Bottoms Up!

 **Saturday October 10th, 2015**

 **Organised by West Lancs LDWA**

22 or 13 miles in 9.5 hrs. An attractive, varied route centred around historic Hoghton Tower, via woods, moors, fields, river & canal, visiting Samlesbury and Hoghton Bottoms. *Limit 250 entrants.*

**Start/Finish** Hoghton Village Hall, OS 103, GR 614265, on the A675, midway between Preston and Blackburn

**Runners** Welcome on both the long and short routes.

**Registration** From **7.30 am** **(walkers and runners)**

**Start time** **MASS START (for both routes) at 8.30am**

**Equipment** Waterproofs, compass, whistle, map, 1st Aid kit, emergency rations, suitable footwear & mug

**Map** Explorer 287 (West Pennine Moors) or Landranger 103

# Rules 1. Instructions of event officials must be complied with.

2. All participants must abide by the Country Code and ***carry equipment as stated above***.

3. All to finish by **6pm**. Retirements ***only*** by handing in tally at checkpoints.

4. Sorry, ***no dogs***.

5. Under 18s to be accompanied *at all times* by a responsible adult.

**Fee** £8 for both long and short routes (£10 on the day) including refreshments en route, light meal at the finish and certificate

 Badges available, £1.00 each

**Organiser** Ian Wardle Tel: 07952673357

Detach here

## Entry Form

I wish to enter Bottoms up on Saturday October 10th, 2015. (1 form per entrant, please)

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

Signed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If under 18 the following section to be completed by the accompanying adult:

*I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ will accompany the above for the duration of the event*

*Signed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

Please make cheques or POs payable to **West Lancs. LDWA**, Please enclose 9" x 4" SAE **only if route description needs posting**.

Route description downloadable from West Lancs LDWA website.

.

Tel. No.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Mobile no. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Car Reg. No.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

22 miles / 13 miles (delete as appropriate)

Walker / Runner (delete as appropriate)

Vegetarian meal required? Yes / No (pre-bookable only)

*Entries to:*

Sue Allonby

17 The Ridgeway

Nelson

Lancs. BB9 0DS

01282 690363