



THE REGULAR IRREGULAR CHALLENGE
 Saturday 8th December 2012

The Regular Irregular 2012

I agree to abide by the rules of the event, and to observe the Country Code at all times. I have sufficient knowledge, experience, equipment, and navigational skills to take part in a long distance challenge event in all conditions. I confirm that I am in good health, and have no medical condition, that may cause concern or inconvenience to others.

I confirm that I participate at my own risk, and that no liability is accepted by the organisers for any injury, damage or loss sustained to me during or whilst travelling to and from the event. I confirm that I will be over the age of 18 on the day of the event. I understand that particular rules may apply to entrants taking part in this event, and I understand that it is my responsibility to familiarize myself with these rules before I start.

Start location: Brockholes Village Hall, Brockholes, Huddersfiel. (Grid ref: SE153109).
 Route descriptions will be available to download from www.theirregulars.org.
 Alternatively, a full route description will be given on the day of the walk.

Start time: mass start at 8.30am. (Registration open from 7.30am onwards)

Entry Fee: £7.00 /on the day £9.00. (Children under 16 accompanied by an adult are welcome, and entry is free of charge). Cheques payable to "The Irregulars LDWA".
 Send to: Frank Tonge, 47 Saddlewood Avenue, Manchester, M19 1QW, telephone: 0161 432 3251. Please include SAE for confirmation of entry or indicate if you wish to have email confirmation.

Entry includes: tea and toast at start, snacks and drinks between loops, meal at finish, badge and certificate.

Aim: to walk as many different loops as you wish, Loops are 12 miles, 7 miles and 4 miles. (18k, 10k and 6k).

Equipment: As this is a winter walk, please ensure that you carry adequate equipment, including waterproofs, warm clothing, suitable footwear, map, compass, whistle and torch.

This event is the fourth and final Quadrathon walk. The events are: The New Hangover (January), The Irregular Black Brook (April), The Marsden Moors Meander (August), and the Regular Irregular (December). Those participants, who retire from the event, must do so at a checkpoint. Marshalls have the right to withdraw participants if their fitness is in doubt or if they are behind schedule.

Name: LDWA Number:

Address:

Tel No: Emergency Tel No:

Email Address:.....

Confirm my entry by email

Confirm my entry by post. I enclose an S.A.E

Is a vegetarian meal required at the finish? YES NO (Please circle)

Please circle the appropriate years to indicate previous completions of this event:

2003 2004 2005 2006 2007 2008 2009 2010 2011

Signature:..... Date:.....