

LANGDALE HORSESHOE 2010

SATURDAY 9TH OCTOBER 2010

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.
- Cheques payable to 'Ambleside AC'. Teams free.
- See right for entry conditions for 2010 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

With the success in 2009 of the reserve list combined with acceptance of cancellations, enabling everyone wanting an entry to get one, I will operate a similar but simplified system for 2010.

- Entries will be accepted until the limit is reached.
- Later entries will be placed on a reserve list in order of receipt.
- Cancellations will be accepted up to the entry deadline. No refunds will be made but entry fees received beyond the 500 limit will be donated to Mountain Rescue.
- Cancelled places will be offered to those on the reserve list (to be accepted within 3 days or if earlier by noon on Sat 2nd October). Cheques will only be cashed when the offer is accepted.
- The website will be updated with lists of accepted entries and the reserve list.

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

To encourage elite runners to attack the above, a prize of £100 is on offer to the mens and/or ladies winner should they break the record.



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: _____