



See over for Sponsors  
Details and offer for  
entrants under 25 years  
old

# Osmotherley Phoenix

Saturday 4<sup>th</sup> July 2009. Mass Start 09.00

## A 33, 26 or 17 mile challenge event open to walkers and runners held as part of the: **Osmotherley Summer Games**

A challenge event starting and finishing at the Village Hall, Osmotherley with a choice of distance involving some 4000 feet of climbing on the 33 mile route, 3500 feet of climbing on the 26 mile route and 2000 feet of climbing on the 17 mile route - minimum use of roads. All finishers within 10 hours will receive certificate and badge. Starting in the afternoon are the Osmotherley Summer Games so refreshments and entertainment abound at the finish -- Why not bring the family and make a day of it?

**Route** - North then East along Cleveland Way to Botton head - Seave Green - Wheat Beck - Near Hawnbly - Black Hambleton - Osmotherley. (26 mile route Wheat Beck direct to finish) (17 mile route from Carlton Bank - Wheat Beck direct, Wheat Beck to finish). Descriptions of checkpoints are given in the route description, please tick box below if required.

**Rules** - See over.

**Final details to be sent out from the middle of June.**

All proceeds to local Charities.



### Entry Form

Detach and send to: Osmotherley Phoenix, 4, Cavendish Grove, Hull Road, York. YO10 3ND

Tel. York (01904) 416211 - please not after 21.00 hours. (Gerry & Julie). E-mail: phoenix@tiredlegs.freeserve.co.uk

Please enter me for the 2009 Osmotherley Phoenix. I have read and agree to abide by the rules of the event and to observe the Country Code at all times. I confirm that I am in good health and have no medical condition that may cause undue concern or inconvenience to others. I understand that I participate at my own risk and that no liability is accepted by the organisers for any injury, damage or loss sustained by me during the event.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_ Sex M / F (please delete as applicable)

Surname: \_\_\_\_\_ First Name/s \_\_\_\_\_  
(As you would like to appear on your certificate)

Address: \_\_\_\_\_

Post Code: \_\_\_\_\_ Telephone Number: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
(Inc. STD code)

Please give your **e-mail** address if you would like your final details/Route description by this means:  
(As word **document** attachments)

Runner

Walker

Please tick as appropriate

**Route Choice** 33 26 17 miles  
(Please circle chosen route – you can still change route on day)

Please tick if **Route Description** is required

Cheques for £6.00 per entrant payable to 'Osmotherley Phoenix'. **No S.A.E. required for final details / Results.** Only send S.A.E. if early confirmation of entry is required. Cancellations before 1st. June will have fee refunded less £0.50 administration.

Entries restricted to 300. Entries on day (£ 8.00) only to fill available places.

## Rules

1. Observe the country code.
2. All entrants must be over 14 years on the day of the event. Parent or guardian must accompany entrants under 18 years.
3. **The following basic safety equipment must be worn or carried by all competitors:** waterproof cagoule and overtrousers, compass and appropriate map (NYM tourist map or 1:25000 West, sheet 26.) Please wear footwear appropriate for rugged moorland conditions. There could be a kit check before, during or at the finish! No Kit, no prizes.  
It is recommended that slower walkers take extra kit and food for the event.
4. **Please carry a mug for drinks**, which will be provided at certain checkpoints.
5. If retiring, please retire only at roadside checkpoints – **Marshals must be informed** even if official transport to finish is not required - failure to do this could result in Rescue Team time being wasted searching for people who are not actually missing.
6. Entrants must keep to the route, which is all on public rights of way. The use of road other than on the official route or deliberate trespass will, unless in an emergency situation, result in the competitor being penalised.
7. Keep all dogs on lead and under proper control.
8. Entry fee: £6.00. Cheques payable to 'Osmotherley Phoenix'.
9. Please close all gates and drop no litter.
- 10 It is the responsibility of each competitor to ensure their tally is punched and number recorded at each checkpoint

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[www.runfurther.com](http://www.runfurther.com)

**Under 25!**

*Free copy of Lakeland Trails (88 page handbook) to the first 10 to enter*

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***www.gofar.org.uk*** - ultra-distance challenges