

ENTRY FORM



Saturday 19th September 2009

**Buxton and District Lions Club
in association with
Buxton Community School
and Vasque**

An event for runners and walkers

On a scenic and circular route through the Peak District

Held in accordance with UK Athletics Rules of Competition

We provide:

- Cloth badge and certificate for every finisher
- Sketch map and notes
- A meal at the finish
- 11 checkpoints with drink, some with hot drinks and food
- First-aid cover throughout
- Experienced marshalls
- Prizes for the first three men and women overall. In addition prizes for the first three men and women in each age class. There will be a range of other awards as well.

**Entries close 4th September 2009
Or when the entry limit of 250 is reached**

I confirm that I am over the age of 19, currently in good health and have no disabilities which may be detrimental to my participation in the event. I accept that should this not be the case on the day of the event I must declare my condition to the organisers. I agree to abide by the Country Code. I understand that no liability can be accepted by the organisers for any injuries sustained or any property lost during the period of the event.
I accept primary responsibility for my own safety.

Signed..... date.....

Send this entry form, signed, together with your ENTRY FEE (CHEQUES ETC PAYABLE TO "HIGH PEAK 40 MILE CHALLENGE") (**SEE NOTE BELOW**) and 2 SAE's (correct postage please) 220mm X 170mm to:-

High Peak 40 Mile Challenge
57 Ecclesbourne Drive
Buxton
Derbyshire
SK17 9BS

Note If you have given an e-mail address do not send the SAE's – the instructions to competitors and results will be sent by e-mail.

Most recent events if any
(indicate distance,
times and dates)

Notes and Rules for Intending Entrants

1. The High Peak 40 Mile Challenge is a circular route starting and finishing in Buxton. The route is largely in the Peak District National Park following approximately 45% track and trail, 35% road and lane and 20% grass track and with 4673ft of ascent. The route is well marked but the number of paths in the area make careful route finding necessary. A sketch map and brief route notes will be provided, but we also advise you to obtain a copy of the O/S PEAK DISTRICT TOURIST MAP scale 1" to 1 mile, or better still the WHITE PEAK and DARK PEAK LEISURE MAPS 2.5" to 1 mile.
2. **You** are responsible for **your** own safety and you must recognise that the weather can change unexpectedly in the Peak District making the course hazardous.
3. Route marks will be set out but the primary responsibility for finding your way is **yours**.
4. The route starts in Buxton and then proceeds as follows:- Goyt Valley, Eccles Pike, South Head, Rushop Edge, Castleton, Bradwell Moor, Limestone Way, Flagg, Chelmsorton, King Sterndale and Cowdale before returning to Buxton.
5. Entrants are asked to remember that it can be cold and wet even in mid September, particularly in the late evening. Entrants are advised to be fully equipped for these conditions and should especially note Rule 6.
6. You are asked to wear a white or reflective garment or patch on front and back during the hours of darkness. Keep to the right on all public roads, in single file; remember that traffic may not see a runner very easily.
7. All checkpoints will supply drinks and some will supply simple food. A meal will be provided at the finish -- what form that meal will take has yet to be finalised.
8. All finishers will receive a patch badge and a time certificate. Prizes will be awarded to the first three men and women overall and the first three in each age class.
9. Stating a club name on page 2 will automatically include you in that club team of which the best three will count on a cumulative time basis (not placings). You may be a member of only one team. Should you wish to be part of a "private" team then you must notify names etc before the event – preferably not on the day.
10. Intending entrants are advised to train seriously for this event, with one walk or run of at least 30 miles.
11. Changing facilities and showers will be available at the start/finish. Details of start/finish location will be given in the final details.
12. Checkpoints will be in contact with base and there will be pick up system to take retirees to the finish.
13. Entrants may arrange for support vehicles. It is requested that these do not use the checkpoints, but special support vehicle areas. Further information will be contained in the final details.
14. Tally cards will be issued at registration on the day. These cards must be presented at each checkpoint for marking. Entrants will be disqualified if the Tally Card is not marked at each checkpoint, or if it is lost.
15. Entrants must at all times abide by the Country Code, respect private property and stay on the public rights of way.
16. Unfortunately we shall not be able to allow dogs, or other animals into the school buildings.
17. Competitors must retire if they cannot reach a checkpoint before its closing time.