:28	138	Edward Clague	23h05:42
89	Robin Crellin	21h53:53	140	Sophy Blakemore	23h07:43
90	Janna Kelly	21h54:20	141	Steven Welsh	23h09:57
91	Andrew Dent	21h55:21	142	Anée Du Toit	23h12:38
92	Gustav Rober	21h58:17	142	Liz Moore	23h12:38
93	Jane Oates	21h58:24	144	Kate Booth	23h13:30
94	Jane Jelski	21h59:09	144	Helen Turner	23h13:30
95	Paul Wheeldon	21h59:11	146	Julie Barlow	23h13:40
96	Craig Fletcher	22h03:52	147	Laura Clarkson	23h13:54
97	Stephanie Gray	22h04:39	148	Jenette Krejci	23h13:55
98	Colin Crennell	22h05:52	149	Gary Scott	23h15:53
99	Tony Arzt	22h09:44	149	Amanda Drabble	23h15:53
100	Lee Kewley	22h11:56	151	Alexander Cain	23h16:00
101	Mike Gellion	22h17:34	151	Tom Callister	23h16:00
102	Ben Lambden	22h19:02	153	Simon Brummitt	23h20:12
103	Darren Mealin	22h22:49	154	Matthew Mylchreest	23h20:56
104	Lisa Tummon	22h23:44	155	Andrew Wilkinson	23h22:00
105	Sarah Morgan-Jones	22h23:56	156	Paul McGilvray	23h24:07
106	Andrew Crosby	22h25:08	157	Lynn Strickland	23h24:34
107	Tristan Ringham	22h26:10	158	Garry Aslow	23h25:00
108	Andrew Joughin	22h27:52	159	Louise Radcliffe	23h25:55
108	Patrice Downey	22h27:52	160	Emma Gelling	23h29:41
110	Jade Craine	22h31:36	161	Michelle Barrett	23h30:02
111	Mark Lund	22h33:28	161	Roger Davies	23h30:02
112	Steve Cain	22h34:35	163	Hannah Moore	23h30:09
113	Rory Dearden	22h36:58	164	Deborah Smith	23h31:50
113	Daniel Hamill	22h36:58	164	Sharon Stevenson	23h31:50
115	Paul Jones	22h37:09	166	Jess Kitchen	23h32:45
116	Courtenay Heading	22h37:52	166	Nikki Taylor	23h32:45
116	June Melvin	22h37:52	168	Stephen Hanbidge	23h33:25
118	Patrick Bregazzi	22h39:43	169	Kevin Cleator	23h34:58
119	Danielle Coombes	22h43:44	169	Marcella Cleator	23h34:58
120	Jessica Perry	22h44:59	171	Brian McGuinness	23h36:53
121	Alan McCulloch	22h46:16	172	Conor McCaughan	23h37:22
121	Nigel Whitehouse	22h46:16	173	Lee Corlett	23h40:31
123	John Cooper	22h46:20	174	Herman Oberholzer	23h40:54
124	Ernie Radcliffe	22h47:56	175	Eleanor Duffy	23h41:41
125	Jane West	22h50:32	175	Emily Forbes	23h41:41
126	Miriam Garlick	22h51:14	177	Kate McDade	23h44:53
126	Anita Parnell	22h51:14	178	Sarah Wolter	23h46:30
126	Laura Corlett	22h51:14	179	Graighagh Hardinge	23h47:36
129	Corrie Thom	22h52:55	180	Angela O'Donnell	23h48:28
130	Michael Gillen	22h52:56	181	Steve Corkill	23h48:40
131	James McCaughern	22h57:25	182	Jayne Adams	23h49:45
131	Mike Devereau	22h57:25	183	Sinead Keane	23h51:07
133	Rebecca Stride	23h00:22	184	Nicolaas Willemsse	23h59:56

4/5s of a real team	Simon Corlett Davide Mazzone Mike Speakman Sam Williamson	298 427 510 544	Legless	Jimmy Ashworth Les Callow Carlo Parlato Jayne Simpson	237 583 101 136
Amici	Jennifer Cannell Molly Miller Lisa Smith Alexis Teare	212 1022 1103 1493	Let's Walk	Lee Cowin Bernie Johnson Lee Johnson Elizabeth Partridge	305 12 13 1431
Blister Sisters	Caroline Kelly Margaret Kelly Lisa Kinrade Sammie MacDonald	1351 1355 1365 1387	Manx Cancer Help A Team	Kate Hughes Chelsie Watterson	1336 1139
Canada Life 1	Stephen Edwards Vicky Lorimer	337 1000	Manx Cancer Help B Team	Sarah Callin Sharon Page Claire Quirk-Kermeen	216 1426 1074
Canada Life 2	Jessica Corlett Michele Davenport Brendan O'Connor	882 1258 727	Marksies 'A' Team	Maria Coldwell Siobhan Ellison Davina Kelly-Moore Catreena Moore	1228 1281 1359 1029
Canada Life 3	Miriam Garlick Daniel Heaton Matthew Shanahan	185 359 760	One for the road	Kesha Sayle Lynne Sayle Alan Teare	170 1466 46
Canada Life International 1	Sarah Bassett Julie Fletcher	168 1287	Organ Donation Isle of Man	Daniel Dickinson Connor Gilbert James Quirk David Walker	324 348 7 4
Cirque du Sore Legs	Marian Ashcroft Alyson Egan Samantha Kinrade Sarah Olsen	1157 1278 1367 1423	Pace the day	Michael Bonney Trevor Drinkwater	14 620
Coxless	Alexander Cain William Hann Gabiella Johansson Rob Piper	203 354 970 466	PwC A Team	Ian Clague Alan Isaac Adedeji Johnson	589 371 375
Felicità	Sofia Bianchi Veronika Borisova	833 1183	PwC B Team	Mike Davies Melissa Maharaj Jack Williamson	320 1391 543
Game of Soles	Jayne Farquhar Rebecca Greatbatch Bethany Kaneen Angela Martin	27 938 974 65	RL360	Steven Fox Richard Gerrard Chelsey Hall Paul Young	638 1 944 550
Hidden	Kristian Brown Tim Murphy Mike Shields Mark Talbot	576 723 498 784	Rosegarth	Colan Cassidy Zosia Raby Kealy Smethurst Sharon Thomas	279 1076 1101 1118

Shackleton's Explorers	Georgie Dempsey-Moore Sylvia Harrison	1261 180
Straight off the Couch	Liam Parker Diane Pope John Roberts Tristan Shields	2 1438 752 62
Support Team	Daniel Bion Erin Herbison Joshua Riordan Ellen Stewart	244 960 485 1106
Task UK A Team	Matthew Burrows Zack Dickson Stuart Morrison	262 326 446
Task UK B Team	Chris Rawlinson Paul Westhead	481 536
Team 208	Michael Crompton Steve Giddins	93 646
Team Cox	Caitriona Cox Patrick Cox Sosanna Cox Joshua Wade	888 1533 889 527
Team Tia One	Rachel Clennell Caroline Harris Tony Harris	1227 1311 355
Team Tia Two	Ian Moyer Patricia Slaughter Sarah Statham	721 1100 1480
Team Traction A Team	Stephanie Burton Matthew Corkill Sam Moffat	29 292 439
Team Traction B Team	James Teare Jordan Wood	786 1563
Utmost Wealth Solutions	Sophie Barraclough Samantha Curphey Rachel Quayle Liza Rycroft	824 899 1070 1090
Walking for Reo/Tamera	Kelly Charman Sammi Woods	1215 1147
Walking with Helen	Stephen Cletheroe Jordan Humes	200 367



manx radio
the nation's station

NEW SERIES
weekdays
2pm - 3pm

LATE LUNCH

with Beth & Christy

~ Starters ~

Life hacks & Sound Bites

~ Mains ~

Smorgasbord of live guests

Lifestyle tips

Family Favourites

~ Desserts ~

A scoop of skeet

~ Sides ~

Extra helpings in the Weekly Podcast

Plus a generous helping of community spirit

All served on a bed of uplifting music

from the Late Lunch Jukebox



#MRLateLunch



For full details check out the schedule at

manxradio.com

Find us on Facebook & Twitter or download the Smartphone app.



Race			Race		
No.	Name	Category	No.	Name	Category
1	Richard Gerrard Finisher Ten Times	Veteran Men	23	Emma Shilling Finisher Seven Times	Veteran Ladies
2	Liam Parker Finisher Seven Times	Men	24	Maureen Moffatt Finisher Thirteen Times	Veteran Ladies
3	Pete Miller Finisher Three Times	Veteran Men	25	Juan Readshaw Finisher Seven Times	Veteran Men
4	David Walker Finisher Six Times	Veteran Men	26	Kathryn Clough Finisher Four Times	Veteran Ladies
5	David Vandercoilden Finisher Once	Veteran Men	27	Jayne Farquhar Finisher Five Times	Veteran Ladies
6	Kevin Edwards Finisher Three Times	Men	28	Werner Alberts Finisher Four Times	Veteran Men
7	James Quirk Finisher Three Times	Veteran Men	29	Stephanie Burton Finisher Seven Times	Veteran Ladies
8	Robbie Callister Finisher Sixteen Times	Veteran Men	30	Sophie Dvorakova Finisher Once	Ladies
9	Mark Hempsall Finisher Four Times	Veteran Men	31	Tony Mackintosh Finisher Four Times	Veteran Men
10	Tony Edwards Finisher Four Times	Veteran Men	32	John Cannell Finisher Eight Times	Veteran Men
11	Richard Leigh Finisher Three Times	Veteran Men	33	Terry Moffat Finisher Ten Times	Veteran Men
12	Bernie Johnson Finisher Six Times	Veteran Ladies	34	Bonisile Nzama Finisher Five Times	Ladies
13	Lee Johnson Finisher Three Times	Veteran Men	35	Julian Thomas Finisher Fifteen Times	Veteran Men
14	Michael Bonney Finisher Eight Times	Veteran Men	36	Tom Melvin Finisher Three Times	Veteran Men
15	Ewa Kowalewska Finisher Four Times	Veteran Ladies	37	Andy Green Finisher Four Times	Veteran Men
16	Chris Cale Finisher Sixteen Times	Veteran Men	38	Martin Lambden Finisher Once	Veteran Men
17	Andrew Tittley Finisher Seventeen Times	Veteran Men	39	Jane Mooney Finisher Four Times	Veteran Ladies
18	Paul Sayle Finisher Twice	Men	40	David Cain Finisher Seven Times	Veteran Men
19	Karen Lawrie Finisher Eight Times	Veteran Ladies	41	Dick Callin Finisher Twice	Veteran Men
20	Stewart Jones Finisher Five Times	Veteran Men	42	Les Webb Finisher Three Times	Veteran Men
21	Tony Holgate Finisher Three Times	Veteran Men	43	David Chambers Finisher Eight Times	Veteran Men
22	James Bassett Finisher Three Times	Veteran Men	44	Marie Jackson Finisher Twice	Veteran Ladies



ENSC

COUCH TO 5K

WHEN: Every Wednesday - join at any time!

