

Six Dales Walk

Revised 2009

THE SENIOR COMPETITION

The senior competition starts in Settle and follows the route listed finishing at Exelby all finishers will be transported back to West Tanfield where the results will be announced and trophies presented. The minimum age of entry is 13 yrs. There is no upper age limit.

Amendments to last year's rules are marked in the margin.

AWARDS

Team trophies are awarded in the categories listed below. For trophy purposes a Team is defined as being a minimum of 4 competitors who have covered the distance together. The winners are teams which either cover the full distance in the shortest time, or if no team finishes, walk the greatest distance in the shortest time. A team may only win one trophy in a year. In addition to the team trophies, Six Dales Certificates and Gold Badges are awarded to all competitors who complete the full walk. All competitors who reach Kilnsey (12 Miles) will also receive a certificate.

CATEGORIES

(All competitors must be members of the Scout or Guide Associations or actively connected with either association.)

Trophies in this competition will be awarded in the following categories

Male	13 – 19 yrs
Female	13 – 19 yrs
Mixed	13 – 19 yrs (Must start and finish as a mixed team)
Open	(all teams will be automatically entered for this trophy)
Novice	Teams consisting entirely of competitors who have never won a trophy in the Six Dales Competition.
North Leeds	All competitors, irrespective of age, who are members of a Scout Group or Explorer Unit in North Leeds District.

ENTRIES

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Teams may register for the competition using the website at www.sixdales.co.uk Applications from intending teams and competitors must be received on the official entry forms (Photocopies permitted) by the closing date, and must be accompanied by the full entry fees which are not returnable if a competitor withdraws after the closing date.

The organisers need not accept an application nor give any reason for refusing. After an application has been accepted additions to the team up to the maximum team size, or substitutes for the team members can be made up to the closing date.

After the closing date the team may be allowed to make a substitution. The substitute must, for the purposes of the actual walk, assume the identity of the original entry. However, the organisers must be informed **IN WRITING** before the start giving full details of the substitute and the name of the original entrant.

Failure to give adequate notice will delay your start.

A completed Form of Declaration and of Permission (if applicable) must be handed in.

13yr and 14yr olds may enter either the Junior or Senior competition but not both.

All ages are at the day of the Walk.

THE ROUTE

The start of the competition will be Settle Community College (Grid reference SD 814641). Competitors must visit check points listed. Please note that this is a linear walk and the organisers cannot transport competitors back to Settle.

The finish is at Exelby, in the Car Park of the Green Dragon Public House. As you enter the village take the left hand fork in the road and follow for approx 200 yards, Green Dragon Public House on right hand side.

	Checkpoint	Reference
1	Settle Community College	SD 814641
2	Street Gate	SD 905657
3	Kilnsey Village Hall	SD 976675
4	Mossdale Shooting Lodge	SE 022702
5	Howstean Catchwater Intakes	SE 058732
6	Lofthouse Village Hall	SE 102735
7	Grewelthorpe C of E Primary School	SE 229763
8	West Tanfield Village Hall	SE 269788
9	Carthorpe (Car Park, Fox & Hounds Public House)	SE 308837
10	Exelby, (Car Park, Green Dragon Public House)	SE 294872

RETIREMENTS

In the interests of their own and general safety, competitors will not normally be allowed to leave checkpoints after the following times. The organisers reserve the right to amend stop times.

Street Gate	11:30 hrs
Kilnsey	12:00 hrs
Mossdale	14:00 hrs
Howstean	15:30 hrs
Lofthouse	15:30 hrs
Grewelthorpe	18:30 hrs
West Tanfield	18:30 hrs
Carthorpe	18:45 hrs

For similar reasons such as darkness falling or bad weather the Organisers reserve the right to search for, compulsorily retire and collect any competitor at any time during the day.

DURING THE COMPETITION

All competitors must walk in teams of minimum four, maximum seven members. At the West Tanfield checkpoint and again at the Carthorpe checkpoint the team size may be reduced to two members at the discretion of the checkpoint marshal. Team members must walk together at all times, except in an emergency. Walking together is defined as being within easy-talking distance, and a team found not walking together will be liable to disqualification.

If any member of a team becomes unable to continue for any reason between checkpoints, it is the responsibility of the rest of the team to get that competitor to safety. If the casualty is fit to move, then the team must proceed to the nearest checkpoint or to a phone from which the Organisers can be contacted for further instructions. If the casualty is unable to move, the team should leave a member with the casualty and go for help either to the nearest checkpoint or to a telephone. Telephone calls for assistance should be made to the Emergency Number on the Control Card. The team remains responsible for the casualty until handed over to authorised staff, and a Marshal has informed the remainder of the team that they may continue in the competition. Competitors who cannot reach the first checkpoint at Street Gate should return to Settle Town Centre (not the start point) and phone for instructions.

Each competitor will be issued with a control card and on arrival at a checkpoint this control card must be handed in to the Timekeepers. Before leaving a checkpoint, competitors are personally responsible for collecting their own control cards AND for informing the Timekeepers that they are leaving. Any competitors who fail to collect their control cards before leaving a checkpoint will be deemed to have retired at that checkpoint and will be compulsorily withdrawn from the walk. In the event of a marshal being satisfied that a competitor is unfit to continue for any reason whatsoever, he will compulsorily retire that competitor, the marshal's decision being final.

