



16 or 23 miles

FELL WALK/RUN

4.5 mile Family Walk

Saturday 1st October 2011



Start/Finish Crow Edge Community Centre. Grid Ref SE 180 051

Walkers start 8am. Runners start 10am. Families start 11am.

Minimum Entry Donation £10.00 (on the day £12.00)

*****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.

FREE HOT MEAL & DRINKS FOR ALL PARTICIPANTS

GRIN N' BEAR IT 2011 ENTRY FORM

Please send entry form & fee to: Carol Ward, 8 Cleveland Way, Shelley, Huddersfield HD8 8NQ.
(Closing date for 1st Class postal entries Sat 24th Sept 2011. 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. 1137974.

