

Bottoms Up!

Saturday October 15th, 2016

Organised by West Lancs LDWA

22 or 13 miles in 9.5 hrs. An attractive, varied route centred around historic Hoghton Tower, via woods, moors, fields, river & canal, visiting Samlesbury and Hoghton Bottoms. *Limit 250 entrants.*

Start/Finish	Hoghton Village Hall, OS 103, GR 614265, on the A675, midway between Preston and Blackburn
Runners	Welcome on both the long and short routes.
Registration	From 7.30 am (walkers and runners)
Start time	MASS START (for both routes) at 8.30am
Equipment	Waterproofs, compass, whistle, map, 1 st Aid kit, emergency rations, suitable footwear & mug
Map	Explorer 287 (West Pennine Moors) or Landranger 103
Rules	<ol style="list-style-type: none">1. Instructions of event officials must be complied with.2. All participants must abide by the Country Code and carry equipment as stated above.3. All to finish by 6pm. Retirements only by handing in tally at checkpoints.4. Sorry, no dogs.5. Under 18s to be accompanied <i>at all times</i> by a responsible adult.
Fee	£8 for both long and short routes (£10 on the day) including refreshments en route, light meal at the finish and certificate Badges available, £1.00 each
Organiser	Ian Wardle Tel: 07952673357

Detach here

Entry Form

I wish to enter Bottoms up on Saturday October 15th, 2016. (1 form per entrant, please)

Name _____

Tel. No. _____

Mobile no. _____

Address _____

Car Reg. No. _____

22 miles / 13 miles (delete as appropriate)

Walker / Runner (delete as appropriate)

Vegetarian meal required? Yes / No (pre-bookable only)

I have read and agree to abide by the rules of the event and understand that I enter 'Bottoms Up!' entirely at my own risk. I will observe the Country Code at all times and confirm that I am in good health and have no medical condition that may cause undue concern or inconvenience to others. I agree that no liability is accepted by the organisers or landowners for any injury, damage or loss sustained by me during the event.

Signed _____ Date _____

If under 18 the following section to be completed by the accompanying adult:

I _____ will accompany the above for the duration of the event

Signed _____

Entries to:
Ian Wardle
12 Glenmore
Clayton-le-Woods
Chorley PR6 7TA
Tel: 07952673357

Please make cheques or POs payable to **West Lancs. LDWA**, Please enclose 9" x 4" SAE **only if route description needs posting.**

Route description downloadable from West Lancs LDWA website.