



Marsden to Edale Trigger Race



Sunday 13th January 2013 at 9am
20 miles 4500ft ascent

REGISTRATION At Marsden Cricket Club (SE 044 106 - Just below Golf Course) from 7am to 8.45am. The race will START at the road entrance. Please check the website for Out of Bounds areas before reccyng.

Checkpoints to be visited:

CP 1 (SE 078 046) Black Hill Trig
CP 3 (SK 088 947) Higher Shelf Trig
CP 5 (SK 076 893) Kinder West Trig

CP 2 (SK 072 992) Road crossing Crowden Cut off 12.00 hrs
CP 4 (SK 088 929) Road crossing Snake Top Cut off 14.00 hrs
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

Contact Nicky Spinks, Tel 01924 493095

Website: marsdentoedale.co.uk

Email nicky@marsdentoedale.co.uk

Entries

To be received no later than 5th January 2013 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 Entry 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, and that I have familiarized myself, with both the Rules and Safety Requirements of the FRA. I confirm that I am aware of the Organiser's information and requirements in connection with this race. I confirm that I have navigational skills appropriate for this race and will carry throughout the race any equipment specified either by the FRA Safety Requirements or by the organiser. I accept the hazards involved in fell running and acknowledge that I am entering and running this race at my own risk. Other than the organiser's liability for causing death or personal injury by negligence, I confirm that I understand that the Organiser accepts no liability to me for any loss or damage of any nature to me or my property arising out of my participation in this race.

Signed _____

Date _____