

Howgill Harriers present
THE GREAT WESTMORLAND TRAIL RACE

Held under FRA RULES
AND JUNIOR RACES

All proceeds shared with Crosby Garrett Village Hall.

Saturday September 12th 2015
2.30pm

Supported by Westmorland Services, RTJ Trailers
(www.rtjtrailers.com)&



The Fat Lamb Hotel, Ravenstonedale.

Each entrant will receive a **FREE £5 voucher** to use
against any meal taken at The Fat Lamb
also **10% discount** off standard accommodation rates (min. stay 2 nights).
www.fatlamb.co.uk

A scenic 7 mile marked route over rolling fell land on trails and footpaths
with stunning views of both the Eden and Lune Valley, starting and
finishing in the sleepy village of Crosby Garrett near Kirkby Stephen. A
handsome afternoon tea will be served to all finishers, prizes in all the
usual categories as well as spot prizes.

Junior races 2 miles + (from 1.00pm, u9 (over 6), u12, u16 & u18)

Minimum age to enter main race 18 Race Number _____
Full Name _____ Age on day of race _____
Address _____
Post code. _____ Phone Number _____ Emergency contact _____
Phone Number _____ Vehicle Registration _____
Club _____

I understand that this race is held in accordance, and that I have familiarised myself, with both the rules and safety requirements of the FRA. I confirm that I am aware of the organiser's information and requirements in connection with the race. I accept the hazards involved in Fell running and acknowledge that I am entering and running at my own risk other than the organiser's liability for causing death or personal injury by negligence. I confirm that I have navigational skills appropriate for this race and will carry throughout the race any equipment specified either by the FRA safety requirements or by the organisers. I accept the hazards involved in fell running and acknowledge that I am entering and running this race at my own risk. Other than the organiser's liability for causing death or personal injury by negligence. I confirm that I understand that the organiser accepts no liability to me for any loss or damage of any nature to me or my property arising out of my participation in this race.

SIGNED _____ Date _____

Competitor/parent or guardian for u18 runners please sign parental consent form available on the day.
Entry fee £8 before September 4th £12 on the day . Juniors races £2, Cheques Payable to Howgill Harriers
Please send completed form to Murthwaite, Ravenstonedale, Kirkby Stephen, Cumbria, CA17 4LP