TIME: 6.00pm-7.30pm

WHERE: NSC Athletic Track & Raceway

COST: £1

REGISTER: NSC Outdoor Office (see below)



Check NSC
Facebook for
any weekly
venue updates



- Coaches will be on hand to help and support you.
- All participants must wear high-viz bib.
- Suitable trainers and kit are helpful, but not essential.

For more information contact either:

Lesley at Lesley.Patterson@gov.im / 686852

Christian at Christian.Varley@gov.im / 686813

Josh at Joshua.Green@gov.im / 662011



Race No.	Name	Category	Race No.	Name	Category
45	Mike Gellion Finisher Ten Times	Veteran Men	67	David Collister Finisher Thirty One Times	Veteran Men
46	Alan Teare Finisher Ten Times	Veteran Men	68	David Anderson Finisher Four Times	Veteran Men
47	Richard Highfield Finisher Three Times	Men	69	Stephen Caley Finisher Twice	Men
48	Stuart Gibson Finisher Three Times	Veteran Men	70	Hattie Thomas Finisher Five Times	Ladies
49	Ernie Radcliffe Finisher Six Times	Veteran Men	71	Shaun Kelly Finisher Twice	Men
50	Claire Coleman Finisher Three Times	Veteran Ladies	72	Steve Pevsner Finisher Four Times	Veteran Men
51	Simon Mellor Finisher Twice	Veteran Men	73	Martin Walters Finisher Twice	Veteran Men
52	Gabriel Farmer Finisher Five Times	Veteran Men	74	Kathryn Prince Finisher Three Times	Veteran Ladies
53	Craig Blenkinsop Finisher Twice	Veteran Men	75	Louise Thomas Finisher Nine Times	Veteran Ladies
54	John Anderson Finisher Twice	Veteran Men	76	Kevin Graham Finisher Six Times	Veteran Men
55	Jim Davidson Finisher Twice	Veteran Men	77	Viv Avery Finisher Twice	Veteran Ladies
56	Russell Walker Finisher Five Times	Veteran Men	78	Dudley Butt Finisher Five Times	Veteran Men
57	Courtenay Heading Finisher Seven Times	Veteran Men	79	David Williams Finisher Once	Men
58	Kellie Hands Finisher Twice	Veteran Ladies	80	Ned Bowers Finisher Five Times	Veteran Men
59	George Blair Finisher Four Times	Veteran Men	81	Emma Buckley Finisher Three Times	Veteran Ladies
60	Ben O'hare Finisher Four Times	Men	82	Tony Dugdale Finisher Twice	Veteran Men
61	Selwyn Callister Finisher Eight Times	Veteran Men			
62	Tristan Shields Finisher Twice	Men			
63	Ludmila White Finisher Twice	Ladies			
64	Paul Callow Finisher Three Times	Men			
65	Angela Martin Finisher Five Times	Veteran Ladies			
66	Dermot O'Toole Finisher Twenty One Times	Veteran Men			

If you retire at a church your timing strip will be cut through the middle to disable it.

If you stop en-route to a church then simply remove and cut your front number and send a text to 07624 348328 to let us know that you have retired.

Race No.	Name	Category	Race No.	Name	Category
83	Megan Thomas Finisher Five Times	Ladies	105	Susan Clements Finisher Three Times	Veteran Ladies
84	Raymond Harmer Finisher Twice	Veteran Men	106	Paul Jones Finisher Twice	Veteran Men
85	Alex Jones Finisher Once	Ladies	107	Lee Darbyshire Finisher Once	Veteran Men
86	Adie Kinrade Finisher Once	Veteran Men	108	Paul Jennings Finisher Five Times	Men
87	Bob Noonan Finisher Eight Times	Veteran Men	109	Paul Morgans Finisher Three Times	Veteran Men
88	Nicola Raven Finisher Four Times	Veteran Ladies	110	Melanie Jansen Finisher Twice	Veteran Ladies
89	Stephanie Gray Finisher Twelve Times	Veteran Ladies	111	Wang Xin Christian Finisher Twice	Veteran Ladies
90	Gary Lamb Finisher Twice	Veteran Men	112	Ed Burn Finisher Six Times	Veteran Men
91	Andrew Payne Finisher Once	Men	113	Rosie Snape Finisher Three Times	Veteran Ladies
92	Aaron Curphey Finisher Four Times	Veteran Men	114	Alison Crellin-Dodd Finisher Once	Veteran Ladies
93	Michael Crompton Finisher Twice	Veteran Men	115	Michael Crook Finisher Ten Times	Veteran Men
94	Julia Kiefer Finisher Three Times	Veteran Ladies	116	Jonathan Hall Finisher Three Times	Veteran Men
95	David Goldsmith Finisher Once	Veteran Men	117	Claire Jackson Finisher Seven Times	Veteran Ladies
96	Damian Bird Finisher Five Times	Veteran Men	118	Greg Nation Finisher Nine Times	Veteran Men
97	Rachel Gawne Finisher Three Times	Ladies	119	Paul Atherton Finisher Once	Men
98	June Melvin Finisher Nine Times	Veteran Ladies	120	Barbara Kniveton Finisher Twice	Veteran Ladies
99	Gareth Brolly Finisher Eight Times	Veteran Men	121	Bernie Haywood Finisher Once	Veteran Ladies
100	Lorna Gleave Finisher Once	Veteran Ladies	122	Abigail Neill Finisher Three Times	Ladies
101	Carlo Parlato Finisher Once	Veteran Men	123	David Griffiths Finisher Once	Veteran Men
102	Suzy Parker Finisher Twice	Ladies	124	Katy Craig Finisher Twice	Veteran Ladies
103	Steve Parker Finisher Twice	Veteran Men	125	Trevor Newton Finisher Twice	Veteran Men
104	Berti Convery Finisher Twice	Veteran Ladies	126	Paul Boulton Finisher Once	Veteran Men

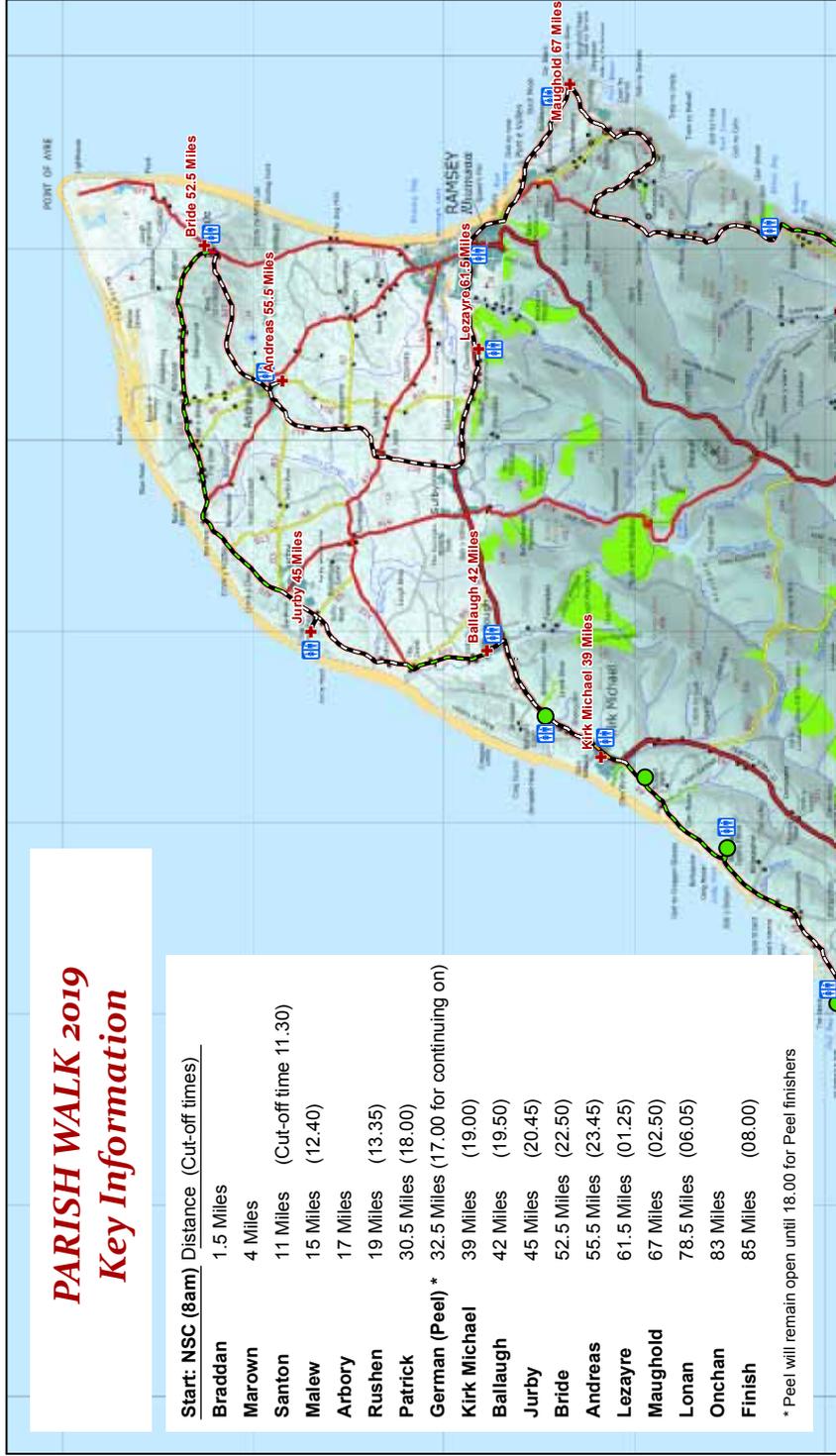
Race No.	Name	Category	Race No.	Name	Category
127	Niamh Goddard Finisher Twice	Veteran Ladies	149	Craig Fletcher Finisher Once	Men
128	Geraldine Cannon Finisher Three Times	Veteran Ladies	150	Colin Crennell Finisher Twice	Veteran Men
129	Nick Coole Finisher Twice	Men	151	Tiffany Bell Finisher Twice	Ladies
130	Gordon Erskine Finisher Five Times	Veteran Men	152	Dino Mazzone Finisher Once	Men
131	Steve Corkill Finisher Three Times	Veteran Men	153	Tony Arzt Finisher Once	Veteran Men
132	Pauline Taylor Finisher Once	Veteran Ladies	154	Adie Corlett Finisher Four Times	Veteran Men
133	Helen Callow Finisher Once	Veteran Ladies	155	Remo Ricciardi Finisher Once	Veteran Men
134	Zoe Lambie Finisher Three Times	Ladies	156	Paul Waters Finisher Three Times	Veteran Men
135	Ciaran Broad Finisher Twice	Men	157	Lee Keuley Finisher Three Times	Veteran Ladies
136	Jayne Simpson Finisher Twice	Veteran Ladies	158	Rebecca Stride Finisher Four Times	Veteran Ladies
137	Helen Newbery Finisher Twice	Veteran Ladies	159	Matt Cory Finisher Once	Men
138	Michael Oates Finisher Once	Veteran Men	160	Michael Crosbie Finisher Once	Men
139	Stella Corlett Finisher Ten Times	Veteran Ladies	161	Jade Craine Finisher Once	Ladies
140	Allan Lund Finisher Three Times	Veteran Men	162	Lisa Tummon Finisher Once	Ladies
141	Keith Green Finisher Four Times	Veteran Men	163	Dot Saunders Finisher Once	Veteran Ladies
142	Philip Knop Finisher Twice	Veteran Men	164	Sarah Morgan-Jones Finisher Three Times	Veteran Ladies
143	Anée Du Toit Finisher Three Times	Ladies	165	Rebecca Moffatt Finisher Once	Ladies
144	Emma Walker Finisher Twice	Veteran Ladies	166	Wal Saunders Finisher Twice	Veteran Men
145	Gustav Rober Finisher Four Times	Veteran Men	167	Fran Chambers Finisher Once	Veteran Ladies
146	Jane Oates Finisher Once	Veteran Ladies	168	Sarah Bassett Finisher Once	Veteran Ladies
147	Jane Critchley Finisher Once	Veteran Ladies	169	Mark Lund Finisher Once	Men
148	May Hooper Finisher Twice	Veteran Ladies	170	Kesha Sayle Finisher Once	Ladies

