

The Hebden - Saturday 20th January 2018



Routes of 22 and 15 miles, catering for both walkers and runners. The routes will be subject to some minor changes. There is a full route description available from the website or by post. Please note that this is a tough event with a substantial amount of climbing and is therefore not suitable for beginners.

<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 and at other locations</p> <p>Bus stops and train station are close by.</p>
<p>Start Mass start at 8.00am for both routes. All entrants to finish by 5.00pm.</p>
<p>Fee LDWA £9 Non-LDWA £13.80. Inclusive of tea coffee and toast at start, refreshments en route, meal at finish, transport for retirees, and certificate when requested at finish. Embroidered badge for sale at £1.00.</p>
<p>Maps 1:25000 Outdoor Leisure Map 21 - South Pennines is recommended. Digital mapping from website.</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 as a safety measure. Some navigational ability is required.</p>
<p>Entrants Both LDWA and non LDWA entrants welcome. Limit 400. Entries closed when limit reached.</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 but must be on a short lead at all times while on the event but not allowed in Hall.</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 not accepted.

Every effort will be made to ensure that all 400 places available are filled.

The entry fee includes an amount of £1 for LDWA members and £1.50 for others which is used to repair surface damage to footpaths.

On-line entry from Sportident at an additional cost of £1.20.

ENTRY FORM Please enter me for The Hebden to be held on Saturday 20th January 2018

Name.....

Address.....

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Mobile Phone.....

Phone In Emergency.....

Email Address.....

Runner - 22 ml 15 ml

Walker - 22 ml 15 ml

Will you have a dog under your control

Veggie Meal

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).....