

5th Lake District Challenge walk
 23 mile walk - Ambleside to Jubilee House Penrith
 14 mile walk - Patterdale to Jubilee House Penrith
 Saturday 11th September 2010



A collaboration between the North of England Fire & Rescue Services; Durham & Darlington, Cleveland, Cumbria, Tyne & Wear, Northumberland, the Fire Service Sports & Athletics Association & The Fire Fighters Charity (Charity Reg. No. 1093387).



Saturday 11th September 2010

The Route			Walk rules	
Start Long Walk	375 047	Ambleside Fire Station (08:15)	1	Each walker or group of walkers must carry O/S Explorer map Nos. OL5 & OL7, 1/25,000, or Map 'Lake District' 1:40000 produced by the BMC, a first aid kit, mobile phone, compass and whistle – and know how to use them.
Check point 1	358 118	Fairfield - 873 m	2	Each walker must have suitable footwear, waterproofs , spare clothing and carry sufficient food & drink for the duration of the walk – be aware this is a committing & exposed high fell walk with no opportunity for any replenishment.
Check point 2	369 134	St. Sunday Crag - 841 m	3	Each walker/team must show their event number at each of the 6 checkpoint Marshall's and at the finish.
Check point 3	395 159	Patterdale Hotel - 146 m (12:00)	4	Any walkers who wish to retire from the event must only do so at a recognised checkpoint.
Start 14 mile walk	406 169	Place Fell – 657 m	5	Anyone who in the opinion of any walk official is unfit to continue will be retired.
Check point 4	444 198	Howtown (Jetty)	6	Dogs must be kept under strict control, preferably on a lead.
Check point 5	489 230	Heughscar Hill – 362m (corner of wood)	7	Dogs must be kept under strict control, preferably on a lead.
Check point 6	513 236	The Queens Head PH car park, Askham Village.	8	There will be a limit of 200 places available (so enter early!).
Finish	525 285	Jubilee House, Egremont Business Park, Penrith.	9	All walkers take part in this event at their own risk. In the event of an accident render first aid and all possible assistance, notify a Check Point Marshall or phone the event organiser Gary Bankhead 07962 142299 if in doubt contact the EMERGENCY SERVICES .
			10	No running!

The Route	The challenge walk starts at Ambleside Fire Station taking in Fairfield, St. Sunday Crag, Patterdale, Place Fell, High Dodd and Askham Village for 22 miles to Jubilee House, Penrith finishing at the home of the Fire Fighters Charity Therapy and Recuperation Centre.
Navigation	OS Maps OL5 & OL7 1:25000 or Map 'Lake District' waterproof 1:40000 produced by the BMC will be required, the route and all checkpoints will be on display at the start of the event. Participants need to know how to use a map and compass and familiarise themselves with the route.
Format	The event is open to walkers aged 14 years and over, either as individuals or in teams (minimum team size 3 walkers). The fastest team (accumulative time) of walkers and fastest team of mixed walkers to register at all checkpoints and complete the walk win respective team trophies (organisers decision will be final) all other finishers will receive a medal, certificate and plastic water bottle.
Food/Water	All participants should ensure they carry sufficient food/water for the full duration of the walk. Water will be available at Patterdale Hotel. A barbeque is to be held at the finish.
First Aid	A mobile first aider is available contactable via any check point. In an emergency, if in doubt call the emergency services.

All walkers must register at the start and collect their tally for checkpoint purposes. The registration desk (**Ambleside** Fire Station) will open at 07:30 and at the **Patterdale Hotel** from 11:00. Limited parking facilities, accommodation and camping facilities (£5 per tent) are available at Jubilee House as well as transport between Jubilee House and Ambleside (£5 each way). Details will be included in the information pack which will be sent out on receipt of a completed entry form and fee.

The Patterdale Hotel ideally situated at the start of the short 14 mile walk are offering us a special two night (Fri/Sat) dinner, bed and breakfast discounted package. Simply quote **FSSAA/Fire Fighters Charity** when booking to qualify for discount. Tel: 0845 305 2111 or visit www.patterdalehotel.co.uk

5th FSSAA Lake District Challenge walk, 2010 - Entry Form

(Please complete one entry form per person).



Be aware that this walk could take around 10 hours for fit walkers to complete the full route! Care should be taken on main roads near the start and finish! All teams are encouraged to raise sponsorship for whichever charity they choose, Sponsorship forms for the Fire Fighters Charity www.firefighterscharity.org.uk will be sent out in the information packs. Check out www.fssaa.co.uk/walking for other events.

Name			
Address			Post Code
Email		Mobile Telephone	
Long walk (23 mile)	<input checked="" type="checkbox"/> Tick	Short Walk (14 mile)	<input checked="" type="checkbox"/> Tick
Team entry	<input checked="" type="checkbox"/> Tick	Individual Entry	<input checked="" type="checkbox"/> Tick

I agree to abide by the Country Code.

I accept that the organisers of this event – The North of England Fire & Rescue Services and the organising Committee of the FSSAA Mountaineering and Walking Section, and all their servants involved in the event, can in no way be held liable for any loss or damage of personal effects and that my participation is entirely at my own risk and that the above mentioned can in no way be held responsible for my health, safety or welfare before, during or after the event.

Sign;

Sign;

(Signed Parent/Guardian if under 18 on the day of the event – entrants must be older than 14 years old)

Please make cheques payable to: **The Fire Fighters Charity.**

Entry Fee £13.00	<input checked="" type="checkbox"/> Tick	LDWA & FRS members £12.00	<input checked="" type="checkbox"/> Tick	Entry on the day £14	<input checked="" type="checkbox"/> Tick
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Entry fee includes; medal, certificate and BBQ at the finish. Use of the pool & Jacuzzi at Jubilee House are also included.

Send completed entry form and an A4 self addressed envelope to:

Gary Bankhead
25 Mere Drive
Pity Me
Durham
DH1 5DD
Tel 07962 142299
Email: admin@fssaa.co.uk

Remember to put the correct stamps on large envelopes!

Any Comments

IMPORTANT

For the courtesy of other users of the swimming pool and Jacuzzi at the finish at Jubilee House can you please ensure correct bathing costumes are used!



£2 from each entry will be donated to Patterdale Mountain Rescue
www.mountainrescue.org.uk