

The Wensleydale Wedge

Sunday 20th November 2016

A 23 MILE EVENT (In 9 Hrs) FOR EXPERIENCED WALKERS AND RUNNERS
FROM ASKRIGG (GR 948909)

**Route: Askrigg – Bainbridge – Semerwater – Stalling Busk –
Thoralby – Aysgarth Falls – Castle Bolton – Heugh - Askrigg**
There will be a cut off time of 2.30pm at Castle Bolton

Registration from 06.45, Start at 08.00 prompt
Map O.S Explorer OL30

No person under 16 years of age on the day is allowed to participate unless accompanied throughout the event by a responsible adult. (Adults are someone over 18 years of age)
Please park as directed by the Marshals.

Entry fee £8.00 (in advance only). Includes: Certificate, badge, CP refreshments, meal at finish

No Dogs Allowed No Entries OTD

Entry limit is 300. Entries Close 13th Nov

Final details and grid references with entry acknowledgement

See also <http://www.ldwa.org.uk/Nidderdale>

Please retain this part of the entry form and send the completed section below to:

Entries Secretary, 43 Heath Drive, Boston Spa, Wetherby LS23 6PB
Tel 01937 843062 Email Address j.hunter623@ntlworld.com

The Wensleydale Wedge Sunday 20th November 2016 Entry Form

Surname	Forename	LDWA Mem No
* Male / Female Delete as appropriate	* Runner / Walker	Vegetarian Meal *Yes /No
Address:		
Postcode:	Telephone No (Incl STD code)	
In case of emergency contact:		Relationship:
Name:		
Address:		
Tel No (Incl STD code):		
If under 16yrs name of responsible adult who is on the event		
Please enter me for the above event, 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 conditions that may cause undue concern to others. I understand that I participate at my own risk and that the Organisers and Landowners accept no liability for any injury, damage or loss sustained by me during the event. The event rules can be found on the club website http://www.ldwa.org.uk/Nidderdale		
I enclose a cheque for £8.00 payable to "L.D.W.A. Nidderdale Group" Also a S.A.E. or a legible Email address for acknowledgement.		
Email address:		
Signed:	Date:	