



ROSSENDALE & PENDLE MOUNTAIN RESCUE TEAM

Rossendale Way in a Day Saturday 3 July 2010

Thank you for your interest in this challenge event which is in aid of the Rossendale & Pendle MRT. Two events will take place during the day – the **Rossendale Way in a Day** is a 42 mile circular route, whilst the **Half Way in a Day** is a linear walk covering the last 25 miles of the Rossendale Way.

Applications

Please return the completed entry form to:-

Ken Crossley

RWIAD

Rossendale & Pendle MRT

46 Clegg Street

Haslingden

Rossendale

Lancashire BB4 5LW

Remember to include:

- **Cheque** £15.00 (per person)
£7.50 (under-16s)
- **Entry Form per person**
- **SAE** Confirmation of entry will only be sent if a Stamped Addressed Envelope is enclosed.

Entry guidelines:

Please note that this year we have set the age limit in line with the LDWA guidelines. Specifically:-
Full way walk, minimum age 16 years;
under-18s accompanied by a named adult throughout.
Halfway walk, minimum age 12 years

Please make cheques payable to 'Rossendale & Pendle MRT'

Badge, certificate etc cannot be guaranteed for entries received after 19/06/2010.

Only one application per form (you may photocopy your entry form for additional participants, or download from the website www.rpmrt.org.uk)

The Route

Both routes are on the South Pennines Outdoor Leisure map no. 21 and the West Pennines Explorer map no. 287, both of which are 1:25,000 scale.

The major part of these routes will be along tracks and paths crossing fells and pastures, with some pathless sections crossing moorland.

The routes will be way marked and flagged at some key points, but the onus for route finding is with you, the walker. All participants are expected to be able to navigate the route using their own skills.

Whilst every care has been taken when preparing the route descriptions, the organisers cannot be held responsible for competitors' route finding errors. Route descriptions and sketch maps will be provided to all participants at registration.

Participants not following the designated route may be disqualified.

Safety

All entrants are expected to carry spare food and drink, maps, compass, whistle, waterproof clothing and wear appropriate footwear.

Refreshments

Basic refreshments will be provided at locations along the walk. A meal is available at the end.

Sponsorship

Both these walks are of a challenging nature. If you would like a sponsor form to raise money for the Rossendale & Pendle MRT, then please use the sponsor form provided with this application form. Please feel free to use as many multiples of the sponsor form as necessary! Photocopies are acceptable.

46 CLEGG STREET · HASLINGDEN · ROSSENDALE · LANCASHIRE · BB4 5LW

FOR ROSSENDALE WAY IN A DAY DETAILS events@rpmrt.org.uk or 01706 877320

Rosendale Way in a Day - 42 miles

The route follows paths shown on the South Pennines Outdoor Leisure map no. 21, and the West Pennines Explorer map no. 287, both of which are 1:25,000 scale. The route will start and finish at The Glory Public House, Loveclough (SD 8130 2720).

Registration			Speeds (mph)	
Open	Close	Start	Slowest	Fastest
04:45	05:30	05:30	2.5	5

There will be 10 checkpoints en-route. Participants arriving at checkpoints outside of the times shown below will be requested to retire.*

		Miles	Total Miles	Grid Ref	Open	Close
Start	The Glory, Loveclough	0	0	SD 8130 2720	5.30	
CP1	Rising Bridge	2.75	2.75	SD 7823 2551	06:03	06.36
CP2	Clough Head	3.75	6.5	SD 7511 2315	06:48	08.06
CP3	Tor	5.5	12	SD 7719 2052	07:54	10.18
CP4	Buckden Wood	2	14	SD 7822 1880	08:18	11.06
CP5	Bleakholt	2.5	16.5	SD 8058 1831	08:48	12.06
CP6	Cowpe Lowe	3.5+2	22	SD 8278 2036	09:30	14.18
CP7	Rooley Moor Road	3.25	25.25	SD 8609 1756	10.33	15.36
CP8	Whitworth Golf Club	5	30.25	SD 8929 1762	11.33	17.36
CP9	Sharneyford	4.75	35	SD 8916 2414	12.30	19.30
CP10	Water	4.25	39.25	SD 8439 2666	13.21	21.12
Finish	The Glory, Loveclough	3.25	42.25	SD 8130 2720	14.00	22.30

Please note:

- Grid refs and timings shown here are only a rough guide to the location of checkpoints. These may alter slightly on the day depending on local conditions and influences beyond our control. Correct grid refs will be issued on the day with the route description.

