

## EVENT RULES

ENTRY is available to all walkers or runners who are reasonably fit for their chosen distance. The 23 mile route is reserved for ages 18+. Juniors aged 15 years or younger on the day of the walk must be accompanied by a responsible adult at all times. 16 & 17 year olds are accepted with a parental consent form.

LATEST COMPLETION TIME on the day is 3.00pm for the two shorter routes and 5.00pm for the 23 miles route. Some checkpoints will have commensurate closure times (shown on the tally card) and entrants must retire when asked to do so.

RETIREMENTS. Anyone wishing to retire must only do so at a manned checkpoint and hand in their tally card. Arrangements will be made to return retirees to the start.

EQUIPMENT. It is recommended that the following items are either worn or carried by each entrant: Ordnance Survey Outdoor Leisure Map No2 or Explorer Maps OL2/OL41, compass, waterproof cagoule and over-trousers, suitable sturdy footwear, sufficient food and drink for the day.

**Water may be a problem on the 23 mile route , after the Stockdale Lane checkpoint you will not be able to replenish your supplies so particularly if it is going to hot please take sufficient water with you.**

Experienced entrants and runners will use their judgement on the day.

COUNTRY CODE. Please close all gates that you open, keep to the tracks and do take home litter. Sheep & cattle will be encountered so it is advisable not to bring a dog unless it is guaranteed safe; and be aware, the route contains ladder stiles that dogs may find difficult.

LIGHT REFRESHMENTS will be provided at checkpoints except at Cleatop Park, which is unmanned. A hot meal will be provided at the finish.