# Osmotherley Summer Games

http://osmotherleyphoenix.wikidot.com/home

# Osmotherley Phoenix

# Saturday 12th July 2014. Mass Start 09.00 from village hall

A 33, 26 or 17 mile challenge event open to walkers and runners held as part of the:

 **Osmotherley Summer Games**

A challenge event involving some 4000 feet of climbing on the 33 mile route, 3500 feet of climbing on the 26 mile route and 2000 feet of climbing on the 17 mile route - minimum use of roads. All finishers within 10 hours will receive certificate and badge. Starting in the afternoon are the Osmotherley Summer Games so refreshments and entertainment abound at the finish -- Why not bring the family and make a day of it?

#### Route - North then East along Cleveland Way to Botton head - Seave Green - Wheat Beck - Near Hawnby - Black Hambleton - Osmotherley. (26 mile route Wheat Beck direct to finish) (17 mile route from Carlton Bank - Wheat Beck direct, Wheat Beck to finish). Descriptions of checkpoints are given in the route description on website or please tick box below if required.

**Rules -** See over.

**Final details are on the website or sent out from the middle of June for those without internet access.**

All proceeds to upkeep of the Village Hall with surplus to local Charities.

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**Entry Form**

**Detach** and send to: Osmotherley Phoenix, Angram Grange, Cold Kirby, Thirsk, North Yorkshire. YO7 2HL

Tel. Thirsk (01845) 597163- please not after 21.00 hours. (Gerry & Julie). E-mail: phoenix@tiredlegs.freeserve.co.uk

Please enter me for the 2014 Osmotherley Phoenix. I have read and agree to abide by the rules of the event and to observe the Country Code at all times. I confirm that I am in good health and have no medical condition that may cause undue concern or inconvenience to others. I understand that I participate at my own risk and that no liability is accepted by the organisers for any injury, damage or loss sustained by me during the event.

Signed: Date: **Sex**  M / F (please delete as applicable)

Surname: First Name/s

 (As you would like to appear on your certificate)

Address:

Post Code: Telephone Number: Date of Birth:

 (Inc. STD code)

Final details will be available on our website: http://osmotherleyphoenix.wikidot.com/home

Please give your **e-mail address** clearly if you have internet access:

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Please tick here if you are unable to download final details from our website (we will post details ):

**Runner**

**Walker** Please tick as appropriate **Route Choice** 33 26 17 miles

 (Please circle chosen route – you can still change route on day)

Cheques for £7.00 per entrant payable to 'Osmotherley Phoenix'. **No S.A.E. required for final details / Results**. Only send S.A.E. if early confirmation of entry is required and you have no e-mail/access to our website. Cancellations before 1st. June will have fee refunded less £1.00 administration.

Entries restricted to 400. Entries on day **(£ 10.00**) only to fill available places **(highly unlikely to be available – event was full from 2010 to 2013).**

Closing Date : Saturday 21st June 2014 Ver. Provisional

**Rules** ( Designed for safety **AND** to provide an even playing field for thosecompeting ).

1. Observe the country code.
2. All entrants must be over **14** years on the day of the event. Parent or guardian must accompany entrants under 18 years.
3. **The following basic safety equipment must be worn or carried by all competitors**: waterproof cagoule and overtrousers, compass and appropriate map (ie Memory Map, NYM tourist map or 1:25000 West, sheet 26, Harveys NYM Moors, 1:40,000) Please wear footwear appropriate for rugged moorland conditions. There could be a kit check before, during or at the finish! **Penalty for incomplete kit.**

It is recommended that slower walkers take extra kit and food for the event.

1. **Please carry a mug for drinks**, which will be provided at certain checkpoints.
2. If retiring, please retire only at roadside checkpoints – **Marshals must be informed** even if official transport to finish is not required - failure to do this could result in Rescue Team time being wasted searching for people who are not actually missing.
3. Entrants must keep to the route, which is all on public rights of way. The use of road other than on the official route or deliberate trespass will, unless in an emergency situation, result in the competitor being penalised.
4. Keep all dogs on lead and under proper control.
5. Entry fee: £7.00. Cheques payable to 'Osmotherley Phoenix'.
6. Please close all gates and drop no litter.
7. It is the responsibility of each competitor to ensure their tally is punched and number recorded at each checkpoint.
8. Entrants leaving the Wheat Beck Checkpoint after 15:30 will be required to take the 26 mile route, straight back to Osmotherley.

Osmotherley Phoenix,

Angram Grange,

Cold Kirby,

Thirsk.

 YO7 2HL E-mail: Phoenix@tiredlegs.freeserve.co.uk

 Tel. Thirsk (01845 597163) - please not after 21.00 hours. (Gerry & Julie).

**Under 25!**

 Free copy of Lakeland Trails (88 page handbook) to the first 10 to enter

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