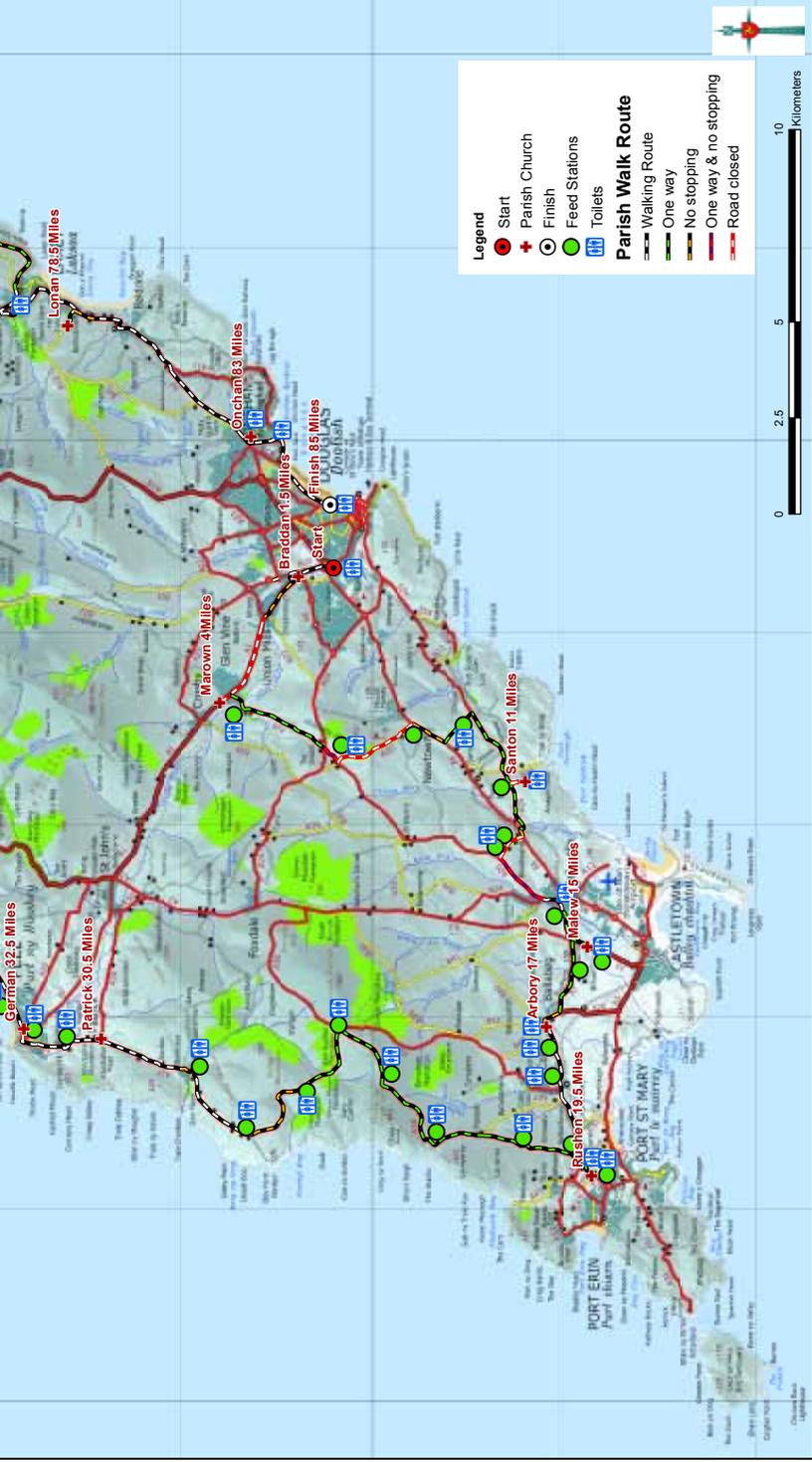
Race No.	Name	Category	Race No.	Name	Category
171	Philip Morris	Veteran Men	193	Caroline Harrison	Veteran Ladies
	Finisher Once			Finisher Once	
172	Carolyn Magee	Veteran Ladies	194	Justine Oates	Veteran Ladies
	Finisher Twice			Finisher Once	
173	Patrick Bregazzi	Veteran Men	195	Nick Bowden	Men
	Finisher Once			Finisher Once	
174	Danny Roberts	Men	196	Clifford Thomas	Veteran Men
	Finisher Twice			Finisher Twice	
175	Gary Allen	Veteran Men	197	Faye Marie Woolnough	Veteran Ladies
	Finisher Once			Finisher Once	
176	Sharon Cain	Veteran Ladies	198	Sara Vaughan	Veteran Ladies
	Finisher Once			Finisher Once	
177	Louise Hollings	Veteran Ladies	199	Emily Knight	Ladies
	Finisher Twice			Finisher Twice	
178	Ann-Marie Clucas	Veteran Ladies	200	Stephen Cletheroe	Veteran Men
	Finisher Twice			Finisher Three Times	
179	Gary Poole	Veteran Men	201	Julie Barlow	Veteran Ladies
	Finisher Once			Finisher Once	
180	Sylvia Harrison	Veteran Ladies	202	Simon Mason	Veteran Men
	Finisher Twice			Finisher Once	
181	John Cooper	Men	203	Alexander Cain	Men
	Finisher Three Times			Finisher Once	
182	Angie Robinson	Veteran Ladies	204	Brian McGuinness	Veteran Men
	Finisher Once			Finisher Twice	
183	Haydn Kenna	Veteran Men	205	Matthew Mylchreest	Men
	Finisher Twice			Finisher Once	
184	Anita Parnell	Veteran Ladies	206	Garry Asling	Veteran Men
	Finisher Twice			Finisher Seven Times	
185	Miriam Garlick	Veteran Ladies	207	Lynn Strickland	Veteran Ladies
	Finisher Twice			Finisher Four Times	
186	Corrie Thom	Veteran Ladies	208	Colin Gilbert	Veteran Men
	Finisher Once			Finisher Once	
187	Caroline Cain	Veteran Ladies	209	Emma Hall	Veteran Ladies
	Finisher Once			Finisher Once	
188	Gary Scott	Veteran Men	210	Steve Curtis	Veteran Men
	Finisher Four Times			Finisher Once	
189	Liam Cannan	Men	211	Pauline Lunn	Veteran Ladies
	Finisher Once			Finisher Once	
190	Martin Whitehouse	Men	212	Jennifer Cannell	Ladies
	Finisher Once			Finisher Once	
191	Peter Wiblin	Veteran Men	213	Jessica Kitchin	Veteran Ladies
	Finisher Once			Finisher Once	
192	Chris Danaher	Men	214	Sharon Stevenson	Veteran Ladies
	Finisher Once			Finisher Once	

PARISH WALK 2019 Key Information

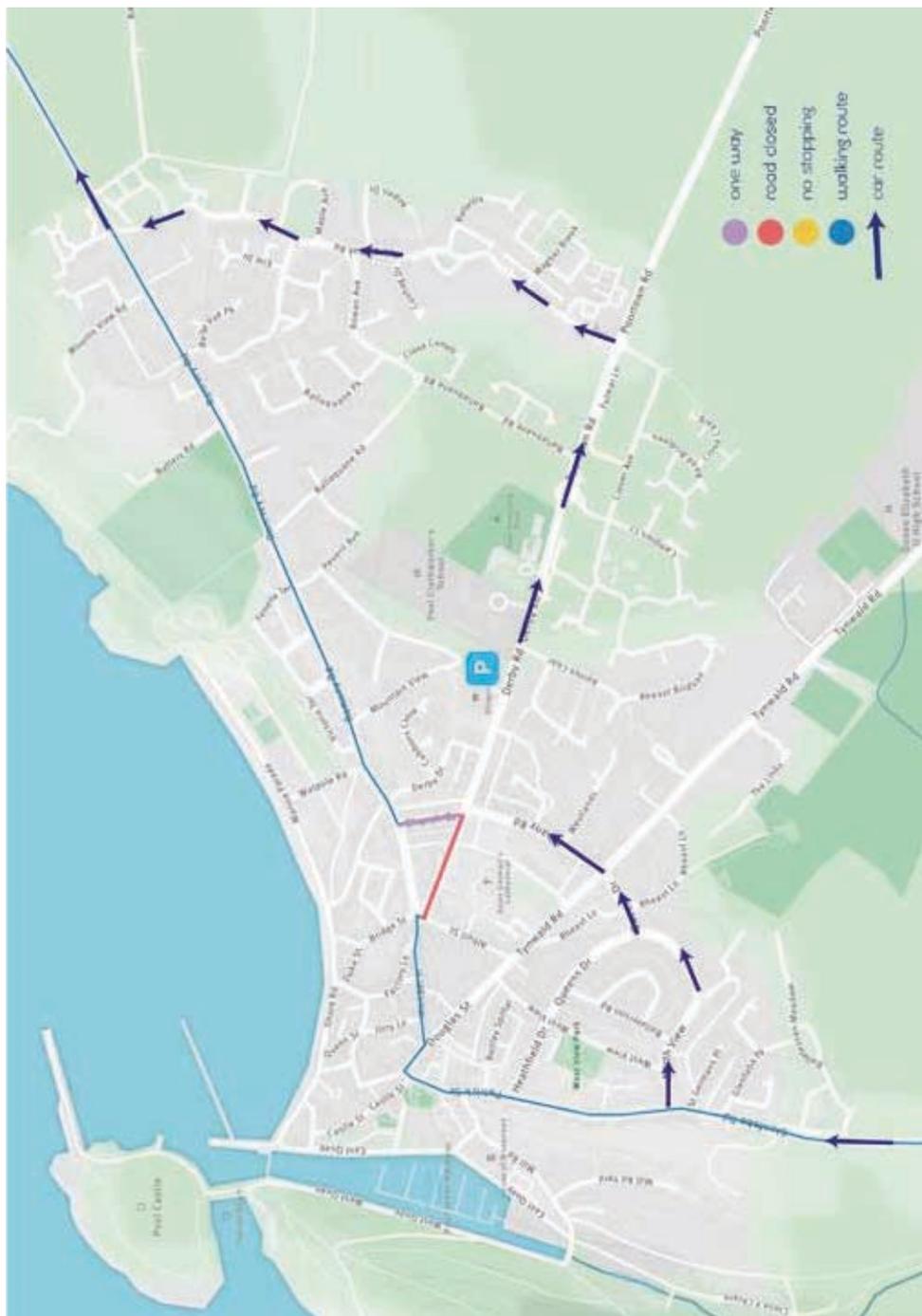
Start: NSC (8am)	Distance (Cut-off times)
Braddan	1.5 Miles
Marown	4 Miles
Santon	11 Miles (Cut-off time 11.30)
Malew	15 Miles (12.40)
Arbory	17 Miles
Rushen	19 Miles (13.35)
Patrick	30.5 Miles (18.00)
German (Peel) *	32.5 Miles (17.00 for continuing on)
Kirk Michael	39 Miles (19.00)
Ballaugh	42 Miles (19.50)
Jurby	45 Miles (20.45)
Bride	52.5 Miles (22.50)
Andreas	55.5 Miles (23.45)
Lezayre	61.5 Miles (01.25)
Maughold	67 Miles (02.50)
Lonan	78.5 Miles (06.05)
Onchan	83 Miles
Finish	85 Miles (08.00)

