

Rules of 8th Hills & Dales Event

1. All competitors must be 16 or older. If under 18 years they must be accompanied by an adult or carer.
2. Entry is limited to 300 participants.
3. There is a time limit of 10 hours. All routes start and finish at High Ash GR 048653.
4. The organisers reserve the right to request the retirement of any person who in their opinion is unlikely to reach the next checkpoint in the required time before closure.
5. Any entrant wishing to retire must inform a walk official at a checkpoint where transport can then be arranged back to the start.
6. Walkers may be accompanied by a dog, which must be kept under control and should be fit to complete the route and taken at the competitors' sole responsibility.
7. The route can be found on the map Outdoor Leisure 24 White Peak.
8. Some of the route runs on PRIVATE land and all care must be taken.
9. Registration will be open after 7am at High Ash.
10. All tallies must be handed in to checkpoint staff around the routes.

e mail; walk10@andycrafts.co.uk or visit web sites www.andycrafts.co.uk or www.nabendfarm.co.uk for latest details. (andy download)

**Chernobyl Children's Project (UK)
Buxton, Longnor and District Group**

8TH HILLS & DALES WALK/RUN

**SATURDAY 11TH SEPTEMBER 2010
8, 12, and 24 Mile Walks in 10 Hours**



**CHERNOBYL CHILDREN'S PROJECT
(UK)**

Is a registered Charity No 1059832

CHERNOBYL CHILDREN'S PROJECT (UK)

BUXTON, LONGNOR and DISTRICT GROUP

8th HILLS and DALES WALK/RUN

SATURDAY 11TH SEPTEMBER 2010

8, 12, and 24 Mile Walks in 10 Hours

Start and finish at High Ash Field Study Centre GR 048653
The 8 mile walk is a circular route taking in Hollinsclough –
Parkhouse, Glutton Bridge, Crowdecote, C/P 1 Over Boothlow,
Fairfield, Shinning Ford, and Marnishaw Head then into High
Ash

The 12 miles and the 24 mile route will both continue from
Crowdecote out to Pilsbury Castle, Hartington, Wolfescote
Dale, Dove Dale, Alstonefield*, Wetton, Thors Cave,
Butterton, Reveridge Woods, Newtown, and back to High Ash.

*All 12 mile entrants will be taken back to the start by Mini
Bus from Alstonefield.

Start Time All Walkers 8am Runners 9am
Entry Cost £7.00 for both 12 mile and 24 mile routes
£5.00 for the 8 mile route
£10.00 all route on the day entries

Included in the cost are refreshments & drinks at all
checkpoints and a meal of Pie/Chips at the finish.
Full route description and certificate to all entrants.
Badges extra.

Overnight accommodation if required on Friday 10th Rooms
with en-suite each 4/6/8 bunk beds (use own sleeping bags and
towels). Breakfast included all for £15.00 per person.

ALL CHEQUES PAYABLE TO "HILLS & DALES"

Equipment to be carried Waterproofs, Mug, Torch, Whistle,
and Map. (Outdoor Leisure 24 White Peak)

**Entries with S.A.E. to K G Bailey. 2 Lulworth Grove, Chell,
Stoke on Trent, Staffs ST6 6 JY Tele 01782 815386**

ENTRY FORM

8th HILLS AND DALES. SATURDAY 11TH SEPTEMBER 2010

Name _____ 24 Mile
Address _____ 12 Mile
_____ 8 Mile
Email _____ Walker
Telephone No _____ Runner

Veg Meal Ord Meal
Tick if we can send you a sponsor form
Accommodation required Friday 10th

AMOUNT ENCLOSED _____

Cheques payable to "HILLS & DALES"

**All funds raised will be passed on to Chernobyl Children's
Project (UK)**

**I agree to observe the country code and have read and
accept the rules of the event. I also understand that I take
part at my own risk and that the organisers accept no
liability for injury, damage or any loss sustained or caused
by me. Where I am applying for more than my own entry I
confirm that all other applicants applying with me accept
the above conditions.**

PLEASE ENCLOSE SELF ADDRESSED ENVELOPE

SIGNED _____ DATED _____

GIFT AID	
Name	_____
Address	_____
Post Code	_____
Please treat all my subscriptions and donations I have made to The Chernobyl Children's Project UK as Gift Aid Donation. I understand that I must be a taxpayer, paying an amount of tax equal to the tax to be claimed.	
Signature	_____ Date _____
Amount Paid	_____