

LANGDALE HORSESHOE 2009

2009 English Championship Counter



SATURDAY 10TH OCTOBER 2009

AL 14M/4000'

11.00 am from the Old Dungeon Ghyll Hotel (Great Langdale GR 286062)

ER/LK/NS. Over 18. Limit 400 runners.

£6.50 to organiser by 3rd October

- entry on official entry form only, download from website or send SAE.
- cheques payable to 'Ambleside AC'. Teams free.
- see across for entry conditions for 2009 only.
- Narrow roads, share cars if possible.

Entries to: Roger Bell,
11 High Gale, Ambleside,
Cumbria, LA22 0BG.

Email: bell.rogier@btinternet.com
Website: www.ambleside.org.uk
Tel: 015394 32730

ENTRY CONDITIONS

This year the race is a counter in the English Championship and we anticipate that the entry limit will be reached well before the official closing date of Saturday 3rd Oct. To enable as many individuals and teams to compete in the various championship categories (and the Lakeland Classics), some changes to the entry conditions will be applied for this year only.

1. Individual Entries

- will be accepted until the entry limit is reached.
- later entries will be placed on a reserve list in order of receipt, if requested.
- cancellations will be accepted up to 2 weeks before the race (Sat 26th Sept) and a refund of the entry fee made.
- cancelled places will be offered to those on the reserve list (to be accepted within 3 days). Cheques will only be cashed when the offer is accepted.
- The website will be updated with lists of accepted entries and the reserve list.

2. Team Entries

- in addition to individual entries clubs may reserve (and pay for) up to 5 entries.
- by 2 weeks before the race (Sat 26th Sept) such entries may be allocated to runners in any team categories (English Championship & Lakes Classics) where the club has the possibility of a top 3 placing.
- Unused entries will be allocated to individuals on the reserve list, and the club refunded that part of the entry fee.

LANGDALE CHECKPOINTS

Description	Grid Ref	Closing Time
1 Stream/Path	289080	
2 Thunacar Knott	279080	
3 Esk Hause Shelter	235083	12.45
4 Bowfell	245064	13.30
5 Crinkle Crag	249049	14.15
6 Pike O'Blisco	271042	15.00
7 Cattle Grid	289051	

RECORDS

1.55.03 A. Styan 1977
f. 2.23.25 H. Diamantides 1992



ENTRY FORM

Full Name _____

Address _____

Club _____ Vehicle Registration: _____

E-Mail _____ Telephone: _____

Male MV 40 MV 45 MV 50 MV 55 MV 60 MV 65 MV 70 (circle as applicable)

Female LV 40 LV 45 LV 50 LV 55 LV 60 LV 65 (circle as applicable)

Emergency Contact _____ Telephone: _____

I understand that this race is held in accordance 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 this race. 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 cause of 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 myself or my property arising out of my participation in this race.

Signed: _____ Date: _____