Half Way in a Day - 25 miles

This route follows 25 miles of the Rosendale Way and is shown on the South Pennines Outdoor Leisure map no. 21 and the West Pennines Explorer map no. 287, both of which are 1:25,000 scale. The route will start at Rosendale School (SD 8137 1732) and finish at The Glory Public House, Loveclough (SD 8130 2720).

Registration			Speeds (mph)	
Open	Close	Start	Slowest	Fastest
08:00	09:00	09:00	2.5	5

There will be 5 checkpoints en route. These checkpoints will also be used for the Rosendale Way in a Day event – you will join the route at CP6. Entrants arriving at checkpoints outside of the times shown below will be requested to retire.*

* Please note: Grid refs and timings shown here are only a rough guide to the location of checkpoints. These may alter slightly on the day depending on local conditions and influences beyond our control. Correct grid refs will be issued on the day with the route description.

		Miles	Total Miles	Grid Ref	Open	Close
Start	Rosendale School	0	0	SD 8137 1732	9.00	
CP6	Cowpe Lowe	3+2	5	SD 8278 2036	10.18	11.36
CP7	Rooley Moor Road	3.25	8.25	SD 8609 1756	11.24	13.48
CP8	Whitworth Golf Club	5	13.25	SD 8929 1762	11.38	14.36
CP9	Sharneyford	4.75	18	SD 8916 2414	12.18	15.36
CP10	Water	4.25	22.25	SD 8439 2666	13.00	17.00
Finish	The Glory, Loveclough	3.25	25.5	SD 8130 2720	13.24	17.48

Transport

Parking available at the start locations. Transport will be available to take you from the finish point back to the start point if required later in the day.

46 CLEGG STREET · HASLINGDEN · ROSSENDALE · LANCASHIRE · BB4 5LW

FOR ROSSENDALE WAY IN A DAY DETAILS events@rpmrt.org.uk or 01706 877320

Registered Charity Number (58) 508209

ROSSENDALE & PENDLE MOUNTAIN RESCUE TEAM

Entry Form

Rossendale Way in a Day/ Halfway in a Day

In aid of Rossendale & Pendle Mountain Rescue Team

SURNAME _____ FORENAME _____

ADDRESS _____

POST CODE _____

EMAIL _____

AGE (on day) _____ MALE/FEMALE _____

TELEPHONE _____ MOBILE _____

CONTACT NAME & NUMBER ON DAY IN CASE OF EMERGENCY (eg. NEXT OF KIN/FRIEND) _____

TICK HERE IF SPONSORED* _____ (If so, please bring form with you on day for stamping.)

**Sponsorship optional*

Event Entered

Rossendale Way in a Day (42 Miles)

Half Way in a Day (25 miles)

Please tick as appropriate

Entry Fee Enclosed

£ _____ £15.00 – Adults
£7.50 – Juniors (Under-16)

Please note: Full way walk, minimum age 16 years; under-18s accompanied by a named adult throughout. Halfway walk, minimum age 12 years

Confirmation of entry will only be sent out if SAE is enclosed with your application.

If you are under 18 years of age you must have your Parent or Guardian sign the following

I _____, agree that my child and I will abide by the agreement below and I further declare that my child has permission to take part in the ROSSENDALE WAY event and will be accompanied **throughout the event by** _____ who is over 18 years of age.

Signed _____ Date _____ Relationship _____

All entrants please complete and sign this agreement

I _____, hereby agree that Rossendale & Pendle Mountain Rescue Team and its appointed representatives shall in no way whatsoever be held liable for any loss, damage or bodily injury however sustained by the entrant during the course of the Rossendale Way Event and the entrant here by indemnifies Rossendale & Pendle Mountain Rescue Team and its appointed representatives against all claims, proceeding actions and costs in respect of such loss, damage or bodily injury herein before referred to.

