

THE SALTERGATE CIRCUIT

Saturday 10th October 2009

24 or 16 mile circular challenge event on the North Yorkshire Moors

The Saltergate Circuit is organised by the Scarborough and Ryedale Mountain Rescue Team as a means of raising much needed funds. Profits from the event go directly into funding team running and equipment costs. The support you give by entering our events is appreciated by the Team.

**The pre-entry fee is £8.00, entries on the day, £10.00.
Participants raising £50 or more in sponsorship for the Team will
have their entry fee refunded (sponsor form available on request).**

Registration takes place from 07.30 hours onwards at the Stape Centre, the event starting at 09.00 hours.

Snacks and drinks will be provided at the check points shown and hot meals will be available at the finish.

Our other challenge event this year is the Falcon Flyer details of which can be found at www.falconflyer.org.uk

Further information can be obtained from David Swales, Entry Secretary, 9 Green Sward, York YO31 1JE (tel 01904 421376, not after 9pm please).

Alternatively, visit our web site, www.srmrt.org.uk

Regulations

- Participants must be at least 18 years of age, however those between 14 and 18 years of age on the long route or under 14 years of age on the short route may enter if accompanied throughout the event by an adult.
- Participants as a minimum, must carry or wear, a sweater, waterproof top and trousers, hat or hood, whistle, compass, suitable map (1:25000 NYM East Sheet No27 recommended), torch with spare lamp and batteries, first aid kit, emergency rations, polythene survival bag, food for the day, cup/ mug (drinks are provided).
- Participants must wear stout footwear or good quality trainers.
- Participants retiring must do so at an official checkpoint and return to the start by official transport.
- Participants must observe the Country Code and report any damage to the nearest checkpoint.
- Participants may be disqualified for accepting outside assistance or for loosing their tallies.
- Participants will not be allowed to continue if in the opinion of the check-point officer they are unfit to do so.
- Participants will be formed into groups at nightfall at the discretion of the check-point officer (waiting time will be allowed).
- The event must be completed within 12 hours and participants not reaching the Fox and Rabbit checkpoint within 9 hours will be withdrawn from the event.
- The organiser's decisions are final, they cannot be held responsible for mishaps or accidents during the event. They retain the right to incorporate additional rules, these will be displayed at the start.
- Pre-entry fees will not be refunded after 28 September 2009.
- **No dogs will be allowed to participate in this event.**

David Swales, Entry Secretary, 9 Green Sward, York YO31 1JE (tel 01904 421376, not after 9pm please).

Alternatively, visit our web site, www.srmrt.org.uk

SALTERGATE CIRCUIT SAT 10 OCT 2009 ENTRY No

NAME _____

as to appear on certificate

ADDRESS _____

including Post Code

TEL No _____ AGE _____

Proposed Route (circle as appropriate) Long Short

Tick box if vegetarian meal required at finish

I agree to abide by the regulations of the event, accept the organiser's decisions as final and enclose:-

- cheque/postal order for £8.00 payable to 'SRMRT Fund Raising A/C'
- **SAE for return of event number and receipt**

All participants to sign _____

If under 18 years of age, parent or guardian to sign :-

I accept the regulations and agree to let my son/daughter/ward enter the event.

Signed Parent/Guardian _____

Please send with SAE to:- David Swales, Entry Secretary,
9 Green Sward, York, YO31 1JE

SALTERGATE CIRCUIT - SATURDAY 10 OCTOBER 2009

Check Points - 1:25000 OS NYM East Sheet No 27 Recommended

Long Route	Grid Ref		
Start – Stape Outdoor Centre	SE 795926		
CP1. Raindale Head Farm	SE 803939		
CP2. Keys Beck	SE 803955		
CP3. Wheeldale Bridge	SE 803970	C/C	R
CP4. Simon Howe	SE 830981	C/C	
CP5. Needle Point	SE 840958	C/C	R
CP6. Saltergate	SE 853939	C/C	R
CP7. Malo Cross	SE 866949	S/C	
CP8. Bridestones Car Park	SE 877904	C/C	R
CP9. Fox and Rabbit	SE 845883	C/C	R
CP10. Farwath	SE 829883	S/C	
CP11. Levisham Elbow	SE 821916	C/C	R
Finish – Stape Outdoor Centre	SE 795926		

Short Route	Grid Ref		
Start – Stape Outdoor Centre	SE 795926		
CP1. Raindale Head Farm	SE 803939		
CP2. Keys Beck	SE 803955		
CP3. Wheeldale Bridge	SE 803970	C/C	R
CP4. Simon Howe	SE 830981	C/C	
CP5. Needle Point	SE 840958	C/C	R
CP6. Saltergate	SE 853939	C/C	R
CP7. Levisham Elbow	SE 821916	C/C	R
Finish – Stape Outdoor Centre	SE 795926		

C/C - Clipping Check S/C – Self Clip R – Refreshment

Please retain this half

EMERGENCY TEL No ON THE DAY OF THE EVENT

07796 104447