

The "TOUR of PENDLE" Fell Race from Barley Near Burnley.

Saturday 21st. November 2009 at 10:30 a.m. 16.8 miles : 4830 ft.

REGISTRATION

At Barley Village Hall. The START & FINISH of the race is in Barley Village (g.r. 823403), it visits checkpoints (C.P.) 1 to 11 before returning to the finish. Checkpoints are;

| | | |
|----------------------|----------------------|-----------------------|
| C.P.1: (g.r. 805418) | C.P.5: (g.r. 772394) | C.P.9: (g.r. 807424) |
| C.P.2: (g.r. 773384) | C.P.6: (g.r. 782404) | C.P.10: (g.r. 804414) |
| C.P.3: (g.r. 786385) | C.P.7: (g.r. 783413) | C.P.11: (g.r. 801397) |
| C.P.4: (g.r. 801397) | C.P.8: (g.r. 789414) | |

NOTE: From C.P.1 to 2 you **MUST NOT** cross the wall and from C.P. 8 to 9 you must cross the wall **using the stile** (g.r. 795418).

EQUIPMENT REQUIREMENTS.

ALL runners must carry the minimum safety equipment as laid down under F.R.A. rules. The minimum you must carry is: windproof whole body cover, plus other cover appropriate for the weather conditions, map of course, compass, whistle and emergency food, **BRING IT WITH YOU.** This is a category "A - Long" race, it is **NOT** suitable for **NOVICES.** **There will be a cut-off time at check point 4,** anyone not arriving by 12:30pm will be retired and directed back to Barley Village Hall by the check point Marshall.

ENTRIES.

To be received no later than 19th. Nov. 2009 and sent to: Kieran Carr, Oakdene, Whalley Rd., Billington, Clitheroe, Lancs., BB7 9LG. Tel.: 01254 822618. Entry fee £5.00. Payable to K.F.Carr. e-mail: kieran.carr@yahoo.co.uk £ 10:00 to enter on day.

"TOUR OF PENDLE" REGISTRATION FORM.

Name..... Age..... Club.....

Address.....

Phone No..... Vehicle Reg Category (Circle Below):

Male: V40 V45 V50 V55 V60 V65 V70. Female: LV40 LV45 LV50 LV55 LV60.

I understand that this race is held in accordance with the rules and safety requirements of the F.R.A., I am aware of the organiser's information and stipulations and I accept that any injury occurring to me during the course of the race is in no way the responsibility of the race organiser. I am over 18 years of age.

Signed Date