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

Presents

'The Dave Lewis Memorial Challenge'

ON SATURDAY 19th OCTOBER 2019

An event for experienced and novice walkers and runners alike, organised over two separate routes including some changes for this year, 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 Trent Valley Way and Kelham Hills area to the north and west of Newark.
You will need to carry a whistle, compass, map of the route (OS Explorer 271 (or Landranger 120 and 129) and waterproofs.

The route will incorporate manned checkpoints at various points. There will be drink stations en-route, but please feel free to bring your own food and drink if you would like to.

Distances:	11 ½ miles and 27 ½ miles approx.	Please note there is a cut off time of 10 hours for the 27 ½ mile route. Any inexperienced runner or walker is advised to opt for the shorter 11 ½ mile route.
Start:	Kelham Fox Public House*, Kelham, Near Newark. ***N.B. PARKING IS AT THE CAR PARK AT KELHAM HALL, THIS WILL BE SIGNPOSTED**	
Start Time:	Walkers and Runners - 27 ½ miles – 8:30 am Walkers and Runners - 11 ½ miles – 9:00 am	

Entry Fees:

Individuals Entries:	11 ½ miles:	£11.00	no extra for any entry on the day.
	27 ½ miles:	£15.00	
	Under 15's – Free Entry		

ALL PROCEEDS ARE DONATED TO CHARITY
A certificate will be given to all finishers.

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NAME: _____

ADDRESS:_____

_____POSTCODE:_____

EMAIL (TO SEND ROUTE DESCRIPTION):_____
Emergency Contact – Name/Telephone Number:

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.