

The Comeragh Bogtrot

Saturday 30th March 2013

REGISTRATION FORM

A Walk – for self navigating walkers only. A high level of fitness and mountain skills competency required. 28kms length and 862mts total height gain.

B+ Walk – for self navigating walkers only. A high level of fitness and mountain skills competency required. 23kms length and 686mts total height gain.

B Walk – this is a led walk and is a shortened version of the A walk. A good level of fitness is required. 16kms length and 580mts approx total height gain.

IMPORTANT NOTICE

Participants must be over 16 years of age for the A Walk.

**Please complete the form clearly in capital letters and return by
Friday 22nd March 2013**

Name:

Address:.....

.....

Tel:Mobile.....

Email:.....

Contact Name and Number in case of an emergency

Name:No:.....

Medical Condition

The organisers reserve the right to make changes to the itinerary.

I agree to the conditions of this event (see attached sheet) and will follow the instructions of the leader on my group.

Participating in A Walk B+ Walk B Walk
please tick one

Signed.....Date.....

**Return the completed Registration form on line to mikejwall1@yahoo.co.uk or
by post to:**

**The Comeragh Bogtrot, An Corr Eisc, Knocknaree, Nire Valley, Clonmel, Co.
Waterford**

*Event fee €20 covers Bogtrot entry, Bus transfer, Soup & roll (after walk),
Showering facilities.*

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Rules of Participation

- Participants must be over 16 years of age. Participants between the ages of 12 and 16 will only be considered for the B+ Walk if their entry form has been co-signed by a parent/guardian and if they are accompanied at all times while on the walk by an adult who is an experienced hill-walker. Entrants under 12 are not allowed.
- Be in fit physical condition
- Have reasonable hill walking experience.
- Have wind and waterproof clothing, and wear suitable hiking boots.
- Have a compass and Ordnance Survey Discovery Series Map No. 75 (self navigating walk)
- Sign in at the walk check points on the walk (Seefin, The Gap and Nire Church).
- Carry their Control cards during the walk
- Pay the €20 entry fee.

Signed.....Date.....