



# ANNUAL SCALBY CHARITY WALK - EASTER MONDAY

## ORIGINAL WALK

### RULES AND REGULATIONS

AMENDED MARCH 2019

1. Entries are restricted to residents of Scalby, Newby, Burniston and Cloughton but other competitors may enter on the understanding that they do not qualify for resident's trophies.
2. Trophies are awarded to non-residents for the fastest male and female plus the first male and female. The trophies must be returned before the next Walk.
3. The minimum official age for entry is 14 years and signed parental agreement for entrants under 18 years must appear on the form.
4. An entrance form must be completed for each competitor and presented with a £10 fee per person £5 per junior entrant (under 18) this includes the cost of drinks and insurance. Cheques to be made payable to Scalby Walk. The fee for entry on the day will be £12 per adult and £6 Child.
5. Entry forms are to be completed and returned with the appropriate fee by 10.30pm on Good Friday prior to the walk, late entries will be accepted on Easter Monday morning.
6. Maximum number of entrants for insurance purposes is limited to 150.
7. The route to be walked is from the Nags Head Scalby into North Street via Stony Lane onto the main Scalby to Cloughton road. The first call is the Three Jolly Sailors, then onto the Red Lion Cloughton which is the end of the outward journey. Then turn back towards Scarborough calling at the Blacksmith's Arms Cloughton and then to the final call at the Oak Wheel Burniston, then proceeding along the coastal road turn right at Field Lane and proceed along Station road back to Scalby and finish at the Nags Head.
8. Half a pint of beer, lager, orange or lemonade is to be consumed by all entrants at the Three Jolly Sailors, Red Lion, Blacksmith's Arms and Oak Wheel. Failure to do so will result in disqualification.
9. All competitors must walk "heel and toe" they must not run, accept lifts or use the old railway line. Anyone who breaks the rules will be disqualified.
10. Competitors will be issued with a NUMBER WHICH MUST BE PINNED TO THEIR FRONT.
11. Entrants will be handicapped according to age, sex and previous performance.
12. Any objections must be made before 4pm on Easter Monday.
13. Walkers will set off at 10.30, 10.40, 10.50 and 11.00. Pre-entry start times will be displayed in the Nags Head on Sunday evening.
14. Official time keeping will terminate at 2pm.
15. The organiser's decisions on any objections will be final.
16. Trophies and prizes will be awarded at the Nags Head Scalby at approximately 4pm on Easter Monday.
17. Should you be unable to finish the walk or in the event of an emergency, please notify a Marshall or contact the Nags Head on 01723 373229.

#### **IMPORTANT — INDIVIDUAL SPONSORSHIP**

A competitor can be sponsored ONLY for the Committee's selected charity.

#### **A SPONSORSHIP FORM IS ATTACHED**