* Peel will remain open until 18.00 for Peel finishers





For further information and advice for support drivers see pages 4 & 5
 Failure to adhere to these rules can incur your walker time penalties or disqualification!
 The route map is also available on www.parishwalk.com



Race			Race		
No.	Name	Category	No.	Name	Category
215	Hannah Miller	Veteran Ladies	249	Thomas Boyd	Men
	Finisher Once		250	Joshua Brand	Men
216	Sarah Callin	Veteran Ladies	251	Greg Brew	Men
	Finisher Twice		252	Jordan Brew	Men
217	Lee Corlett	Men	253	Matthew Bridson	Men
	Finisher Once		254	Alex Brindley	Men
218	Eleanor Duffy	Ladies	255	Josh Brockbank	Men
	Finisher Once		256	Thomas Brook	Men
219	Denise Gimbert	Veteran Ladies	257	Neil Brown	Men
	Finisher Once		258	Peter Brown	Men
220	Ralph Peake	Veteran Men	259	William Brown	Men
	Finisher Once		260	Darren Burgess	Men
221	Sarah Wolter	Ladies	261	Joe Burrows	Men
	Finisher Once		262	Matthew Burrows	Men
222	Ian Fuller	Veteran Men	263	Tom Burrows	Men
	Finisher Once		264	Ashley Burton	Men
223	Jayne Adams	Veteran Ladies	265	Kevin Byrne	Men
	Finisher Once		266	Daniel Cain	Men
224	Peter Lewis	Veteran Men	267	Will Caley	Men
	Finisher Once		268	Adey Callister	Men
225	Daniel Johnson	Veteran Men	269	Jarred Callister	Men
	Finisher Once		270	Karl Callister	Men
226	Simon Jones	Veteran Men	271	Tom Callister	Men
	Finisher Twice		272	Daniel Callow	Men
227	Nicolaas Willemse	Men	273	Dave Callow	Men
	Finisher Once		274	Dean Callow	Men
228	Blair Acheson	Men	275	Tom Cannell	Men
229	Murray Acheson	Men	276	Daniel Carroll-Cawley	Men
230	Stuart Allen	Men	277	Ash Carter	Men
231	John Andrew	Men	278	Ryan Carter	Men
232	Nick Arculus	Men	279	Colan Cassidy	Men
233	Matthew Armitt	Men	280	Matthew Chadwick	Men
234	Kevin Armstrong	Men	281	Daniel Chan	Men
235	Steven Arnold	Men	282	Dave Christian	Men
236	Lee Ashton	Men	283	Matthew Christian	Men
237	Jimmy Ashworth	Men	284	Matthew Christian	Men
238	Glen Atherton	Men	285	Max Christian	Men
239	Krzysztof Augustynowicz	Men	286	Calum Christie	Men
240	David Baker	Men	287	Tim Clarke	Men
241	Ben Bateson	Men	288	Jamie Clawson	Men
242	George Bavin	Men	289	Chris Cole	Men
243	Juan Bellando	Men	290	Carl Conroy	Men
244	Daniel Bion	Men	291	Callan Cooper	Men
245	Samuel Bond	Men	292	Matthew Corkill	Men
246	Michael Bonser	Men	293	Philip Corkill	Men
247	Daniel Bonwick	Men	294	Chris Corkish	Men
248	Kai Botha	Men	295	Daniel Corkish	Men

Race			Race		
No.	Name	Category	No.	Name	Category
296	Daniel Corlett	Men	343	Domenico Galante	Men
297	Martin Corlett	Men	344	Calum Gardner	Men
298	Simon Corlett	Men	345	Thomas Gardner	Men
299	Ryan Cornelius	Men	346	Simon Gawne	Men
300	Matthew Costain	Men	347	Florin Ghiorghisor	Men
301	Richard Costain	Men	348	Connor Gilbert	Men
302	Marc Costello	Men	349	Jared Gilmore	Men
303	Alexander Costley-White	Men	350	Jacob Glew	Men
304	Adam Cowell	Men	351	Dean Gough	Men
305	Lee Cowin	Men	352	Nick Gribbin	Men
306	Paul Cowin	Men	353	Harry Grose	Men
307	Tobias Cowin	Men	354	William Hann	Men
308	Martin Craine	Men	355	Tony Harris	Men
309	Michael Craine	Men	356	Billy Harrison	Men
310	Paul Craine	Men	357	Mark Hay	Men
311	Robert Craine	Men	358	Andrew Heald	Men
312	John Crebbin	Men	359	Daniel Heaton	Men
313	Christian Crompton	Men	360	Cyril Henry	Men
314	Peter Crowe	Men	361	Alex Hillard	Men
315	Allan Cullinan	Men	362	William Howard	Men
316	Aidan Cummins	Men	363	Iarla Hughes	Men
317	Declan Cummins	Men	364	Mark Hughes	Men
318	Sam Danzelman	Men	365	Henry Hughes-Young	Men
319	Tom Davenport	Men	366	Alex Hullock	Men
320	Mike Davies	Men	367	Jordan Humes	Men
321	Michael Dawson	Men	368	Simon Humphreys-Jones	Men
322	Mike Dempsey	Men	369	Juan Hunter	Men
323	Lawrence Dick	Men	370	Syed Wajahat Hussain	Men
324	Daniel Dickinson	Men	371	Alan Isaac	Men
325	Jordan Dickson	Men	372	Andrew Jackson	Men
326	Zack Dickson	Men	373	Isaac Jagus	Men
327	Piers Dillon	Men	374	Craig Jenkinson	Men
328	Sean Dodd	Men	375	Adedeji Johnson	Men
329	David Doran	Men	376	Alan Johnston	Men
330	William Down	Men	377	Dan Jones	Men
331	Paul Doyle	Men	378	Jacob Jones	Men
332	Tom Doyle	Men	379	Oliver Jones	Men
333	Harry Duke	Men	380	Neil Joughin	Men
334	Joshua Dunlop	Men	381	Richard Karran	Men
335	Luke Eastaff	Men	382	David Keenan	Men
336	Ryan Edge	Men	383	Ashley Kelley	Men
337	Stephen Edwards	Men	384	John Kelly	Men
338	Beej Exton	Men	385	Marcus Kelly	Men
339	Nick Exton	Men	386	Matthew Kelly	Men
340	Michael Faid	Men	387	Anthony Kennedy	Men
341	Adam Fick	Men	388	Lucas Kenyon	Men
342	Edward Forbes	Men	389	Ray Kewley	Men

Race			Race		
No.	Name	Category	No.	Name	Category
390	Aaron Kiernan	Men	437	Robert Middleton	Men
391	Jack Kinrade	Men	438	Leigh Mitchell	Men
392	Juan Kinrade	Men	439	Sam Moffat	Men
393	Shaun Kirby	Men	440	Andrew Monks	Men
394	Otto Klimach	Men	441	Bryan Moore	Men
395	Mark Kneen	Men	442	Daniel Moore	Men
396	Thomas Kneen	Men	443	Jason Moore	Men
397	Matt Knowles	Men	444	Neil Morgan	Men
398	Zhivko Kolev	Men	445	Toby Morris	Men
399	Charlton Krentz	Men	446	Stuart Morrison	Men
400	Piotr Kwiecinski	Men	447	Andrew Moultrie	Men
401	John Lagardere	Men	448	Ben Mowle	Men
402	Adrian Lancer	Men	449	James Murphy	Men
403	Stephen Lang	Men	450	Rory Murphy	Men
404	Steven Leach	Men	451	Steven Murphy	Men
405	Andy Lean	Men	452	Charles Ntuiabane	Men
406	Mark Lean	Men	453	Matthew Oates	Men
407	Warren Lee	Men	454	Stephen Oates	Men
408	Robert Lener	Men	455	David Oberholzer	Men
409	Ross Lewandowskyj	Men	456	Ed Oldham	Men
410	Michael Lewin	Men	457	Lee Oneill	Men
411	Peter Lewis	Men	458	Brian O'Riordan	Men
412	Olli Lloyd	Men	459	Carl Owen	Men
413	Oliver Lockwood	Men	460	Damian Owen	Men
414	Alex Long	Men	461	Chris Parker	Men
415	David Lovelady	Men	462	Kunal Patel	Men
416	Robert Lovell	Men	463	David Payne	Men
417	Ben Lyon	Men	464	David Pearce	Men
418	Billy Mackie	Men	465	Aaron Peniata	Men
419	Colin Mackie	Men	466	Rob Piper	Men
420	Jack Marley	Men	467	Ryan Pope	Men
421	Arran Marples	Men	468	Craig Purvis	Men
422	Kraig Marsh	Men	469	Adam Pyatt-Coppell	Men
423	Connor Martin	Men	470	Christian Quayle	Men
424	Jack Masterson	Men	471	Dean Quayle	Men
425	Alfred Mather	Men	472	Martyn Quayle	Men
426	Ben Mathews	Men	473	Michael Quayle	Men
427	Davide Mazzone	Men	474	Stephen Quayle	Men
428	Michael McCarrick	Men	475	David Radcliffe	Men
429	James McDonald	Men	476	Greg Radcliffe	Men
430	Richard McGregor Edwards	Men	477	Pietro Ragusa	Men
431	John McIver	Men	478	Sam Ramsden	Men
432	Lee McIver	Men	479	Jamie Ramsey	Men
433	Danny Mckay	Men	480	Will Rand	Men
434	Scott Mcvey	Men	481	Chris Rawlinson	Men
435	Daniel Mead	Men	482	Andrew Reeday	Men
436	Dollin Mercer	Men	483	Christopher Reynolds	Men

