

45th
ANGLEZARKE
AMBLE

Saturday 8th February 2020

Organised by West Lancs LDWA

The Anglezarke Amble is a Challenge Walk taking in Rivington, Anglezarke and Turton Moors, through an area known locally as "Little Lake District". **There is a choice of distances, either 17 or 24 miles. Runners on Long route only.**

LIMIT 300

Time limit is 10 hrs.

VENUE

Rivington Village Hall GR 626141 Postcode BL6 7SE

TIME

Walkers start 08.00am

Runners start time 09.00am

REGISTRATION

REGISTRATION

between 6.30 & 07.45am

between 08.00 and 8.45am

EQUIPMENT

Entrants **must** have clothing suitable for harsh moorland terrain in winter conditions and must carry a map, compass, whistle, torch, waterproofs, first aid kit, food, drink and a mug.

NO MUG = NO DRINK

Random Equipment Checks will be applied and entrants failing to comply with the above will be disqualified.

RETIREMENTS

AT CHECKPOINTS ONLY.

Tallies must be handed in to the checkpoint officials before awaiting transport back to the finish. **THIS IS IMPORTANT.**

TALLIES

Entrants who fail to visit all checkpoints in the correct order will be disqualified.

Should a checkpoint be missed it **MUST** be reported at the next checkpoint visited.

RULES

1. The instructions of event officials must be complied with.
2. All participants must keep to the prescribed route.
3. The Country Code must be complied with particularly with not straying from footpaths and not leaving litter.
4. **NO DOGS ALLOWED & NO ENTRIES ON THE DAY.**
5. The organisers and owners of the land used on the walk cannot be held responsible for any injury, damage, or loss sustained by participants during the event.
6. Under 18's must be accompanied by a responsible adult for the duration of the event.

MAP REQUIRED

OS 287 West Pennine Moors

ENTRÉE FEE

£10.00 for LDWA members £13.00 for non LDWA members includes refreshments at checkpoints, food at the finish, and a certificate of the event.

ORGANISERS.

Ian Wardle Tel: 07952673357 Email: westlancsldwa@gmail.com

NAME TEL NO LDWA NO

ADDRESS CAR REG. DISTANCE.

..... VEGETARIAN YES / NO

..... WALKER / RUNNER. (Please state which)

E-MAIL ADDRESS

Please enter me for the **Anglezarke Amble on Saturday 8th February 2020**. I enclose a Cheque / P.O. payable to WEST LANCS LDWA.

Only enclose 9" x 4" SAE if route description required.

Event numbers will be allocated on arrival and route descriptions will be available to collect at HQ or download from our web-site.

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.

“I understand that the personal information submitted as part of this entry form will be held by the event organisers for a period of up to three years after the event is held for the purposes of managing this event only. I further understand that photographs are likely to be taken at the event, which may be featured in Strider magazine or on LDWA websites and LDWA social media. In addition, I understand that Summary Information (participant’s name, age, gender, postal town, email address, LDWA membership number, event name and date, distance covered, time recorded as well as any other linked walking achievement) may be published immediately and may be held in perpetuity for the purposes of providing a record of the event. I will have the right to request that all my personal Summary Information is anonymised.”

Signed.

Entries To: Shirley Bradshaw
90 Spring Meadow
Leyland
PR25 5LX

If under 18 the following section to be signed by the accompanying Adult.

I will accompany the above for the duration of the event.

Email: Stanshirl@blueyonder.co.uk

Signed:

Cheques or PO’s Payable to: **WEST LANCS LDWA**

CLOSING DATE FOR ENTRIES WILL BE SATURDAY 1st FEBRUARY, HOWEVER, ONCE WE REACH THE LIMIT OF 300 ENTRY WILL BE CLOSED.