

DENBY DALE TRAVELLERS PRESENT THE

**MICKLEDEN STRADDLE
FELL RACE (BL 13.8M 1980 FT)**

NAVIGATION SKILLS REQUIRED

**Sunday 7 February 2010 at 10.30 am
Start and Finish at Langsett Barn Car Park.
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:

Start/Finish - Langsett Barn Car Park (GR 211003)

Check Point 1 - Cut Gate (GR 184959)

Check Point 2 - Slippery Stones (GR 169952)

Check Point 3 - Howden Clough (GR 174932)

Check Point 4 - Sheep Fold (aka 'Ice Station Zebra') - (GR 181942)

Check Point 5 - Cut Gate (GR 184959)

Entry Fee - £4.50 or £5.00 on the day. Pre-Entries to Mike Baldwin, 59 Stocks Way, Shepley, West Yorkshire, HD8 8DL by 24 January (Tel 01484 603019).

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 ORGANISER'S INFORMATION AND STIPULATIONS AND ACCEPT THAT ANY INJURY OCCURRING TO ME DURING THE COURSE OF THE RACE IS IN NO WAY THE RESPONSIBILITY OF THE RACE ORGANISER. I AM OVER 18 YEARS OF AGE.