



ADLINGTON SCOUT GROUP

WHITE BEAR WAY

SATURDAY 16th JUNE 2012

21/10 miles

A circular route over the farmland and valleys of South Lancashire through woodland and over the high moors of the West Pennines.

Start: Scout Headquarters - Grove Crescent, Adlington, Grid ref...6025,1335.

For Satnav users use post code **PR6 9RG** (Adlington Library) and follow the signs for parking

Start Times **21 mile route - 8.30am 10 mile route - 9.00am All runners - 9.30am**

Equipment:- All walkers and runners are expected to wear suitable footwear and carry adequate equipment, for example waterproofs, whistle, compass, map (Explorer No 287), - cup/mug preferable.

Refreshments: There will be light refreshments and/or drinks at 5 checkpoints on the 21 mile route and at 2 checkpoints on the 10 mile route. Good meal at finish

Completion: Time to finish 6.30pm. Any one not reaching checkpoint 5 Jepsons Gate by 3.30pm will be asked to retire. Retirement at checkpoints only by handing in tally card. Every person who completes the routes will receive a **certificate and badge**.

Entries: The entry fee of £8 **including badge and certificate** for 21 mile route. £4 **including badge and certificate** for 10 mile route. Please enclose **two** S.A.E. for route and results if required or specify electronic copies to:

Mrs Sue Makinson, 1 Norwood Close, Adlington, Lancashire PR6 9RT. (01257 482242).

Other contact Phil, E Mail philip@kkcsg.freemove.co.uk **Dogs must be on a lead**

Cheques payable to **Adlington Scout Group**. Under 18's must be accompanied by parent or guardian,

Entries on the day accepted **£9.00 & £5.00** respectively. (Basic accommodation or overnight camping is available at the Scout Headquarters - contact Sue or Phil for availability)

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Route sent electronically Yes / No Results sent electronically Yes / No

Name.....

Address.....

.....

E Mail.....Tel No.

Delete as appropriate Walker/Runner 21 Miles/10 Miles Do you require a vegetarian meal yes/no

Age if under 18 If under 18 the following section to be signed by the accompanying adult:-

I.....will accompany the above for the duration of the event

Signed

I/we accept that there is no liability by the organisers in respect of any injury or loss or damage sustained during the event. I/we agree to abide by the country code.

Signed.....

Date.....

From ukresults.net