

The Wensleydale Wedge

Sunday 18th November 2018

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

**Route: Askrigg – Bainbridge – Semerwater – Stalling Busk – Thoraby –
Aysgarth Falls – Castle Bolton – Heugh - Askrigg**
There will be a cut off time of 2.30pm at Castle Bolton
Map O.S. Explorer OL30

Registration from 06.45 Start at 08.00 prompt
Please park as directed by the Marshals

Open to people aged 16 yrs and over. Anyone under the age of 18 yrs must be accompanied by a parent or legal guardian, who must give written permission in the space below.

Entry online at www.sientries.co.uk or by post (cheque or BACS Transfer)

Entry fee £8.00. Includes Certificate, badge, CP refreshments, meal at finish (veggie option)

No Dogs Allowed No Entries OTD

Entry limit is 300. Entries Close 15th 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: jonedhun@gmail.com

The Wensleydale Wedge Sunday 18th November 2018 Entry Form

Surname	Forename	LDWA Group and Member No
* Male / Female Delete as appropriate	* Runner / Walker	Date of birth:
Address:		
Postcode:		Telephone No (Incl STD code)
In case of emergency contact:		Relationship:
Name:		
Address:		
Tel No (Incl STD code):		
If entrant is between 16 and 18 yrs. Name of accompanying parent or legal guardian giving permission of entry.		
NAME		Signature
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" (for BACS contact Entries Secretary). Also a S.A.E. or a legible Email address for acknowledgement.		
Email address:		
Signed:		Date: