

This bulletin is going to all registered SiEntries entrants including those that have subsequently dropped out or transferred their places (as all entrants remain on the list). Please ignore this message if you have dropped out or transferred your place.

Event

The event will start at 08.00 from St. Michael's Church Hall, Mytholmroyd, SE 013259, with parking at the Community Centre, HX7 5DY.

Please report for registration between 06.30 and 07.45. Late registrants will not be permitted to start unless given permission to do so.

You will be given a race number and a numbered tally at registration. Please display your number using the safety pins provided and ensure that the marshal at each checkpoint records your number.

Any entrant who arrives at a checkpoint after its scheduled closing time may be asked to retire. If you need to retire you should do it at a designated checkpoint and tell the marshal you have done so and hand in your tally. Transport will be arranged to the finish if requested.

Rules

All entrants are advised to wear appropriate clothing for winter conditions and to carry the recommended equipment of map, compass, whistle, survival bag, mug, torch and mobile phone as a safety measure.

At the discretion of the organisers, any entrant considered to be under prepared will not be allowed to start and withdrawn from the official race.

All entrants enter at their own risk in line as agreed to as part of the SiEntries disclaimer and sign up process.

If we are subject to severe winter weather, we reserve the right to cancel the event on the grounds of safety and no refunds will be given.

Entries

Entries were made available on 1 August 2018 and 400 places (higher than usual) were sold out by 6 August. Additional places were made available to the waiting list in December.

Entries are now closed and all transfers and course swaps have been completed. The field has been frozen other than to swap any entries from long route to short route which can be done prior to the event or on the day, but only if either myself or a checkpoint officer is appropriately informed.

Unfortunately we are unable to offer any deferrals or refunds.

Please add a reminder on 1 August 2019 to your diary for next year's event entries going live.

Additional entries – there will be no additional entries available on the day.

Route

The route remains unchanged from prior year & is available via the website:
<https://thehebden.co.uk/the-routes/>

The route continues to ensure that walkers do not mix with runners - the flat runout to the first hill gives plenty of opportunity to find a comfortable position without continuously blocking runners on narrow paths which is dangerous and frustrating.

Therefore would all entrants please start on time at 08.00.

Route maintenance and repair

We have continued to use CROWS Co-op, a group of volunteers in Calderdale, to carry out maintenance and repairs to the footpaths, on the route, during the last twelve months.

The event provides a significant donation each year to fully or partly fund their work which is at very reasonable rates.

Parking

Parking will be available at Mytholmroyd Community Centre or on the public roads around the area, please park sensibly and consider residents/ other people.

Local Residents

We continue to build relationships with the people who live on the route. We visit them both before and after the event. Please allow us to sort out complaints if you are confronted by any individuals on the route.

Emergency number

Please put the emergency number 07731902956 on your mobile phone under ICE (in case of emergency).

Showers in the Community Centre

You can shower in the Community Centre at a cost of £1. There are separate facilities for men and women. Please bring your own towel.

Toilets

There are men, women and unisex toilets in the Church Hall at the start and finish. There is also a toilet available at CP3 courtesy of Steve the workshop owner. The National Trust usually open their toilets over the bridge at Gibson's Mill at 08:30.

Checkpoint Closing Times

The checkpoint closing times are as follows but these will be confirmed prior to the start on the day:

- CP2 – 10:30am; CP3 - 12.00pm; and CP4 (must do short route) – 13:00pm.

Anyone arriving late at CP2 and CP3 will be withdrawn at CP3 and directed back along the canal. Anyone who arrives late at CP4 must complete via the short route.

Checkpoints

There will be complementary tea, coffee and toast at the start.

Hot and cold drinks and light refreshments will be provided at CP3 at 10 miles.

Drinks and less substantial refreshments will be provided at other checkpoints.

A hot meal will be provided at the finish (including a vegetarian option).

We cannot guarantee the food provided is suitable for those with allergies so please provide your own food as necessary.

Weather forecast

At this stage we are expecting glorious sunshine and crisp conditions. This will of course be updated prior to the event.

If we are subject to severe winter weather, we reserve the right to cancel the event.

Photos/ certificates

Sport Sunday will be around the route taking photos. Please apply direct to their website for copies.

Certificates will be available for those that request one and will be emailed over after the event.

Route Selection

Entrants can change route at CP4 if they so wish but must tell the marshal. This may change for the 2020 event.

Any questions or queries then please contact via the details below.

Gaz Baigent
Race Director
email – gazbaigent@googlemail.com / mobile – 07900670356