Team re-arrangement may only take place at a checkpoint. Such re-assembly of a team will be arranged by the marshal in charge and will be done as quickly as possible. A competitor may be compulsorily held at a checkpoint whilst a team of the correct size is assembled. **No credit time will be allowed.** A competitor retiring from the competition either at a checkpoint or at an intermediate point must hand in their control card which remains the property of the Organisers. A complete team who started together may not be compelled to accept any additional walkers attached to their team, unless they are likely to be the last team leaving a checkpoint.

During the competition teams can only receive assistance from competition staff. Assistance in any form from supporters is not permitted. Teams are not permitted to take pets, eg **dogs**, on any part of the walk.

Following advice from the Police and Fell Rescue, it has been decided that Day-Glo jackets must be clearly visible throughout the competition and not just in the later stages. These jackets will be provided by the organisers though anyone wishing to use their own can do so but will need to be checked at the start. Each team is also being asked to carry at least two mobile phones. Despite there being no useable signal in many parts of the competition they can be used by the Emergency Services to locate a person. Details of networks and numbers will be required at the start.

The Competition Organisers reserve the right to disqualify any competitor who, in their opinion, acts in a way contrary to the rules or spirit of the competition. Any question of disqualification will be referred by a marshal to the Competition Adjudicators who will make the final decision. Competitors subject to possible disqualification may be allowed to continue walking to the next checkpoint at the marshal's discretion.

KIT (N.B. Spot checks of kit will be carried out)

a) **Personal**

Competitors must be properly equipped for fell-walking from the start to West Tanfield checkpoint and will not be allowed to start or continue in the competition unless wearing or carrying in a suitable rucksack the following: (A marshal can instruct you to wear equipment if the weather is considered to require it).

- ~ Walking boots suitable for fells or mountains
- ~ Warm trousers (jeans and thin track- or shell suit trousers are unsuitable).
- ~ Warm long sleeved shirt.
- ~ 2 long sleeved pullovers.

- ~ Warm gloves.
- ~ Woolly hat or balaclava.
- ~ Gaiters or waterproof jacket.*
- ~ Waterproof trousers.*
- ~ Whistle.*
- ~ Bar of chocolate or similar for emergency use only.
- ~ 5 x 20p coins for telephone use only [This is a MUST as Mobile phone reception is not reliable in this area]
- ~ Working torch (capable of prolonged use. Penlight not acceptable)
- ~ Mug.
- ~ Food for the day.
- ~ Pen or Pencil.
- ~ Polythene Survival Bag (min 6'x3') for each competitor
- ~ Water Bottle (0.5 Litre minimum)
- ~ Day-Glo tabard/waistcoat (supplied by organisers)
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Modern equivalents accepted ie:
base and mid layer fleece and/or
wickable fabrics such as MODAL
and chlorofibre

Failure to display this item will constitute a serious breach of the rules which will lead to disqualification.

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At the West Tanfield checkpoint competitors may change into trainers and lighter clothing at the discretion of the marshal, but the following kit must still be worn or carried in the rucksack:

- ~ Pullover.
- ~ Gagoule or waterproof jacket.*
- ~ Whistle.*
- ~ Emergency rations.
- ~ 5 x 20p coins for Telephone use only. [This is a MUST-Mobile phone reception is not always reliable in this area]
- ~ Working torch (capable of prolonged use. Penlight not acceptable)
- ~ Food for remainder of route.
- ~ Mug.
- ~ Pen or pencil.
- ~ Day-Glo tabard/waistcoat (supplied by organisers)

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b) **Team Kit** This rule applies to the whole route and to re-assembled teams.

- ~ 2 sets of maps covering the whole route (laminated Strip maps permitted but 2 sets full size maps must also be carried) (scale not less than 1" to mile.)* (1:50000 sheets 98 & 99 or equivalent)*
- ~ 2 suitable compasses.*
- ~ 2 First-Aid Kits comprising a selection of plasters, 2 triangular bandages and 2 standard No. 8 Dressings (or equivalent Melolin pads and bandages).*
- ~ A minimum of 2 mobile phones fully charged and switched on. (For emergency use only. These can be tracked by the emergency services in the event of an incident. This could speed up any recovery which may have to be made)*

NOTE :- Kit marked with * Must be readily accessible at all times, NOT at the bottom of your rucksack

c) **Spare Kit** ,It is recommended that each competitor brings a spare change of clothes (incl' shoes) for when they finish walking (you could be wet and/or sweaty). Such kit **MUST** be contained in a secure holdall or rucksack and not in a plastic bag or bin liner. The spare kit should be in a **separate bag and not in a team bag** as this is a problem if one or more of the team retires. Each bag to be identified with the label provided, which must be firmly fixed to the outside of the bag. **ALL** spare kit must be deposited with the organisers at the start at Settle and will be transported to Lofthouse, Grewelthope and West Tanfield. At Kilnsey kit will only be available for retired walkers.

GENERAL

Please ensure that you understand these rules and that if you have a query regarding them you should obtain clarification from the Competition Organisers **before** the Event begins. In all matters regarding the Rules of the Competition and their implementation, the decision of the Organising Committee is final.

The Organising Committee reserves the right to limit the number of competitors so please book early. If the limit is reached before the closing date further entries may be placed on a reserve list and notified accordingly.

The Competition Organisers wish you all 'the very best', for the day of the Event. (Revised February 2009)