

DENBY DALE TRAVELLERS PRESENT THE

MICKLEDEN STRADDLE FELL RACE
(BL 14.3M/2431FT)

(23.0km/741 metres)
NAVIGATION SKILLS REQUIRED

Sunday 5 February 2012 at 10.30 am

Start and Finish at Langsett Barn Car Park (GR 211003)

Registration at Langsett Barn (GR 211005)

Mandatory equipment includes compass, whistle, hat, gloves, full body cover, food and map (Outdoor Leisure 1) - Spot Checks will be made!!

No Dogs allowed with Runners.

If you retire during the race, you MUST inform Race Control at Langsett Barn.
Race Limit 200. Minimum Age 18. Refreshments and presentation at Langsett Barn after the race.

Checkpoints:

- Check Point 1 - Slippery Stones - (GR 169952)
- Check Point 2 - Howden Clough - (GR 174932)
- Check Point 3 - Sheep Fold (aka 'Ice Station Zebra') - (GR 181943)
- Check Point 4 - Cut Gate - (GR 184959)
- Check Point 5 - End of Bridleway/Top of Fire Break - (GR 199010)

Entry Fee - £4.50 or £5.00 on the day. Pre-Entries to: Richard Howard, 21 Second Avenue, Horbury, West Yorkshire, WF4 6HB by 28 January (Tel: 07792 527781).
Cheques payable to Denby Dale Travellers. SAE with entry if confirmation required.

FULL NAME: AGE on Race Day:

ADDRESS:

.....Vehicle Registration.....

CLUB:..... GENDER: M/F.....

SIGNED:..... DATE:.....

EMERGENCY CONTACT (Name and Tel No.):.....

I UNDERSTAND THAT THIS RACE IS HELD IN ACCORDANCE WITH THE RULES AND SAFETY REQUIREMENTS OF THE FRA. I AM AWARE OF THE ORGANISERS' INFORMATION AND STIPULATIONS AND ACCEPT THAT ANY INJURY OCCURRING TO ME DURING THE COURSE OF THE RACE OR ARISING FROM IT IS IN NO WAY THE RESPONSIBILITY OF THE RACE ORGANISER. I AM OVER 18 YEARS OF AGE.