

The Hebden - Saturday 21st January 2012



Routes of 22 and 14.5 miles, catering for both walkers and runners. The demanding long route will continue as in 2011 with over 4000 feet of climbing. **The shorter route has changed and will now be extended to leave the long route at CP4 Broadhead Clough before returning to Mythomroyd.** There is a full route description available from the website or by post.

<p>Registration Registration at St Michael's Church Hall, Mytholmroyd from 6.30am.</p> <p>Car Parking at Mytholmroyd Community Centre, Mytholmroyd HX7 5DY GR SE011259</p> <p>Bus stops and train station are close by.</p>
<p>Start Mass start at 8.00am for both routes. All entrants must finish by 6.00pm.</p>
<p>Fee LDWA £8 Non-LDWA £9 (both+£2 extra on day) Inclusive of tea coffee and toast at start, refreshments en route, meal at finish, transport for retirees, and certificate. Embroidered badge for sale at £1.00.</p>
<p>Maps 1:25000 Outdoor Leisure Map 21 - South Pennines is recommended.</p>
<p>Essential Items All entrants are advised to wear appropriate clothing for winter conditions and to carry the recommended map, compass, whistle, survival bag, mug and mobile phone if they have one. Some navigational ability is required.</p>
<p>Entrants Both LDWA and non LDWA entrants welcome. Limit 350 + 10% expected non starters.</p>
<p>Under 18s must be members of the LDWA or walk with their parent.</p>
<p>Under 14s must walk with their parent notwithstanding that they are members of the LDWA.</p>
<p>Dogs Dogs allowed on leash but not in hall.</p>
<p>Separate Male and Female Shower and Changing Facilities available at the Community Centre at a cost of £1 (pay at Centre).</p>

Entries To:

Carole Engel, 10 Brookfield, Penistone Road, Kirkburton, Huddersfield HD8 0PE. Tel. No. 01484 606850. Email caroleengel@yahoo.co.uk Cheques should be made payable to *Calderdale LDWA*. Please send SAE or use website www.alangreenwood.biz/index.html for route description and number. A list of entrants and finishing times will be displayed on the website. SEF with SAE accepted.

On-line Entry available from Sportident

ENTRY FORM Please enter me for The Hebden to be held on Saturday 21st January 2012

Name.....

Address.....

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Phone.....

Phone In Emergency.....

Email Address.....

Runner - 21 ml 14 ml

Walker - 21 ml 14 ml

Vegetarian Meal Required

Route description and No:

from Website OR by Post (Include SAE)

Disclaimer

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 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 understand that particular rules may apply to entrants taking part in this event and I undertake to make myself aware of these rules before I start.

Signature.....

LDWA No.(if applicable).....