



**50km - 35km - 20km
Challenge Walk**

www.copsecroydon.co.uk/gatliff

Entry Form

Please fill out, print out and sign one entry form per entrant. Fields marked with a * are mandatory. Send with a cheque (made out to COPSE) and stamp addressed envelope to:

COPSE
c/o Acacial Learning
26 Havelock Mews
Forest Hill
SE23 3HG

First name*

Surname*

Address*

Home Telephone number
(if we need to contact you regarding your entry):

Mobile contact number*
(if we need to contact you while walking)

Email Address

Car Registration

Club Name:

Gender*

Male

Female

Where did you hear about the event?

Distance*

20km

35km

50km

Please enter me for the Gatliff Marathon. I understand that I enter at my own risk and that the organisers cannot be held responsible for any injury or loss of property during the event. Furthermore, I have read the notes on the entry form, particularly those entitled Responsibility and Kit.

Signed

Cheque enclosed for (specify amount):

Entrant or Parent/Guardian if under 18 yrs

ENTRY AND COST

Pre-entry: 50km - £10.00 per person; 35km - £9.00 per person; 20km – £8.00 per person

On the Day: 50km - £13.00 per person; 35km - £12.00 per person; 20km – £11.00 per person

REGISTRATION

Registration is at the Sports Ass. Pavilion, Edenbridge, Kent (GR 441 459). The hall will be open from 6:30am.

Entrants before the day will be sent their number in advance and, to avoid delay, this should be brought to the start.

START

This will be from the Pavilion and, in general, you can start when you like and will be timed from when you go.

However, in order to make the manning of checkpoints possible, we recommend the following start times: -

	50km	35km	20km
Walkers	7:00- 7:30	7:30-8:30	9:00-9:30
Joggers	7:30-8:30	8:30-9:30	9:30-10:00
Runners	8:30-9:30	9:30-10:30	10:00-10:30

Entrants should choose their start time carefully. For the 50km, please allow extra time for lack of daylight.

Checkpoints are opened to accommodate the above start times and their closing times are shown in the Route Descriptions. You may be asked to retire if you arrive after the closing time.

Would “fast” runners, particularly on the 20km route, please not start too soon as the checkpoints may not be open!

FINISH

This will also be at the Pavilion. Hot food, tea/coffee and showering facilities will be available free of charge to all entrants. (N.B. Food at the finish will be served from 13:30 onwards.)

RESPONSIBILITY

Every effort has been made to avoid unsafe situations – to monitor whereabouts of entrants – to transport those retiring – and to generally assist. However, it must be emphasised that all competitors are ultimately responsible for themselves. In this connection, please see the notes on kit. If you have to retire always do it at a checkpoint, if possible. Otherwise, please phone Edenbridge, or ensure a message reaches there, to tell us what is going on. The number is given on the route descriptions.

KIT

A torch is essential for all participants doing the 50km, as it will be dark until after 7:00am and maybe from 16:00 onwards.

Detailed route instructions are issued, but maps are advisable. OS 187 and 188 cover the area. As grid references are quoted at each paragraph, note that maps could possibly enable lost persons to get back onto the route!

A compass, mapcase, warm clothing, sensible footwear, waterproofs and some high energy food are also recommended. (Don't underestimate the risk of hyperthermia with even something such as a twisted ankle!)

BAGGAGE AND CAR PARKING

Bags may be left at owners' risk in the Pavilion. Parking is in the public car part in Edenbridge (GR 445 463). This is a 5 minutes walk from the start. Please do not park in the residential streets near the start, as this will cause annoyance to the residents.