**The Wolds 20 (13)**

**NWW Division Rangers, East Yorkshire**

**Saturday 29th April 2023**

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| **Entry fee: £15 in advance or £18.00 on the day (if space available)** |  |
| Starting from Millington Village Hall, the circular routes go around the Yorkshire Wolds. The routes go clockwise splitting just outside of Bishop Wilton. From here the 20 mile route heads north to Thixendale and joining back up with the short route at the A166 picnic site, where both routes return over the Wolds to Millington.These are beautiful scenic routes that encompass great views across the Vale of York, but please note that there some testing hilly terrain along mainly public footpaths.* Mass start at 09:00
* Registration from 07:30
* All competitors must finish by 17:00
* The minimum kit required is:
	+ Maps O/S Explorer 294 and 300 or Landranger 106 or GPS
	+ Compass
	+ Waterproofs
	+ First aid kit
	+ Mug – no mug no drink!
* Please enter in advance if possible. Entries on the day accepted but not guaranteed (We have a maximum number of 120)
* Self clipping routes with checkpoint support.
* Snacks and drinks available along the routes. Stew/chilli and hot drinks at the end. Gluten free, vegan and vegetarian food available at the end and limited snacks en route. Please indicate requirements on application form.
* Entry includes badge, certificate and refreshments (during the walk and at the finish).
* Car parking is limited so please car share where possible

**Entries by email to nww.division.rangers@gmail.com****BACS payment - NWW Division Rangers (Residential account) Sort code 77-71-51 Account number - 14076968****Only 1 entry per form please.**  |

**The Wolds 20 (13)**

 **Saturday 29th April 2023**

Name……………………………………………………………………………………………………………………………………..…

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

LONG or SHORT ROUTE WALKER or RUNNER

NB You can change your mind on the day

Dietary requirements…………………………………………………………………………………..……………………………

Address………………………………………………………………………………………………..…………………………………

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Email address ………………………………………………………………………………………………..…………………………

Telephone No. inc STD Code…………………………….……….………………………………………………………………

Mobile phone (if carried on walk)………………………………………….…………………………………………………..

Telephone Contact Number in case of emergency……………………………………………………………………..

Any medical information which may be relevant in case of accident (will be in strict confidence)

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**This is obligatory.** I agree to abide by the rules of the event and to observe the Country Code at all times. I have sufficient knowledge, experience, equipment and navigational skills to take part in a long distance walk in all conditions. I confirm that I am in good health and have no medical condition that may cause undue concern or inconvenience to others. I confirm that I participate at my own risk and that no liability is accepted by the organisers for injury, damage or loss sustained by me before, during or after the event. I will be over 18 years old on the day of the event. I understand that particular rules may apply to entrants taking part in this event and I understand to make myself aware of these rules before I start.

Signed………………….…………………………………………………………………………… Date………………………………

Name of person responsible for entrant if under 18 years old

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