



# WEST YORKSHIRE LDWA



## ONE FOOT IN THE GARGRAVE CHALLENGE EVENT SATURDAY 10th SEPTEMBER 2022 - 8.30 am start 23 mile walk/run

Please enter me for the above event.

I have read and agree to abide by the rules of the event and to observe the Country Code at all times.

I confirm that I am in good health and have no medical condition that may cause undue concern or inconvenience to others.

I understand that I participate at my own risk and that no liability is accepted by the organisers for any injury, damage or loss sustained by me during the event.

Under 18's must signify accompanied by parent/legal guardian & parent/legal guardian must countersign.

The walk is to be completed in 9 hours. There is a cut-off time at 3 pm at Checkpoint 3 (16.2 miles).

Anyone not through this Checkpoint before 3 pm will be asked to retire.

Tick as appropriate    Male     Female     Walker     Runner     Vegetarian \*

\*Please let us know if you have any special dietary requirements.

**Please print clearly**

Name (as to appear on certificate) .....

Address .....

Town ..... Post Code .....

Tel ..... Email .....

Emergency Contact Name ..... Emergency Contact Number .....

LDWA Group ..... LDWA Number .....

The entry fee for LDWA members is £10, postal or online. Entries on the day for LDWA members is £15.

The entry fee for non LDWA members is £15, postal or online. Entries on the day for non LDWA members is £20.

Included are drinks and snacks supplied on the route and a hot meal (vegetarian option) at the finish.

Please ensure you bring a mug with you, no plastic cups will be available. **NO MUG – NO DRINK!**

Entries not accompanied by an entry form (or photocopy) and the correct remittance will be returned.

Please send your payment for acknowledgement to:

The Entry Secretary, 29, Mostyn Avenue, Earby, Barnoldswick, Lancashire, BB18 6PA.

Enclosed cheque value £..... **Please make cheques payable to LDWA West Yorkshire.**

Please note dogs are allowed on the walk, under close control, but not inside the Village Hall.

Entries will be restricted to the first 200 and will be closed when this maximum is reached.

Signed ..... Date .....