

RULES

- 1 All competitors must be 16 or over. If under 18 they must be accompanied by an adult or carer.
- 2 Entry is limited to 300 participants.
- 3 There is a time limit of 10 hours. All routes start and finish at High Ash Farm. GR 048 653.
- 4 The organizers reserve the right to request the retirement of any person who in their opinion is unlikely to reach the next checkpoint in the required time before closure.
- 5 Any entrant wishing to retire must inform walk officials at a checkpoint, then transport can be arranged back to the start.
- 6 Walkers may be accompanied by a dog, which must be kept under control and should be fit to complete the route. Dogs taken at the competitors sole responsibility.
- 7 The route can be found on the map "Outdoor Leisure 24 White Peak"
- 8 Some of the routes run on PRIVATE LAND - all care must be taken.
- 9 Registration will be open after 7am at High Ash Farm.
- 10 All tallies must be handed to checkpoint staff around the routes.

Email :- walk2010@andycrafts.co.uk or visit websites
www.andycrafts.co.uk www.nabendfarm.co.uk
for more details.

Chernobyl Children's Project (UK) Buxton, Longnor and District Group

8th HILLS and DALES WALKS

SATURDAY 11th SEPTEMBER 2010

8, 12 and 24 miles walks in 10 hours.



**Chernobyl Children's Project (UK)
is a registered charity No 1059832**

Nab End Farm Leaflet

Chernobyl Children's Project (UK)

Buxton, Longnor and District Group.

8th Hills and Dales Walks - Saturday 11th September 2010

8, 12, and 24 mile walks in 10 hours.

Start and finish at High Ash Field Study Centre GR 048653 .

The 7 mile walk is a circular route taking in Hollinsclough, Parkhouse, Glutton Bridge, Crowdicote, (check point1) Over Boothlow, Fairfield, Shining Ford, Marnishaw Head and then back to High Ash Farm. The 11 and 24 mile routes will both continue from Crowdicote out to Pilsbury Castle, Hartington, Wolfescote Dale, Dove Dale, Alstonefield. From here all the 12 mile entrants will be taken back to the start by mini bus. The 24 mile entrants will carry on to Wetton, Thors Cave, Butterton, Reveridge Woods, Newtown and back to High Ash Farm.

Start Time :- All Walkers 8am Runners 9am.

ENTRY COST £7.00 for both 11 and 24 mile routes.

£5.00 for the 8 mile route.

£10.00 for all routes on the day.

Included in the cost:- refreshments & drinks at all checkpoints and a substantial meal at the finish.

Full route description and a certificate to all entrants. Badges extra.

Overnight accommodation if required on Friday 10th September. Rooms with en-suite each with 4/6/8 bunk beds (use own sleeping bags and towels). Breakfast included, all for £15.00 per person

ALL CHEQUE'S PAYABLE TO "HILLS and DALES"

Equipment to be Carried:- waterproofs, mug, torch, whistle, map. (outdoor Leisure 24 White Peak)

Entries with S.A.E. to Keith Bailey, 2 Lulworth Grove, Chell, Stoke on Trent, Staffordshire, ST6 6JY Tel 01782 815386

2010 Entry Form

8th Hills and Dales Walks - Saturday 11th September.

NAME _____

ADDRESS _____

TELEPHONE No _____

24 miles	
12 miles	
8 miles	
walker	
runner	

Meal

Vegetarian Meal

Can we send you a sponsor form?

AMOUNT ENCLOSED £ _____

Cheque's payable to:- HILLS and DALES

All funds will be passed on to the Chernobyl Children's Project (UK)

I AGREE TO OBSERVE THE COUNTRY CODE AND ACCEPT THE RULES FOR THE EVENT. I ALSO UNDERSTAND THAT I TAKE PART AT MY OWN RISK AND THAT THE ORGANISERS TAKE NO LIABILITY FOR INJURY, DAMAGE OR LOSS BY ME.

PLEASE ENCLOSE A STAMPED ADDRESSED ENVELOPE

SIGNED _____ DATED _____

GIFT AID	
NAME	
ADDRESS	
POST CODE	
Please treat all subscriptions and donations I have made to the Chernobyl Children's Project (UK) as a gift aid donation. I understand that I must be a taxpayer, paying an amount of tax equal to the tax to be claimed.	
Signature _____	Date _____
Amount Paid £ _____	
Please remember to notify us if you wish to cancel this advice.	