East Yorkshire Group of the Long Distance Walkers Association

**More Sterne Encounters**

**Two routes of about 23½ and about 15 miles**

“A man should know something of his own country before he goes abroad”

* Saturday 28th June 2014.
* start at 8:30 am from Coxwold Village Hall, 535773
* car parking at the start, adjacent to the village hall.
* entry £8 in advance, £10 on the day, badge an additional £1

(Cheques payable to East Yorkshire LDWA)

* maps required, Landranger 100 **OR** Explorer 299, 300 with Outdoor Leisure 26 for the long route
* bring a drinking mug (we do not supply cups at checkpoints)
* assistance dogs only

 Long Route about 23½ miles Short Route about 16 miles

Coxwold Village Hall 535773 Coxwold Village Hall 535773

Oulston 547743 Oulston 547743

Four Acre Wood 577749 Four Acre Wood 577749
Ampleforth Village Hall 583787 Ampleforth Village Hall 583787 Byland Abbey 553794 Byland Abbey 553794

Cam House 541815

Coxwold Village Hall 535773 Coxwold Village Hall 535773

Entries to;

More Sterne Encounters, 480 Southcoates Lane, Hull, HU9 3UB

 **Please enclose a SAE for acknowledgement of entry**

**Please enclose a second SAE if finishers’ list is required**

**More Sterne Encounters 2014, Entry Form**

**Please print clearly and legibly**

Name ...........................................................................

Date of Birth (if under 18) ....................................................................................

 Male Female Walker Runner Vegetarian

Address ............................................................................

 ............................................................................

 ............................................................................

Post Code ............................................................................

Home telephone ............................................................................

Mobile (carried on the event) ............................................................................

Do you have a medical condition that the organisers should be aware of? ...............................................................................................................................................

Who should we inform in case of an accident or emergency?

................................................................................................................................................

**Please read and sign this obligatory statement**

I will abide by the rules of the Sterne Encounter and observe the Country Code. I have sufficient knowledge, experience, equipment and navigation skills to safely participate in a c23 mile, (or c16 mile) walk in all conditions, over open countryside. I confirm that I am in good health and do not have any medical conditions that may cause any concern. I understand that I participate in the Sterne Encounter at my own risk and that no liability is accepted by the organisers or landowners for any injury, damage or loss sustained by me during or after the event. I know that some local rules / regulations may apply to the event and confirm that I will make myself aware of them before I participate. I will be over 18 years of age on the day of the event **or** I will be accompanied by a responsible (and identified) person over the age of 18 throughout the Event

Signed ........................................................... Date ...............................................

Name and signature of person responsible, for junior entrant (if necessary) ....................................................................................................................................................

**Don’t forget your cheque for £8, payable to East Yorkshire LDWA**