Race No.	Name	Category	Race No.	Name	Category
484	Josh Rigg	Men	531	Craig Walmsley	Men
485	Joshua Riordan	Men	532	Gareth Wardle	Men
486	Luke Roberts	Men	533	Sam Warriner	Men
487	Andrew Ronan	Men	534	Rich Waterfall	Men
488	Tim Rushton	Men	535	Craig Watson	Men
489	Michael Rycroft	Men	536	Paul Westhead	Men
490	Steven Rycroft	Men	537	Lee Whetnall	Men
491	Julian Sanders	Men	538	Adam Willdblood	Men
492	Augusto Sarzosa	Men	539	Joe Wilde	Men
493	Jack Sayle	Men	540	Dale Williams	Men
494	Dougie Scott	Men	541	Michael Williams	Men
495	Craig Seddon	Men	542	Christopher Williamson	Men
496	Aaron Sharman	Men	543	Jack Williamson	Men
497	Myles Shearman	Men	544	Sam Williamson	Men
498	Mike Shields	Men	545	Tom Wolter	Men
499	Harry Shimmin	Men	546	Joey Wyld	Men
500	Michael Singleton	Men	547	Shaun Wyllie	Men
501	Paul Skelly	Men	548	Rick Yau	Men
502	Jamie Skillan	Men	549	Ashley Yeomans	Men
503	John Skillen	Men	550	Paul Young	Men
504	David Skillicorn	Men	2121	Edward Kelly	Men
505	Jack Sleight	Men	551	Graham Alexander	Veteran Men
506	Rob Slinger	Men	552	Jaime Antonio	
507	Charles Smith	Men		Amoedo Lucas	Veteran Men
508	Scott Smith	Men	553	Colm Andrew	Veteran Men
509	Jack Somerville	Men	554	Mariusz Augustynowicz	Veteran Men
510	Mike Speakman	Men	555	Ian Barnes	Veteran Men
511	Harry Spong	Men	556	Mike Barratt	Veteran Men
512	Luke Staniford	Men	557	Chris Bateson	Veteran Men
513	Peter Storry	Men	558	Mike Batey	Veteran Men
514	Jon Stott	Men	559	Andy Baxendale	Veteran Men
515	Samuel Sugars	Men	560	Sean Beattie	Veteran Men
516	Ryan Surridge	Men	561	Richard Beaumont	Veteran Men
517	Daniel Swan	Men	562	Graham Beck	Veteran Men
518	Aleyn Taggart	Men	563	Andrew Bell	Veteran Men
519	Ben Taylor	Men	564	Martin Bell	Veteran Men
520	Jon Taylor	Men	565	Mike Bell-Scott	Veteran Men
521	Louie Taylor	Men	566	Stuart Bell-Scott	Veteran Men
522	Daniel Thomas	Men	567	Damian Blackall	Veteran Men
523	Adam Thrussell	Men	568	Philip Bonson	Veteran Men
524	Will Tipper	Men	569	Kevin Bonwick	Veteran Men
525	Richard Trubshaw	Men	570	David Boultbody	Veteran Men
526	Callan Wade	Men	571	Antony Boyd	Veteran Men
527	Joshua Wade	Men	572	Liam Bradley	Veteran Men
528	Neil Wade	Men	573	Chris Bray	Veteran Men
529	Jack Walker	Men	574	Adrian Breed	Veteran Men
530	Robert Waller	Men	575	Marc Bridson	Veteran Men

Race No.	Name	Category	Race No.	Name	Category
576	Kristian Brown	Veteran Men	623	Darryl Duncan	Veteran Men
577	Philip Brown	Veteran Men	624	Roy Dunlop	Veteran Men
578	Nick Busby	Veteran Men	625	Ben Dutton	Veteran Men
579	Graham Cain	Veteran Men	626	Douglas Easton	Veteran Men
580	Ian Callister	Veteran Men	627	David Eccles	Veteran Men
581	John Callister	Veteran Men	628	Sean Ellis-Kneen	Veteran Men
582	Mike Callister	Veteran Men	629	Greg Ellison	Veteran Men
583	Les Callow	Veteran Men	630	Adrian Evans	Veteran Men
584	Nigel Cannan	Veteran Men	631	Peter Farmer	Veteran Men
585	Niall Carey	Veteran Men	632	Ian Fayle	Veteran Men
586	Patrick Carolan	Veteran Men	633	Stuart Fayle	Veteran Men
587	Neal Champion	Veteran Men	634	John Ferguson	Veteran Men
588	John Charker	Veteran Men	635	Miguel Fernandes	Veteran Men
589	Ian Clague	Veteran Men	636	Rob Forgie	Veteran Men
590	Jeff Clague	Veteran Men	637	Jeff Foulis	Veteran Men
591	Stuart Clarke	Veteran Men	638	Steven Fox	Veteran Men
592	Darren Cleator	Veteran Men	639	Colin Freeman	Veteran Men
593	Eddie Cleator	Veteran Men	640	Rich Furner	Veteran Men
594	John Cleaver	Veteran Men	641	Simon Gaines	Veteran Men
595	Graham Clucas	Veteran Men	642	Kenneth Gawne	Veteran Men
596	Gary Conwell	Veteran Men	643	Geoff Gelling	Veteran Men
597	Paul Coppell	Veteran Men	644	Roy Gelling	Veteran Men
598	Stuart Corrie	Veteran Men	645	David Gibson	Veteran Men
599	Juan Corrin	Veteran Men	646	Steve Giddins	Veteran Men
600	David Cowell	Veteran Men	647	Ed Gilmour	Veteran Men
601	Paul Cowen	Veteran Men	648	Roger Glew	Veteran Men
602	Peter Cowin	Veteran Men	649	Phil Goddard	Veteran Men
603	Stephen Peter Cowin	Veteran Men	650	Alan Gosschalk	Veteran Men
604	Colin Cowley	Veteran Men	651	Richard Grady	Veteran Men
605	Telbert Cowley	Veteran Men	652	Terry Green	Veteran Men
606	Ean Crompton	Veteran Men	653	Kenneth Greenall	Veteran Men
607	Andrew Crooks	Veteran Men	654	Chris Hall	Veteran Men
608	Colin Crooks	Veteran Men	655	Richard Hall	Veteran Men
609	Rob Cummings	Veteran Men	656	Stephen Hall	Veteran Men
610	Stuart Curran	Veteran Men	657	Terence Hall	Veteran Men
611	Phil Cuthbert	Veteran Men	658	Zac Hall	Veteran Men
612	Paul Daugherty	Veteran Men	659	Peter Halpin	Veteran Men
613	Henry De Silva	Veteran Men	660	Steve Hands	Veteran Men
614	James Devaney	Veteran Men	661	Darren Hartley	Veteran Men
615	James Devlin	Veteran Men	662	Richard Paul Hartnoll	Veteran Men
616	Mark Dickinson	Veteran Men	663	Joe Heaton	Veteran Men
617	Paul Domingo	Veteran Men	664	Kenneth Hegarty	Veteran Men
618	Tim Dowling	Veteran Men	665	Craig Henderson	Veteran Men
619	Paul Doyle	Veteran Men	666	Allan Higgins	Veteran Men
620	Trevor Drinkwater	Veteran Men	667	Andy Higgs	Veteran Men
621	Peter Duchars	Veteran Men	668	Miike Horne	Veteran Men
622	John Duggan	Veteran Men	669	Greg Hoskisson	Veteran Men

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Race No.	Name	Category	Race No.	Name	Category
670	Paul Hudson	Veteran Men	717	Aidan Moore	Veteran Men
671	Andy Irving	Veteran Men	718	Colin Stephen Moore	Veteran Men
672	Graham Jackson	Veteran Men	719	Kevin Moore	Veteran Men
673	Yedhu Jagannathan	Veteran Men	720	Richard Moore	Veteran Men
674	Bal Jandu	Veteran Men	721	Ian Moyer	Veteran Men
675	David Jewell	Veteran Men	722	John Murphy	Veteran Men
676	Alan Johnson	Veteran Men	723	Tim Murphy	Veteran Men
677	David Johnson	Veteran Men	724	Jaap Nel	Veteran Men
678	Matthew Johnson	Veteran Men	725	Damien Norris	Veteran Men
679	Kevin Jones	Veteran Men	726	Michael Nudd	Veteran Men
680	Michael Jones	Veteran Men	727	Brendan O'Connor	Veteran Men
681	David Joughin	Veteran Men	728	James Okeh	Veteran Men
682	Geoffrey Karran	Veteran Men	729	Tadhg O'Mahony	Veteran Men
683	Ronnie Kelly	Veteran Men	730	Jason O'Neill	Veteran Men
684	Sean Kelly	Veteran Men	731	Simon Pack	Veteran Men
685	Tony Kewley	Veteran Men	732	Greg Parkinson	Veteran Men
686	Paul KIELTY	Veteran Men	733	David Parsons	Veteran Men
687	John Kilgour	Veteran Men	734	Graham Parsons	Veteran Men
688	Heikki Koistinen	Veteran Men	735	Stevie Perry	Veteran Men
689	Robbie Lambie	Veteran Men	736	Tim Perry	Veteran Men
690	John Lancaster	Veteran Men	737	Peter Pierce	Veteran Men
691	David Land	Veteran Men	738	John Potten	Veteran Men
692	Trevor Latus	Veteran Men	739	Richard Power	Veteran Men
693	Tony Leadley	Veteran Men	740	Cedric Quayle	Veteran Men
694	Johnathan Lee	Veteran Men	741	Michael Quayle	Veteran Men
695	Simon Lewis	Veteran Men	742	Miguel Quesada	Veteran Men
696	Daniel Lonergan	Veteran Men	743	John Quinn	Veteran Men
697	Peter Long	Veteran Men	744	Mark Raine	Veteran Men
698	Keith Lowe	Veteran Men	745	Alistair Ramsay	Veteran Men
699	Robert Luker	Veteran Men	746	Steve Ramsey	Veteran Men
700	Chris Lyon	Veteran Men	747	Caldric Randall	Veteran Men
701	Peter MacGregor	Veteran Men	748	Jeremy Reece	Veteran Men
702	Kenny Marshall	Veteran Men	749	Seamus Reilly	Veteran Men
703	Huw Matthews	Veteran Men	750	Ramsey Richardson	Veteran Men
704	Stephen May	Veteran Men	751	Lindsay Riordan	Veteran Men
705	Gary Mazzone	Veteran Men	752	John Roberts	Veteran Men
706	Ciaran Mc elhinney	Veteran Men	753	Colin Robertson	Veteran Men
707	Richard McCarthy	Veteran Men	754	Stuart Robson	Veteran Men
708	Stuart McConnell	Veteran Men	755	Richard Rollings	Veteran Men
709	James Mckeefry	Veteran Men	756	Andrew Ryder	Veteran Men
710	Carl Mckeever	Veteran Men	757	Michael Sansbury	Veteran Men
711	Roy McLean	Veteran Men	758	Stephen Savage	Veteran Men
712	Selu Mdalose	Veteran Men	759	Simon Scott	Veteran Men
713	Jason Millard	Veteran Men	760	Matthew Shanahan	Veteran Men
714	Peter Mitchell	Veteran Men	761	Wayne Sharpe	Veteran Men
715	Barry Monks	Veteran Men	762	David Shaw	Veteran Men
716	Thomas Montgomery	Veteran Men	763	Rob Shaw	Veteran Men