Signed _____ Date _____

46 CLEGG STREET · HASLINGDEN · ROSSENDALE · LANCASHIRE · BB4 5LW

FOR ROSSENDALE WAY IN A DAY DETAILS events@rpmrt.org.uk or 01706 877320

Registered Charity Number (58) 508209



Medical Information – Strictly Confidential

Please include with this entry form, anything you think we should know, especially any drugs or medicine that you take regularly.

Details _____

Name _____

** This section will be detached from the rest of the form and files separately for the team doctor's information only*



ROSSENDALE & PENDLE MOUNTAIN RESCUE TEAM

OFFICIAL SPONSOR FORM

The Rossendale & Pendle Mountain Rescue Team is a registered charity. Made up entirely of volunteers the team is an integral part of the regional and national search and rescue service. Called out through the 999 system, we cover an area of approximately 350 square miles across East Lancashire and parts of Greater Manchester.

Through our links with both Lancashire and Greater Manchester Police, the Lancashire and Greater Manchester Ambulance Service and the Fire Service, many of our call outs involve missing person searches, assisting the ambulance service during severe weather conditions or rescuing casualties from steep ground situations.

Operational team members are on call 24 hours a day, 365 days a year, come blizzard, rain or shine, to provide a professional search and rescue service – entirely free of charge to the general public and the statutory bodies with which we work.

Our knowledge of terrain and conditions, combined with specialist equipment, vehicles, training and casualty care is key to our service and team members undergo rigorous training in

search and rescue techniques, stretcher handling in extreme conditions, casualty handling, communications and advanced first aid in order to maintain high standards.

As demand for our services grows so does the need for ever more sophisticated training and equipment. With an average of 90 call outs a year, it costs approx £35,000 each year to maintain the team. By raising funds for the Rossendale & Pendle Mountain Rescue Team through sponsorship, you will be helping us to continue with this invaluable service to the community. You may even be saving lives.

Please complete the form below and return to the Secretary, Rossendale & Pendle MRT, 46 Clegg Street, Haslingden, Rossendale, Lancashire BB4 5LW to register your intent to raise funds for us in this way. If you require further information about the team and its activities, please contact the Secretary.

After the event, please return the completed sponsor forms with the monies raised to the Treasurer, Rossendale & Pendle MRT, 46 Clegg Street, Haslingden, Rossendale, Lancashire BB4 5LW.

Name _____

Address _____

Post Code _____

Telephone _____

Event for which sponsorship will be collected _____

Date of Event _____

Please complete and sign this agreement

I hereby agree that the Rossendale & Pendle Mountain Rescue Team shall in no way whatsoever be held liable for any loss, damage or bodily injury however sustained during the course of the event for which I am collecting sponsorship and that I hereby indemnify the Rossendale & Pendle Mountain Rescue Team against all claims, proceeding actions and costs in respect of such loss, damage or bodily injury herein before referred to.

I also agree to pass **ALL** monies raised to the Treasurer, Rossendale & Pendle Mountain Rescue Team **by 2 August 2010**.

Signed _____

Date _____

If you are under 16 years of age you must have a Parent or Guardian sign the following

Iagree that.....and I will abide by the agreement above and I ~~further declare that~~ they have permission to take part in the specified event and will be accompanied throughout the event by _____, who is over 18 years of age and that **ALL** monies raised by them through sponsorship for this event will be passed to the Treasurer, Rossendale & Pendle Mountain Rescue Team **by 2 August 2010**.

Name _____

Signed _____

Relationship _____

Date _____

46 CLEGG STREET · HASLINGDEN · ROSSENDALE · LANCASHIRE · BB4 5LW

FOR ROSSENDALE WAY IN A DAY DETAILS events@rpmrt.org.uk or 01706 877320

Registered Charity Number (58) 508209

