



Marsden to Edale Trigger Race

Sunday 15th January 2012 at 9am
20 miles 4500ft ascent



REGISTRATION

At Marsden Sports Centre (SE 048 114) from 7am to 8.45am. The race will START on the road adjacent. Checkpoints to be visited:

CP 1 (SE 078 046) Black Hill Trig	CP 2 (SK 072 992) Road crossing Crowden	<u>Cut off 12.00 hrs</u>
CP 3 (SK 088 947) Higher Shelf Trig	CP 4 (SK 088 929) Road crossing Snake Top	<u>Cut off 14.30 hrs</u>
CP 5 (SK 076 893) Kinder West Trig	Finish (SK123 855) Edale (campsite)	

Equipment you MUST carry All runners must carry the safety equipment and clothing as laid down under F.R.A. rules. The minimum you must carry is waterproof whole body cover, hat and gloves, map of the course, compass, whistle and emergency food.

Further Information and Updates Website: marsdentoedale.co.uk
Contact Nicky Spinks, Tel 01924 493095 Email nicky@marsdentoedale.co.uk

Entries

To be received no later than 5th January 2012 and sent to: Brent Lindsay, 1 Green Acres, Penistone, Sheffield, S36 6DB. Entry Fee is £10. Cheques made payable to **Woodhead Mountain Rescue Team**

Marsden to Edale Trigger Race Registration Form

Name _____ Club _____

Address _____

Post code _____ Phone No _____

Email _____ Emergency No _____

Category (circle one) Male V40 V50 V60 V70 Female LV40 LV50 LV60

Please give details of fellrunning experience _____

I am a UK taxpayer, please make my donation worth 25% 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)

I understand that this race is held in accordance with the rules and safety requirements of the F.R.A. I am aware of the organiser's information and stipulations and I accept that any injury occurring to me during the course of the race is in no way the responsibility of the race organiser. I am over 18 years of age.

Signed _____

Date _____