Race			Race		
No.	Name	Category	No.	Name	Category
764	Michael Sheeley	Veteran Men	811	Jeff Woodworth	Veteran Men
765	David Sherriff	Veteran Men	812	John Wright	Veteran Men
766	James Shimmin	Veteran Men	813	Abdullah Yavuz	Veteran Men
767	Barry Short	Veteran Men	814	Voirrey Ahceson	Ladies
768	Andrew Simpson	Veteran Men	815	Carrie-Louise Allen-Snell	Ladies
769	Mark Simpson	Veteran Men	816	Kerry Ambrose	Ladies
770	Martin Skillen	Veteran Men	817	Kirsty Arnold	Ladies
771	David Smith	Veteran Men	818	Abigail Ashley-Gardner	Ladies
772	Guy Smith	Veteran Men	819	Katie Aulton	Ladies
773	Robert Spear	Veteran Men	820	Jenna Baillie	Ladies
774	Nigel Sperring	Veteran Men	821	Hayley Bainton	Ladies
775	Jonathan Stanfield	Veteran Men	822	Holly Ball	Ladies
776	Tony Stevens	Veteran Men	823	Laura Barlow	Ladies
777	Donald Stewart	Veteran Men	824	Sophie Barraclough	Ladies
778	Martin Stretton	Veteran Men	825	Abi Bass	Ladies
779	James Surgeon	Veteran Men	826	Chelsea Bawden	Ladies
780	Jerome Surridge	Veteran Men	827	Ealish Baxter	Ladies
781	Derek Sweeting	Veteran Men	828	Aimee Beacham	Ladies
782	Christopher Swinden	Veteran Men	829	Ciara Beattie	Ladies
783	John Swindlehurst	Veteran Men	830	Sonia Beedie	Ladies
784	Mark Talbot	Veteran Men	831	Chelsea Bell	Ladies
785	Winston Taylor	Veteran Men	832	Laura Bevan	Ladies
786	James Teare	Veteran Men	833	Sofia Bianchi	Ladies
787	Neeraj Thakur	Veteran Men	834	Harriet Blundell	Ladies
788	Paul Thomas	Veteran Men	835	Liesl Booyesen	Ladies
789	Paul Thornley	Veteran Men	836	Breeshey Bournier	Ladies
790	Andy Thornton	Veteran Men	837	Ashley Bradshaw	Ladies
791	Martin Timoney	Veteran Men	838	Emily Bray	Ladies
792	Ian Tomkins	Veteran Men	839	Dawn Bremner	Ladies
793	Derek Tootill	Veteran Men	840	Natalie Brennan	Ladies
794	Simon Trenholme	Veteran Men	841	Shannon Bridson	Ladies
795	Jonny Tyrer	Veteran Men	842	Alex Brooker	Ladies
796	Robert Udy	Veteran Men	843	Rachael Brown	Ladies
797	Doug Underwood	Veteran Men	844	Rebecca Brownless	Ladies
798	Peter Van Toor	Veteran Men	845	Sophie Buchanan	Ladies
799	Nick Wallinger	Veteran Men	846	Gina Buckross	Ladies
800	Frank Watson	Veteran Men	847	Carla Bunce	Ladies
801	Stuart Watson	Veteran Men	848	Jessica Burton	Ladies
802	Paul Watterson	Veteran Men	849	Jennie Buttell	Ladies
803	William Watterson	Veteran Men	850	Rachael Butterworth	Ladies
804	Rich Weir	Veteran Men	851	Alyx Byrne	Ladies
805	Andrew Wells	Veteran Men	852	Jenny Cain	Ladies
806	Jeremy Williams	Veteran Men	853	Michelle Cain	Ladies
807	Tom Williams	Veteran Men	854	Natasha Cain	Ladies
808	Carl Wilson	Veteran Men	855	Clio Caley	Ladies
809	John Winter	Veteran Men	856	Alex Callow	Ladies
810	Ed Woods	Veteran Men	857	Rachel Callow	Ladies

Race No.	Name	Category	Race No.	Name	Category
858	Jess Cannan	Ladies	896	Leah Crowe	Ladies
859	Samantha Cass	Ladies	897	Sheree Crowe	Ladies
860	Natassja Chadwick	Ladies	898	Vicky Cubbon	Ladies
861	Natalie Joan Challenor	Ladies	899	Samantha Curphey	Ladies
862	Nicola Chatel	Ladies	900	Emily Danvers	Ladies
863	Abby Chatwood	Ladies	901	Charlotte Darbyshire	Ladies
864	Lauren Christian	Ladies	902	Karen Davies	Ladies
865	Rosie Christian	Ladies	903	Sophia Dawson	Ladies
866	Amy-Beth Clark	Ladies	904	Anneka Dellborg	Ladies
867	Leanne Clark	Ladies	905	Hollie Devlin	Ladies
868	Rachel Cleator	Ladies	906	Jade Downey	Ladies
869	Jen Coates	Ladies	907	Molly Dudley	Ladies
870	Kylie Coleman	Ladies	908	Ashley Duffy	Ladies
871	Kesha Collister	Ladies	909	Lalage Earnshaw-Cain	Ladies
872	Lisa Collister	Ladies	910	Rhiannon Edwards	Ladies
873	Megan Comaish	Ladies	911	Kirsty Emery	Ladies
874	Abbie Cooke	Ladies	912	Cara Evans	Ladies
875	Alex Cooke	Ladies	913	Ashleigh Everest	Ladies
876	Jessica Cooke	Ladies	914	Nicole Everest	Ladies
877	Aimie Coole	Ladies	915	Kelly Fagg	Ladies
878	Izzie Cooper	Ladies	916	Mia Faragher	Ladies
879	Caley Corkill	Ladies	917	Bethan Farrant	Ladies
880	Gemma Corkish	Ladies	918	Rowenna Farrant	Ladies
881	Abby Corlett	Ladies	919	Kayleigh Fayle	Ladies
882	Jessica Corlett	Ladies	920	Robyn Foley	Ladies
883	Olivia Corlett	Ladies	921	Rebecca Forrest	Ladies
884	Robyn Corlett	Ladies	922	Katie Fox	Ladies
885	India Cowin	Ladies	923	Alicia Fryer	Ladies
886	Nadine Cowin	Ladies	924	Chloe Gale	Ladies
887	Nicola Cowsill	Ladies	925	Leah Gallagher	Ladies
888	Caitriona Cox	Ladies	926	Amber Gardner	Ladies
889	Sosanna Cox	Ladies	927	Leanne Garrett	Ladies
			928	Helen Gawne	Ladies
			929	Chelsea Geddes	Ladies
			930	Courtney Gilardoni	Ladies
			931	Laura Gill	Ladies
			932	Lucy Gilman	Ladies
			933	Chelsea Glover	Ladies
			934	Olivia Helen Graham	Ladies
			935	Aimee Grainger	Ladies
			936	Bryony Greasley	Ladies
			937	Danielle Greasley	Ladies
			938	Rebecca Greatbatch	Ladies
			939	Charlotte Green	Ladies
			940	Katrina Grib	Ladies
			941	Emma Grisdale	Ladies
			942	Lucy Grundey	Ladies
890	Nicola Crellin	Ladies			
891	Madeleine Cretney	Ladies			
892	Gemma Cringle	Ladies			
893	India Crispe	Ladies			
894	Laura Crocker	Ladies			
895	Phoebe Cross	Ladies			

Walkers and support crews must comply with any directions or instructions given to them by officials and marshals.

Race No.	Name	Category	Race No.	Name	Category
943	Bethany Hall	Ladies	990	Jennifer Leece	Ladies
944	Chelsey Hall	Ladies	991	Cailey Leivers	Ladies
945	Ellan Hall	Ladies	992	Angela Lennon	Ladies
946	Lauren Hall	Ladies	993	Rachel Leonard	Ladies
947	Catherine Halligan	Ladies	994	Sian Lewin	Ladies
948	Carlene Halsall	Ladies	995	Victoria Lewis	Ladies
949	Stacey Halsall	Ladies	996	Heather Libreri	Ladies
950	Jess Hamill	Ladies	997	Andrea Ljungberg	Ladies
951	Carolanne Hanley	Ladies	998	Lauren Lockyer	Ladies
952	Jade Harding	Ladies	999	Ellie Looney	Ladies
953	Jackie Harrison	Ladies	1000	Vicky Lorimer	Ladies
954	Julia Harrison	Ladies	1001	Aoife Maher	Ladies
955	Alice Hartley	Ladies	1002	Chloe Makin	Ladies
956	Laura Harvey	Ladies	1003	Wiktoria Maliszak	Ladies
957	Jo Healey	Ladies	1004	Bryony Manley	Ladies
958	Annabel Heap	Ladies	1005	Elizabeth Manning	Ladies
959	Jenna Heidstrom	Ladies	1006	Kate Marshall	Ladies
960	Erin Herbison	Ladies			
961	Nicola Hockaday	Ladies			
962	Rachel Hudson	Ladies			
963	Robyn Hughes	Ladies			
964	Maria Hull	Ladies			
965	Caitlin Hume	Ladies			
966	Samantha Hurd	Ladies			
967	Laura Jacklin	Ladies			
968	Julie Jaiyen	Ladies			
969	Jane Jenkinson	Ladies			
970	Gabriella Johansson	Ladies			
971	Emily Johnson	Ladies	1007	Rebekah Marshall	Ladies
972	Katie Johnstone	Ladies	1008	Amy Martin	Ladies
973	Sarah Joynes	Ladies	1009	Beth Maudsley	Ladies
974	Bethany Kaneen	Ladies	1010	Sophie Mawson	Ladies
975	Emma Keeley	Ladies	1011	Melissa McCormick	Ladies
976	Autumn Kelly	Ladies	1012	Leona McGovern	Ladies
977	Grace Kelly	Ladies	1013	Cassie McGuill	Ladies
978	Emily Kennaugh	Ladies	1014	Rachel McIver	Ladies
979	Pippa Kennaugh	Ladies	1015	Laura McKnight	Ladies
980	Paige Killey	Ladies	1016	Nicole McKnight	Ladies
981	Sarah Killip	Ladies	1017	Kim McLean	Ladies
982	Sarah Kinrade	Ladies	1018	Colleen McPhillips	Ladies
983	Tara Kneale	Ladies	1019	Charlotte Mearns	Ladies
984	Jade Kneen	Ladies	1020	Aila Miller	Ladies
985	Ania Kusmierczyk	Ladies	1021	Ellie Miller	Ladies
986	Cody Leigh Lakin	Ladies	1022	Molly Miller	Ladies
987	Katie Lambie	Ladies	1023	Rowanna Miller	Ladies
988	Lucy Langford	Ladies	1024	Ellie Mills	Ladies
989	Becky Latham	Ladies	1025	Kirree Milne	Ladies

