



16 or 23 miles
FELL WALK/RUN
Saturday 3rd October 2009



Start/Finish Crow Edge Community Centre. Grid Ref SE 180 051
Walkers start 8am. Runners start 10am

Minimum Entry Donation £8.00 (on the day £10.00). Time Limit 11hrs

FREE HOT MEAL & DRINKS FOR ALL PARTICIPANTS

Route description and checkpoint information supplied on receipt & acceptance of signed entry form. Routes follow footpaths, bridleways and some open moorland.

Route finding skills using route description, map and compass in poor weather conditions are essential. Appropriate clothing & footwear required. No dogs please.

O/S Outdoor Leisure Map No.1 Dark Peak Area 1:25 000

GRIN'N'BEAR IT 2009

Please send entry form, fee & SAE to:
Carol Ward, 8 Cleveland Way, Shelley, Huddersfield HD8 8NQ
(Cheques payable to: Woodhead Mountain Rescue Team)

PLEASE WRITE CLEARLY IN CAPITAL LETTERS

Event: Walker 16 mile Walker 23 mile Runner 16 mile Runner 23 mile

Age Category: Under 16 Under 40 Vet 40 Vet 50 Vet 60

Under 16 years welcome when accompanied by adult. Please give D.O.B. _____ / _____ / _____

Name _____ **Male** **Female**

Address _____

Tel No. _____ **Emergency Tel No.** _____

E-mail _____

Finishers Certificate: Yes Please! No Thanks! **Vegetarian:** Yes No

I agree to abide by the Country Code. I understand that neither the organisers nor the landowners will be liable for my personal property or for accidental injury to myself.

I am a UK taxpayer, please make my donation worth 28% more with Gift Aid*.

*You must pay an amount of Income and/or Capital Gains Tax equal to the basic rate tax that we claim on your donations (currently 25p of each £1 you give).

Signature _____

Signature of parent/guardian if entrant under 16 years _____

Event organised by Woodhead Mountain Rescue Team. Registered Charity No. 506831.

