

**NEWARK ATHLETIC CLUB AND THE HIGH PEAK AND SHERWOOD  
BRANCH OF THE LONG DISTANCE WALKERS ASSOCIATION**

Presents

**'The Dave Lewis Memorial Challenge'**

**ON SATURDAY 16<sup>th</sup> OCTOBER 2010**

An event for experienced and novice walkers and runners alike, organised over two separate routes, aimed at providing a day's entertainment for individuals or the whole family.

The courses are multi-terrain and run (or walked!) over undulating landscape in and around the Kelham Hills area of Newark. **You will need to carry a whistle, compass, map of the route (OS Explorer 271 (or Landranger 120 and 129) and waterproofs.**

*There is a revised 26 ½ mile route for 2010*

The route will incorporate manned checkpoints at various points, 3 for the short distance and 8 for the longer route together with random unmanned checkpoints. There will be drink stations en-route, but please feel free to bring your own food and drink if you would like to.

**Distances:** 10 ½ miles and 26 ½ miles approx. Please note there is a cut off time of 10 hours for the 26 ½ mile route. Any inexperienced runner or walker is advised to opt for the shorter 10 ½ mile route.

**Start:** Kelham Fox Public House\*, Kelham, Near Newark.  
**\*N.B. YOU MUST PARK IN THE CAR PARK AT KELHAM HALL, THE OFFICES OF NEWARK & SHERWOOD DISTRICT COUNCIL AND NOT AT THE PUB**

**Start Time:** Walkers and Runners - 26 ½ miles – 8:30 am  
Walkers and Runners - 10 ½ miles – 9:00 am

**Entry Fees:**

Individuals Entries:	10 ½ miles:	£7.00 affiliated	£8.00 unaffiliated	£1.00 extra for any
	26 ½ miles:	£8.00 affiliated	£9.00 unaffiliated	entry on the day.
Family Entries:	(up to 2 adults & 2 children under 15)			
	10 miles:	£13.00		
	26 miles:	£17.00		

**ALL PROCEEDS THIS YEAR WILL BE DONATED TO CANCER AWARENESS CHARITIES  
A small memento will be given to all finishers.**

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PLEASE INDICATE:- INDIVIDUAL ENTRY  FAMILY ENTRY

FAMILY NAME/S: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

\_\_\_\_\_ POSTCODE: \_\_\_\_\_

**For Individual entries only please complete:**

FIRST NAME: \_\_\_\_\_ D.O.B. \_\_\_/\_\_\_/\_\_\_ Male/Female \_\_\_\_\_

Affiliated Club: \_\_\_\_\_

**All entrants please read and sign DECLARATION:**

**I declare that I am medically fit and understand that I enter the run/walk at my own risk. The organisers and sponsors are not responsible for any injury or illness caused to me during, or as a result of the event, nor any property lost or damaged during the event.**

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Please make cheques payable to: Newark AC and send your entry with SAE (A4 size please) to:  
Rob Ellis, 9 Coleridge Road, Balderton, Newark, Nottinghamshire NG24 3QS  
(Phone:- 01636 702583)

Full race details and the route will be sent on receipt of entry.

Please feel free to copy this form for others.