**Support Crews -
ensure you read
advice on
pages 4 & 5**

Race No.	Name	Category	Race No.	Name	Category
1111	Hannah Swan	Ladies	1145	Lynsey Woods	Ladies
1112	Amy Sykes	Ladies	1146	Megan Woods	Ladies
1113	Claire Taylor	Ladies	1147	Sammi Woods	Ladies
1114	Lorna Taylor	Ladies	1148	Stephanie Woods	Ladies
1115	Karena Thewlis	Ladies	1149	Jenna Woodward	Ladies
1116	Alice Thomas	Ladies	1150	Kimberley Wright	Ladies
1117	Arabella Thomas	Ladies	1151	Louise Wright	Ladies
1118	Sharon Thomas	Ladies	1152	Gemma Yates	Ladies
1119	Abby Thompson	Ladies	1153	Heather Yovanoff	Ladies
1120	Natasha Thompson	Ladies	1154	Sue Ackroyd	Veteran Ladies
1121	Barbara Toth	Ladies	1155	Cecille Aliganga	Veteran Ladies
1122	Ashlea Tracey	Ladies	1156	Thenral Anand	Veteran Ladies
1123	Louise Triggs	Ladies	1157	Marian Ashcroft	Veteran Ladies
1124	Rebecca Turner	Ladies	1158	Sharen Ashley-Gardner	Veteran Ladies
1125	Abi Turner-Drewry	Ladies	1159	Clare Austin	Veteran Ladies
1126	Sophie van Hooven	Ladies	1160	Fran Ball	Veteran Ladies
1127	Leanne Venables	Ladies	1161	Katarzyna Banas	Veteran Ladies
1128	Lianne Venables	Ladies	1162	Lydia Barbara	Veteran Ladies
1129	Aimee Vernon	Ladies	1163	Tammy Barker	Veteran Ladies
1130	Ella Voysey	Ladies	1164	Jo-Ann Barron	Veteran Ladies
1131	Danielle Wade	Ladies	1165	Katharine Barron	Veteran Ladies
1132	Sarah Wade	Ladies	1166	Jo Bateson	Veteran Ladies
1133	Alice Wagstaffe	Ladies	1167	Jane Batey	Veteran Ladies
1134	Elizabeth Walker	Ladies	1168	Rosalie Beaumont	Veteran Ladies
1135	Kym Wardle	Ladies	1169	Lisa Bell	Veteran Ladies
1136	Sharon Waterfall	Ladies	1170	Toni Bell	Veteran Ladies
			1171	Kim Bennett	Veteran Ladies
			1172	Sarah Bennett	Veteran Ladies
			1173	Caroline Best	Veteran Ladies
			1174	Stephanie Beynon	Veteran Ladies
			1175	Jan Blackall	Veteran Ladies
			1176	Lisa Blackley	Veteran Ladies
			1177	Sharon Blackley	Veteran Ladies
			1178	Carolyn Blencoe	Veteran Ladies
			1179	Sigal Blonder	Veteran Ladies
			1180	Isobel Bloor	Veteran Ladies
			1181	Vivian Boateng	Veteran Ladies
			1182	Kate Bonson	Veteran Ladies
			1183	Veronika Borisova	Veteran Ladies
			1184	Mora Bosendorfer	Veteran Ladies
			1185	Alice Boyde	Veteran Ladies
			1186	Rebecca Boyle	Veteran Ladies
			1187	Maragaret Bradbury	Veteran Ladies
			1188	Karen Bray	Veteran Ladies
			1189	Denise Bridson	Veteran Ladies
			1190	Nicola Bridson	Veteran Ladies
			1191	Diane Brown	Veteran Ladies
1137	Rhiannon Wates	Ladies			
1138	Loraine Watson	Ladies			
1139	Chelsie Watterson	Ladies			
1140	Miri-Lise Watterson	Ladies			
1141	Rachel Watterson	Ladies			
1142	Emily Williams	Ladies			
1143	Larissa Williams	Ladies			
1144	Vanessa Wilson	Ladies			

At night be bright walker and support crew too! Reflective bibs are compulsory after Ballaugh (although recommended to be worn at all times). After 21.30 walkers must also display an illuminated light source visible from both front and back.

Race			Race		
No.	Name	Category	No.	Name	Category
1192	Diane Brown	Veteran Ladies	1238	Lisa Corkish	Veteran Ladies
1193	Gail Brown	Veteran Ladies	1239	Anna Corlett	Veteran Ladies
1194	Monika Burgess	Veteran Ladies	1240	Charlotte Corlett	Veteran Ladies
1195	Susan Burgess	Veteran Ladies	1241	Elizabeth Corlett	Veteran Ladies
1196	Nucharee Burridge	Veteran Ladies	1242	Leanne Corlett	Veteran Ladies
1197	Fleicity Burton	Veteran Ladies	1243	Rachel Corlett	Veteran Ladies
1198	Tracey Busby	Veteran Ladies	1244	Jennifer Cornish	Veteran Ladies
1199	Natalie Bush	Veteran Ladies	1245	Susan Corrin	Veteran Ladies
1200	Isabelle Caillieret	Veteran Ladies	1246	Jennie Costain	Veteran Ladies
1201	Voirrey Earnshaw Cain	Veteran Ladies	1247	Emma Counsell	Veteran Ladies
1202	Gill Caley	Veteran Ladies	1248	Nichola Creer	Veteran Ladies
1203	Trish Caley	Veteran Ladies	1249	Christine Crellin	Veteran Ladies
1204	Louise Callister	Veteran Ladies	1250	Angela Crennell	Veteran Ladies
1205	Samantha Callister	Veteran Ladies	1251	Tracey Crennell	Veteran Ladies
1206	Dawn Callow	Veteran Ladies	1252	Helen Cross	Veteran Ladies
1207	Sharon Callow	Veteran Ladies	1253	Mary Cross	Veteran Ladies
1208	Karen Campbell	Veteran Ladies	1254	Elisabeth Crouch-Blacker	Veteran Ladies
1209	Margaret Campbell	Veteran Ladies	1255	Claire Csoka	Veteran Ladies
1210	Kristy Canipa	Veteran Ladies	1256	Emma Cullington	Veteran Ladies
1211	Sharlotte Carran	Veteran Ladies	1257	Stella Darbyshire	Veteran Ladies
1212	Claire Cavanagh	Veteran Ladies	1258	Michele Davenport	Veteran Ladies
1213	Nicola Chambers	Veteran Ladies	1259	Pam Davy	Veteran Ladies
1214	Alison Chapman	Veteran Ladies	1260	Marion de Carte	Veteran Ladies
1215	Kelly Charman	Veteran Ladies	1261	Georgie Dempsey-Moore	Veteran Ladies
1216	Gemma Charmer	Veteran Ladies	1262	Nikki Deuchars	Veteran Ladies
1217	Jackie Charmer	Veteran Ladies	1263	Carol Devereau	Veteran Ladies
1218	Danielle Cheshire	Veteran Ladies	1264	Jenny Devereau	Veteran Ladies
1219	Kimberly	Veteran Ladies	1265	Rachel Dickinson	Veteran Ladies
	Christenbury Duggan	Veteran Ladies	1266	Ruth Donnelly	Veteran Ladies
1220	Jane Christian	Veteran Ladies	1267	Emma Doran	Veteran Ladies
1221	Janice Christian	Veteran Ladies	1268	Gillian Doyle	Veteran Ladies
1222	Sarah Christian	Veteran Ladies	1269	Elly Duchars	Veteran Ladies
1223	Alison Clark	Veteran Ladies	1270	Anne Dudley	Veteran Ladies
1224	Michelle Clark	Veteran Ladies	1271	Hilary Duncan	Veteran Ladies
1225	Vanessa Clark	Veteran Ladies	1272	Mandy Duncan	Veteran Ladies
1226	Gemma Clarke	Veteran Ladies	1273	Amy Dunne	Veteran Ladies
1227	Rachel Clennell	Veteran Ladies	1274	Lisa Dunwell	Veteran Ladies
1228	Maria Coldwell	Veteran Ladies	1275	Grace Eames	Veteran Ladies
1229	Angela Comaish	Veteran Ladies	1276	Lisa Edwards	Veteran Ladies
1230	Cate Convery	Veteran Ladies	1277	Vickie Edwin-Reed	Veteran Ladies
1231	Emma Cooke	Veteran Ladies	1278	Alyson Egan	Veteran Ladies
1232	Charlene Cooper	Veteran Ladies	1279	Michelle Ellis	Veteran Ladies
1233	Katie Cooper	Veteran Ladies	1280	Kate Ellison	Veteran Ladies
1234	Malane Cooper	Veteran Ladies	1281	Siobhan Ellison	Veteran Ladies
1235	Marta Cope	Veteran Ladies	1282	Sarah Ennett	Veteran Ladies
1236	Karen Corkhill	Veteran Ladies	1283	Magdalena Fairfax	Veteran Ladies
1237	Angela Corkish	Veteran Ladies	1284	Laura Faragher	Veteran Ladies

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The Parish Walk Committee would like to thank the following for their support:

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ZEDRA



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ATTENTION PARISH WALKERS

Glenn Jensen will be welcoming
you at Peel (from 3.00pm)
for a free leg massage.

Any donations to Leonard Cheshire Society.

