

Wadsworth Trog & Half Trog

20 miles/4000 feet climb and 9 miles/1500 feet climb

Saturday 9th February 2008
Starts: Half Trog 10:00 Full Trog 10:10
From the 'Old Town Cricket Club, Hebden Bridge'

The shorter Half Trog does not follow the initial road loop and it then returns to Old Town at Cock Hill missing out the loop north of the A6033 Hebden-Haworth road.

Map: O.S. South Pennines Outdoor Leisure 21 1:25000

The race will take place over rough terrain north of Hebden Bridge and the route could be extremely difficult in adverse weather conditions. Navigation skills are required although some sections will be flagged.

Start Trog	Start Half Trog		
		000283	Walker Lane
CP 1	CP 1	009304	High Brown Knoll Trig
CP 2	CP 2	020307	Dean Head Dam
CP 3 (cut off at 12.00)	CP 3	011327	Cock Hill A6033
CP 4		995320	Haworth Old Road/barn
CP 5		004338	Top O'Stairs
CP 6		982354	Withins ruin
CP 7		969336	Walshaw Dean Res.
CP 8		975314	Walshaw
CP 9		984314	Shackleton Knoll
CP 10		995313	Haworth Old Road – FP
CP 11 (cut off at 14.00)		011327	Cock Hill A6033
CP 12	CP 4	009304	High Brown Knoll Trig
CP 13	CP 5	015278	SheepStones Trig
CP14	CP 6	998277	Wood End – bridge
Finish	Finish	998285	Old Town Cricket Club

Kit Check at start. Correct Map, Full Body Cover, Compass, Whistle, Hat, Gloves and emergency food. (See FRA guidelines)

I will disqualify all who fail the kit check.

Please bring the correct kit.

NO KIT NO RUN

Entry Fee £6.00 (includes refreshments).

Cheques payable to 'CVFR'

Entries by 2nd February to Thirza Hyde, 17 Moorlands Crescent, Ovenden, Halifax, HX2 8AA. **NO ENTRIES ON THE DAY**

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 Please enter me for the for :

Make sure you tick the box to indicate WHICH RACE you want to run!

FULL TROG: (✓) **HALF TROG:** (✓)

Name.....
 Club.....
 Address.....

Postcode.....

Category:	✓	Category:	✓
Male		Female	
V40		FV40	
V50		FV50	
V60		FV60	

Telephone.....

Mobile Number.....

Age (on day of race).....

I understand that this race is held in accordance with the rules and safety requirements of the FRA. I confirm that I am aware of the organiser's information and requirements in connection with this race. I accept the hazards involved in fell running and acknowledge that I am entering and running this race at my own risk. Other than the organiser's liability for causing death or personal injury by negligence, I confirm that I understand that the organiser accepts no liability to me for any loss or damage of any nature to myself or my property arising out of my participation in this race.

Signature..... Date.....