



Saturday 9th June 2018

FARTHINGSTONE FOOT FEST:

26 mile Marathon - challenging 'figure of eight' walk or run through the rolling Northamptonshire countryside, starting and finishing at Farthingstone Village Hall

13 (or 15 mile) - circular walk or run being the first loop or **11 mile** - circular walk or run being the second loop of the 26 mile 'figure of eight' route

26 Mile:	walkers start	8.00 a.m. onwards
	runners start	9.00 a.m. onwards
13 (or 15) Mile:	<i>either</i> start	9.15 a.m. onwards
11 Mile:	<i>either</i> start	11.30 a.m. onwards

Entry fee:

26 Mile events	£16.00 (£17.50 on day)
All other distances	£12.50 (£14.00 on day)

Organised by the **Farthingstone Foot Fest** committee
With proceeds for
Farthingstone Village Charities:

This year's sponsorship is to raise funds for:

Alzheimer's Society

Sponsorship Forms available from www.alzheimers.org.uk.
Please try to raise funds for this worthwhile cause.

Full Details and updates at:

www.farthingstone.org.uk

FARTHINGSTONE **F**OOT **F**EST

26 Mile Course

Walkers start at 8.00 a. m. Runners start at 9.00 a.m.

13 or 15 Mile Course*

Walkers and Runners start at 9.15 a.m. onwards

11 Mile Course

Walkers and Runners start at 11.30 a.m. onwards

Both walks, organised by **Farthingstone Foot Fest Committee** in accordance with the guidelines of the LDWA, start and finish at Farthingstone Village Hall.

The Challenge covers just over 26 miles and consists of two loops forming a figure of eight route which are almost entirely on footpaths and trails with minimal road usage.

*the first loop is **15 miles** but **Check Point 3 is at the 13 mile** point for those wishing to limit their distance to a half marathon (pick-up is available but may have to wait until vehicle is free). Last entry 10:30 for walkers and 11:00 for runners

The second loop is 11 miles. Entries limited to later start times to allow for checkpoint set-ups. Last entry 1:00 p.m. for walkers and 1:30 p.m. for runners

The routes cover stretches of the Macmillan Way, Knightly Way and Nene Way with connecting footpaths through the wonderful rolling countryside of Northamptonshire.

There are check points on the route and refreshments are available at each. The Check Points will close at 18:00 latest and 'late' walkers/runners will be asked to retire if they are deemed unable to reach the end within the times

Full details and final instructions will be sent together with comprehensive route descriptions, checkpoint details, a start location map, parking details and your entry number.

Your entry fee includes

1. A 'Pint of Beer' (or soft drink if preferred) to enjoy at the finish
2. A meal, pudding and hot drinks at the finish for all
3. Certificates for all finishers
4. Results mailed or e-mailed to you
5. We will have a First Aider in attendance.

This year's sponsorship is to raise funds for

Alzheimer's Society

Sponsorship Forms available from www.alzheimers.org.uk

Please try to raise funds for this worthwhile cause.

CONDITIONS OF ENTRY

1. All competitors must be 16 or over. If under 18 they should be accompanied by a parent or carer.
2. Entry is unlimited.
3. There is a 10 hour time limit for both events i.e. the check points will close at 18:00 hrs latest. Walks are circular routes out of Farthingstone with the full 26 mile event being a 'figure of eight'. Full details of checkpoint closing times will be sent with final instructions. The organisers reserve the right to request the retirement of any participant, who, in their opinion, is unlikely to reach the next checkpoint by the required time. Any participant retiring at a checkpoint will be transported to the finish
4. Any participant retiring must inform a walk official at a checkpoint.
5. The walks are entirely within Explorer OL Map 207 1:25000 or in Landranger 152 1:50000. We recommend all walkers should carry a copy of one of these but a full route description will be available.
6. The organisers recommend competitors should also carry a compass, suitable clothing (in event of bad weather), food for consumption during walk, whistle, torch and basic first aid for minor injuries.
7. All must agree to abide by the **Country Code**. The routes are on footpaths throughout (except short sections of roadway). Taking shortcuts over farmland or private property is forbidden. Please take care at the occasional road crossings.
8. Car Parking: Farthingstone is only a small village and Street Parking can cause problems as the Church is nearby and space near it is required for services such as weddings etc. A local farmer has kindly supplied Car Parking which is fully sign posted. We ask for your car number if being left in the case of problems with your vehicle.
9. Walkers may be accompanied by a dog. Dogs **MUST** be kept on a **non-extending** lead throughout, be fit to compete and be taken at the competitors' sole responsibility. Please clean up after your dog. Please note, there are a great number of styles on the route.
10. The organisers reserve the right to impose additional rules on the day, especially in the event of bad weather.
11. The organisers can accept no responsibility for injury damage or other loss however sustained.

Entry Form:

Farthingstone Foot Fest				
26 Miles, 15 miles, 13 miles or 11 Miles Routes				
Saturday 9th June 2018				
First Name		Last Name		
Address				
Phone No		Mobile No		
E Mail			Car Reg <small>(If Applicable)</small>	
26 miles (Challenge)	Runner	<small>(Please Tick Box as Appropriate)</small>	Walker	<small>(Please Tick Box as Appropriate)</small>
15 miles (or 13 miles with finish at Check Point 3)	Runner	<small>(Please Tick Box as Appropriate)</small>	Walker	<small>(Please Tick Box as Appropriate)</small>
11 miles (later start times – please see below)	Runner	<small>(Please Tick Box as Appropriate)</small>	Walker	<small>(Please Tick Box as Appropriate)</small>
<p>Start Times: 08:00 (26ml Walkers); 09:00 (26ml Runners); 09:15 onwards (13 & 15ml Walkers & Runners); 11:30 (11 ml Walkers and Runners)</p> <p>Venue (Farthingstone Village Hall) is not huge so if doing 26 mile distance, please do not arrive earlier than 1 hour before your event start time. For those undertaking the 13 (or 15 mile) distances, please arrive 09:00 onwards.</p>				
<p>I have read the conditions and agree to abide by the rules. I am in good health and have no medical condition that may cause either undue concern or inconvenience to others.</p>				<small>(Please Tick Box as Appropriate)</small>
<p>I enclose:-</p> <ul style="list-style-type: none"> • a completed and signed entry form. • If no email address, one stamped addressed envelope • a cheque payable to 'Farthingstone Village Hall' for the correct entry fee. <ul style="list-style-type: none"> - 26 mile events £16.00 - £17.50 on the day - 11, 13 or 15 mile events £12.50 - £14.00 on the day or • Payment made by Bank Transfer – details as follows: <ul style="list-style-type: none"> Bank Account Name: Farthingstone Village Hall Sort Code: 12 01 03 Account Number: 00314199 <p>Please record FFF followed by your name as the reference</p>				<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
If under 18, parent or guardian must sign)				
SIGNED.....			DATE	
Send to:-	Paul Allinson, Ridgecote, Litchborough Road, Farthingstone, NN12 8EY			
Phone No:	01327 361681	Mobile	07710 101345	E Mail p_allinson@hotmail.com