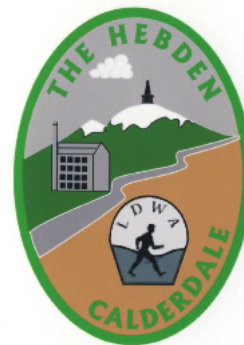


THE HEBDEN 2015 - REGISTRATION INSTRUCTIONS



1. Thank you for entering The Hebden on Saturday 17th January 2015. Your event number is _____ and you have selected to follow the long/short route. You may change your route at the start or by telling the marshal at CP4.
2. The event will start at 8.00 am from St. Michael's Church Hall, Mytholmroyd, SE 013259, with parking initially at Grange Dene Medical Centre, Burnley Road, Mytholmroyd, HX7 5LF, and when full, at the Community Centre HX7 5DY. Please report for registration between 6.30 and 7.45 am.
3. There will be complementary tea, coffee and toast at the start. Hot and cold drinks and light refreshments will be provided at CP 3 at 10 miles. Drinks and less substantial refreshments will be provided at other checkpoints. A hot meal will be provided at the finish.
4. A detailed route description is enclosed to help guide you round the route. Difficult parts of the route will be way-marked.
5. The challenge is to complete the event within 9 hours. The checkpoint opening and closing times and their location are shown in the route description. The opening times are calculated at roughly 6 mph while the closing times are at about 2.4 mph. Please remember to bring a torch if you wish to take the maximum time to complete the walk.
6. You will be given a numbered tally at registration. Please give your number to the marshal at each checkpoint and display your tally if asked to do so. 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.
7. Times will be displayed on the website at www.alangreenwood.biz/index.html Those without an internet facility may leave a SAE at the finish.