

Terms of Entry

I/We wish to enter the Moffat Mountain Rescue Team (MMRT) Charity Challenge and understand that MMRT will not be held responsible for any personal injury or loss arising as a result of participation in this event.

(Adults will sign on behalf of all children under 16 years of age and will be responsible for them and their personal safety throughout the event).

I/We understand that photographs may be taken by the team for publicity purposes. Please let us know if you do not want to be in any photos.

Sadly, no dogs are allowed on these walks as it is sheep farming country

I/We agree to raise the minimum sponsorship of £10.00 per adult for MMRT. All other money raised can be donated to MMRT or another registered charity of your choice.

I/We understand that it is our responsibility to ensure that your chosen charity receives our donation.

Signed Name (Please Print).....

Safety

All walks are marked with tape flags, and will be marshalled by MMRT members. All walkers should wear suitable footwear and clothing for a day in the hills and be prepared for changing weather. Please ensure you take plenty of food and drink for a full day of walking.

Further Information on the Charity Challenge walks and routes can be found along with downloadable entry forms from our team website
www.moffatmrt.org.uk

Should you wish to contact someone please call Garry Tait 01683 221 154
or e-mail Challenge@moffatmrt.org.uk



Please return entry forms to
Moffat Mountain Rescue Team
The Holm
Moffat
DG10 9JU

MOFFAT MOUNTAIN RESCUE TEAM

Charity Challenge
Sunday 10th June 2018

Welcome to the Moffat MRT Annual Charity Challenge

This year we are exploring the Moffat Hills

The maps covering this area are

OS Landranger 78 or Explorer 330

BBQ and Refreshments will be available at Moffat Water Hall following the walks.

**For all walks please register at Moffat Water Hall and then park at
Moffat Water Hall for Walks 1&2 and Selcoth Fish Farm for Walks 3&4**

Walk 1: Guided walk in the Carrifran valley suitable for families with young children.
Registration from 10:00 until 11:00 at Moffat Water Hall grid ref NT 140 086
Parking – Moffat Water Hall

Leaving Moffat Water Hall at 11:00 and travelling by bus to the Carrifran valley for a guided walk, with the opportunity to take part in some mountain rescue based activities.

Walk 2: Marked walk through Craigieburn Wood with scenic views of the Moffat Water Valley.
Registration from 09:30 until 11:00 at Moffat Water Hall grid ref NT 140 086
Parking – Moffat Water Hall Distance - 5Km Ascent – 208m

After being transported from Moffat Water Hall to Craigieburn wood the route winds gradually uphill through mature woodland on forest roads and tracks. Excellent views of Moffat Dale can be had at several points along this route. After emerging from the wood the route descends through fields to Roundstonefoot, from here it is a short distance back to the hall for refreshments.

Walk 3: Strenuous walk along the south easterly ridge of Moffat Dale.
Registration from 08:45 until 09:30 at Moffat Water Hall grid ref NT 140 086
Parking- Selcoth fish farm grid ref NT 138 078 (transport to and from Moffat Water Hall will be provided)
Distance – 14.5Km Ascent – 590m

After being taken by bus to Birkhill at the head of the valley, the route has a steep ascent up Herman Law before continuing along the boundary fence to Trowgrain Middle then on to Mid Rig and Andrewhinny Hill the highest point on the route at 677m. The next section of the route is particularly scenic with spectacular views across the valley to Loch Skeen and the famous Grey Mare's Tail waterfall. The route continues to the summit of Bodesbeck Law then descends down the other side following the boundary fence until it meets a landrover track at grid ref NT 173 095. From here the route follows the track back down to the road and after crossing at Capplehill farm continues through fields back to the hall.

Walk 4: Challenging walk along the south easterly ridge of Moffat Dale then on to the summit of Capel Fell.
Registration from 08:45 until 09:30 at Moffat Water Hall grid ref NT 140 086
Parking- Selcoth fish farm grid ref NT 138 078 (transport to and from Moffat Water Hall will be provided)
Distance – 17.5Km Ascent – 815m

The walk begins along the same route as walk 3, to where the boundary fence meets the landrover track at grid ref NT 173 095. At This point the routes split, due to the challenge nature of walk 4 we request all walkers who wish to complete this route to have reached this point by 1300 hrs, to ensure they have enough time to finish the route comfortably. Those arrive at this check point after this time will be directed onto the walk 3 route.

From this point the route follows the boundary fence on toward White Shank before continuing on along the ridge and eventually reaching the summit of Capel Fell. From here the route descends to the forest track which it follows for a short distance before ascending Broken Back then following the ridge in a north westerly direction and descending down Selcoth fish farm where transport will be available to take you back to the hall for refreshments.

Sponsorship Form

Name _____
 Address _____

 Postcode _____

Return to Garry Tait, Moffat Mountain
 Rescue Team, Holm Road, Moffat, DG10 9JU
 Total Collected £ _____
 To Moffat MRT £ _____
 To Chosen Charity £ _____
 Name of Chosen Charity _____

Name	Address	Postcode	Amount	Gift	Paid

Any part of this form can be copied for convenience

You can also set up your sponsorship via the JustGiving.com website see our website for details

Entry Form

Please complete in BLOCK LETTERS, remembering to state which walk you have chosen.
 Forms may be handed in on the day of the event,
however, an advance return of the form ensures that a T-Shirt will be available on the day
 Entry Fee £6 per person Family Fee £15 (Up to two adults + 4 Children)
 (Includes T-Shirt for all entrants)
All children under 16 years of age must be accompanied by an adult
 Send completed forms to Garry Tait, Moffat Mountain Rescue Team, Holm Road, Moffat, DG10 9JU
 Please make cheques payable to Moffat Mountain Rescue

We would like to keep you informed about team events and the work the team does by e-mail and/or mail is this ok? YES/NO

Name:	Name:
Address:	Address:
E Mail Address:	E Mail Address:
Known Medical Conditions:	Known Medical Conditions:
Walk No:	Walk No:
T-Shirt Size:	T-Shirt Size:
Please tick if under 16 years old	Please tick if under 16 years old

Name:	Name:
Address:	Address:
E Mail Address:	E Mail Address:
Known Medical Conditions:	Known Medical Conditions:
Walk No:	Walk No:
T-Shirt Size:	T-Shirt Size:
Please tick if under 16 years old	Please tick if under 16 years old