



# 16 or 23 miles FELL WALK/RUN

## Saturday 2nd October 2010

**NEW FOR 2010**  
4.5M FAMILY ROUTE  
PLUS FREE ENTRY IF YOU  
PLEDGE MINIMUM £30 SPONSORSHIP

Start/Finish Crow Edge Community Centre. Grid Ref SE 180 051  
Walkers start 8am. Runners start 10am. Families start 11am

Minimum Entry Donation £8.00 (on the day £10.00)

**\*\*\*FREE ENTRY WITH MINIMUM £30 SPONSORSHIP PLEDGE\*\*\***

Route description and checkpoint information available online.

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. All dogs on a lead at all times.

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

For additional Application Forms go to [www.woodheadmrt.org](http://www.woodheadmrt.org).

**\*FREE HOT MEAL & DRINKS FOR ALL PARTICIPANTS\***

## GRIN'N'BEAR IT 2010

Please send entry form & fee to: Carol Ward, 8 Cleveland Way, Shelley, Huddersfield HD8 8NQ.  
(Closing date for 1st Class postal entries Sat 25th Sept 2010. Cheques payable to: **Woodhead Mountain Rescue Team**)

PLEASE WRITE CLEARLY IN CAPITAL LETTERS

Event: Family Route 4.5 mile  Walker 16 mile  Walker 23 mile  Runner 16 mile  Runner 23 mile

Category: Family  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 \_\_\_\_\_ IMPORTANT: We'll send your Entry Number, Route Description & Checkpoints by email.

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.

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