

John O Gaunt's Challenge 2010

9 am Saturday 25th September 2010

25 mile walk from Norwood Social Club, Norwood Edge, Harrogate, HG3 1TE in the picturesque setting of the Washburn Valley and around the nearby reservoirs. Alternative routes of 10 and 20 miles are available for walkers only.

Route Details for 2009

ROUTE DETAILS GR.

Start: Norwood Social Club	SE207531
1. Stainburn Moor 4.39	SE236522 D
2 Swinsty Cottage 9.86	SE199530
3. Swinsty Car Park 11.37	SE186537 R
4. Thruscross 15.13	SE153573 R
5. Thruscross 20.22	SE153573 R
6. Finish 25.33	SE207531 Light Meal

(R) = Refreshments (D) Drink

NB. Checkpoint 4 and 5 are at the same place with an option to do the loop around Thruscross Reservoir for those wishing to complete the full 25mile option. Runners are welcome on the 25 mile route.

Certificates and badges will be given to all competitors who finish within the time limit of 11 hours. A hot meal or a light vegetarian meal will be provided at the finish. The Organisers decision in all matters concerning the organisation of the walk is final. The organisers cannot be held responsible for any injury or mishap during the event and retain the right to vary or alter the rules.

WALK RULES

1. Each competitor to be aged 18 years or over unless accompanied by parent or legal guardian (Adventure Activities Licensing Regulations)
2. Report to the walk H.Q. between 07:30 and 08:30 on the day of the walk
3. Retire only at roadside checkpoints.
4. Entrants must observe the COUNTRY CODE - failure to keep to designated footpaths may result in disqualification.
5. All walkers to carry a suitable map, compass, waterproof clothing and MUG.

ADDITIONAL INFORMATION

1. A route description will be given to all entrants.
2. Competitors are advised to carry the following equipment: -
 - First Aid Kit
 - Suitable Footwear
 - Emergency Rations
 - Spare Jumper or Sweater
3. The suggested map is the OS Explorer 297 1:25.000 Lower Wharfedale & Washburn Valley
4. Information on accommodation and camping may be obtained from either Yorkshire Dales National Park, Skipton (01756) 792809 or the Information Centre, Grassington (01756) 753748.
6. Organised by the West Yorkshire Group of the LDWA

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Please detach and return to: -
Mr A Ward
64 Granny Avenue
Churwell
Leeds
LS27 7SN

Please enter me for the above event. I have read and agree to abide by the rules of the event and to observe the Country Code at all times. I confirm that I am in good health and have no medical condition that may cause undue concern or inconvenience to others. I understand that I participate at my own risk and that no liability is accepted by the organisers for any injury, damage or loss sustained by me during the event. Under 18's must signify accompanied by parent/legal guardian & parent/legal guardian must countersign.

Signed.....Date.....

SURNAME.....

FIRST NAME.....Male/Female

ADDRESS.....

.....

.....Post Code.....

Emergency Contact TN.....

LDWA Number

Email.....

Tick if vegetarian meal required.....
The entry fee is £7. (£5 for 10 mile route) Entries on the day £10; (£5). Please make cheques payable to West Yorkshire LDWA. Entries not accompanied by an entry form (or photocopy) and the correct remittance will be returned. Please send your payment with two Sae's (9" X 4.5") for acknowledgement/route description and results. Cancellations before the 10th September 2010 will have the fee refunded less £1 for administration. No return of fee after that date. Entries will be restricted to the first 350 and will be closed when this maximum is reached.