Glenn offers a wide range of therapies at
his Duke Road Clinic and Treatment Room
Ballabeg:

Sports/Remedial Massage
Relaxing Aromatherapy Massage
Reflexology and
Hopi Ear Candles
Hot Stone Massage

For Appointments and Information

Tel: 827188/478497

*Helping muscular aches and pains and injuries,
and body maintenance*

Race No.	Name	Category	Race No.	Name	Category
1366	Michelle Kinrade	Veteran Ladies	1398	Kate Mc aney	Veteran Ladies
1367	Samantha Kinrade	Veteran Ladies	1399	Lucy Mcdowell	Veteran Ladies
1368	Kate Kinvig	Veteran Ladies	1400	Sarah Mclver	Veteran Ladies
1369	Margaid		1401	Sheywonne Mckivett	Veteran Ladies
	Lambden-Gosschalk	Veteran Ladies	1402	Cynthiav Mcleod	Veteran Ladies
1370	Kim		1403	Karen Mercer	Veteran Ladies
	Lambden-MacGregor	Veteran Ladies	1404	Renee Michalogiannis	Veteran Ladies
1371	Susan Laslett	Veteran Ladies	1405	Jean Middleton	Veteran Ladies
1372	Claire Law	Veteran Ladies	1406	Kathy Mitchell	Veteran Ladies
1373	Amanda Lawler	Veteran Ladies	1407	Agnes Molnar	Veteran Ladies
1374	Rebecca Leach	Veteran Ladies	1408	Ocean Kimberley Montell	Veteran Ladies
1375	Judith Lees	Veteran Ladies	1409	Hirelle Moore	Veteran Ladies
1376	Andrea Lener	Veteran Ladies	1410	Lee-Ann Moore	Veteran Ladies
1377	Sharon Lewin	Veteran Ladies	1411	Lisa Moore	Veteran Ladies
1378	Chrissy Lewis	Veteran Ladies	1412	Shirley Moore	Veteran Ladies
1379	Kerry Lindsay	Veteran Ladies	1413	Christine Mordaunt	Veteran Ladies
1380	Melissa Lines	Veteran Ladies	1414	Emma Mullinor	Veteran Ladies
1381	Emma Linley	Veteran Ladies	1415	Silke Murphy	Veteran Ladies
1382	Marzena Loranc	Veteran Ladies	1416	Stacey Murphy	Veteran Ladies
1383	Trish Lovekin	Veteran Ladies	1417	Clare Naylor	Veteran Ladies
1384	Marta Luduwig-Looney	Veteran Ladies	1418	Carly Nicholls	Veteran Ladies
1385	Debbie Lundin	Veteran Ladies	1419	Claire Norbury	Veteran Ladies
1386	Jackie Lynch	Veteran Ladies	1420	Sinead Nudd	Veteran Ladies
1387	Sammie MacDonald	Veteran Ladies	1421	Karen O'donnell	Veteran Ladies
			1422	Nicola Offord	Veteran Ladies
			1423	Sarah Olsen	Veteran Ladies
			1424	Lynda Osborne	Veteran Ladies
			1425	Katharine Osbourn	Veteran Ladies
			1426	Sharon Page	Veteran Ladies
			1427	Sheila Paine	Veteran Ladies
			1428	Kerry Palmer	Veteran Ladies
			1429	Rebecca Parkinson	Veteran Ladies
			1430	Katharine Partington	Veteran Ladies
			1431	Elizabeth Partridge	Veteran Ladies
			1432	Camille Pfeiffer	Veteran Ladies
			1433	Fiona Pilling	Veteran Ladies
			1434	Krystyna Pindych	Veteran Ladies
			1435	Kerry Pledger	Veteran Ladies
			1436	Jane Poole-Wilson	Veteran Ladies
			1437	Debra Pope	Veteran Ladies
			1438	Diane Pope	Veteran Ladies
			1439	Suzanne Popelier	Veteran Ladies
			1440	Ailsa Potten	Veteran Ladies
			1441	Sue Powell	Veteran Ladies
			1442	Alison Quayle	Veteran Ladies
			1443	Justine Quayle	Veteran Ladies
			1444	Lynne Quayle	Veteran Ladies
			1445	Ruth Quiambao	Veteran Ladies
1388	Rebecca Mackie	Veteran Ladies			
1389	Vicky Mackie	Veteran Ladies			
1390	Anne Marie Magee	Veteran Ladies			
1391	Melissa Maharaj	Veteran Ladies			
1392	Agata Maliszak	Veteran Ladies			
1393	Michelle Marley	Veteran Ladies			
1394	Nicola Marshall	Veteran Ladies			
1395	Kirstie Martin	Veteran Ladies			
1396	Lisa Mason	Veteran Ladies			
1397	Denise Mc Aleer	Veteran Ladies			

**At night be bright
walker and support crew too!
Reflective bibs are compulsory after
Ballough (although recommended
to be worn at all times). After 21.30
walkers must also display an
illuminated light source visible from
both front and back.**

Race No.	Name	Category	Race No.	Name	Category
1536	Owen Dudley	Under 21 Men	1572	Georgia Clarke	Under 21 Ladies
1537	Cameron Dunnigan	Under 21 Men	1573	Kiera Cooper	Under 21 Ladies
1538	Thomas Dutton	Under 21 Men	1574	Breesha Cowin	Under 21 Ladies
1539	Jack Evans	Under 21 Men	1575	Lisa Cross	Under 21 Ladies
1540	Shaun Everest	Under 21 Men	1576	Isla Curphey	Under 21 Ladies
1541	Alex Gallagher	Under 21 Men	1577	Tiegan Doyle	Under 21 Ladies
1542	Richard Gawne	Under 21 Men	1578	Sharmayne Dubost	Under 21 Ladies
1543	Dylan George	Under 21 Men	1579	Libby Dutton	Under 21 Ladies
1544	Billy Gilbert	Under 21 Men	1580	Breesha Foxton	Under 21 Ladies
1545	Nathan Harmer	Under 21 Men	1581	Flora Galante	Under 21 Ladies
1546	Isaac Heaton	Under 21 Men	1582	Jacqui Gill-Murrell	Under 21 Ladies

**PROVISIONAL DATES
FOR 2020
Saturday/Sunday
June 21st/22nd**

1547	Jack Hegarty	Under 21 Men	1595	Ella Kinley	Under 21 Ladies
1548	Jake Kaneen	Under 21 Men	1596	Beth Lewis	Under 21 Ladies
1549	Stefan Kelly	Under 21 Men	1597	Megan Liebenberg	Under 21 Ladies
1550	Peter Kirby	Under 21 Men	1598	Caitlin Mcaleer	Under 21 Ladies
1551	Cameron Mallinson	Under 21 Men	1599	Francesca McGowan	Under 21 Ladies
1552	Alex Marcantoni	Under 21 Men	1600	Kelly McMullin	Under 21 Ladies
1553	James Mathieson-Nelson	Under 21 Men	1601	Sian Mellor	Under 21 Ladies
1554	Conal McCartney	Under 21 Men	1602	Emily Middleton	Under 21 Ladies
1555	Daniel McGee	Under 21 Men	1603	Bayleigh Mitchell	Under 21 Ladies
1556	James Narey	Under 21 Men	1604	Chloe Mylchreest	Under 21 Ladies
1557	Dominic Parish	Under 21 Men	1605	Sammy Oates	Under 21 Ladies
1558	Harry Peake	Under 21 Men	1606	Aoife O'Mahony	Under 21 Ladies
1559	Samuel Richardson	Under 21 Men	1607	Alicia Owen	Under 21 Ladies
1560	Jack Tyrer	Under 21 Men	1608	Megan Oxtoby	Under 21 Ladies
1561	Corey Vaughan	Under 21 Men	1609	Tia Parkinson	Under 21 Ladies
1562	Dan Watterson	Under 21 Men	1610	Emma Parsons	Under 21 Ladies
1563	Jordan Wood	Under 21 Men	1611	Jessica Prince	Under 21 Ladies
1564	Joel Woods	Under 21 Men	1612	Isla Quayle	Under 21 Ladies
1565	Sophie Alton-Heath	Under 21 Ladies	1613	Lauren Quirk	Under 21 Ladies
1566	Clodagh Arnold	Under 21 Ladies	1614	Emily Claire Rigg	Under 21 Ladies
1567	Danielle Barton	Under 21 Ladies	1615	Megan Roberts	Under 21 Ladies
1568	Sarah-Jane Bell	Under 21 Ladies	1616	Amber Sacco	Under 21 Ladies
1569	Annie Booth	Under 21 Ladies	1617	Freya Shimmin	Under 21 Ladies
1570	Justyna Borejsza	Under 21 Ladies	1618	Sophia Summers	Under 21 Ladies
1571	Elisha Busby	Under 21 Ladies	1619	Kirsty Walsh	Under 21 Ladies



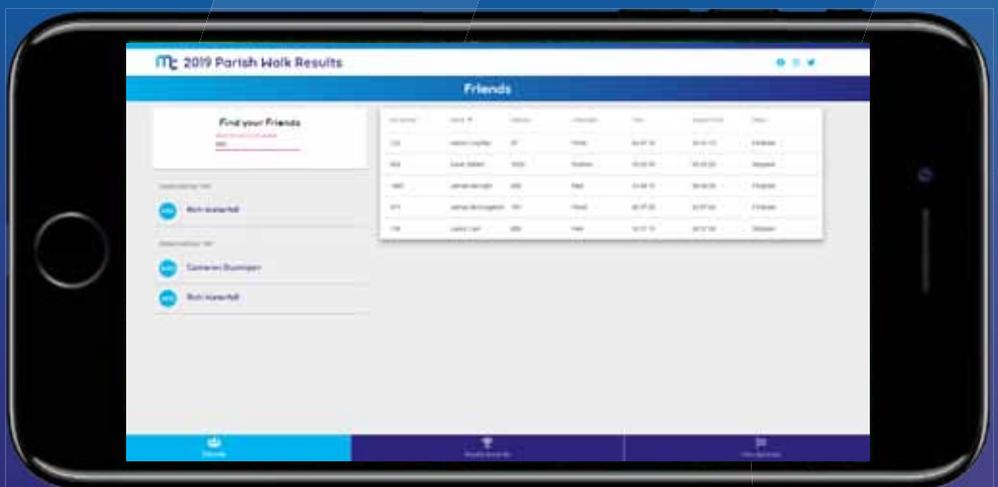
follow your friends and family using your smartphone...

Visit manxtelecom.com/parishwalk2019 on your tablet or smartphone to follow competitors during the event.

New for 2019! There will be continuous video coverage at both Peel and the Finish.

- See the latest positions for the top male, female and under 21 competitors.
- Add 'Favourites' to your live timing screen to get the latest updates on your chosen competitors, faster than ever before.
- Follow the leaderboard for the overall, corporate and under 21 teams.

If you don't already have mobile data on your device, visit manxtelecom.com/ota or call into our shop and ask for assistance.



get stuck in this summer!



join MT and our community partners at great events across the Island... **fun for all ages!**



HSBC UK
 BRITISH CYCLING

Manx International 3-Day Stage Race

when

Fri 2nd - Sun 4th August 2019

where

various, see website for info

For more info, including course locations, please visit manxinternational.com

BEACH BUDDIES

when

Fri 9th & Sat 10th August 2019

where

Royal Manx Show, Knockaloe

For more info, including additional dates, please visit fb.me/beachbuddiesisleofman



royal manx agricultural show

when

Fri 9th & Sat 10th August 2019

where

Knockaloe Farm, Patrick

For more information and entry costs, please visit www.royalmanx.com