



THE LONGRIDGE SPLASH CHALLENGE

is a 4K Fun Run, encountering mud, obstacles, more mud, river "dips" and more glorious mud! You will need stamina and agility to complete the course which has been designed by our intrepid instructors! You will get wet and dirty but we guarantee you will have great fun! Are you up for the Challenge?

REGISTRATION: 9AM
START TIME: 10AM

Have fun whilst raising money for Longridge, a Charity encouraging kids into watersports. All entries to be received by 10th March Sponsorship may be split 50/50 with another charity of choice. Minimum Longridge sponsorship for entry is £10. (See Rules)
**Winner for largest sponsorship **



THE LONGRIDGE SPLASH CHALLENGE

SUNDAY 14TH MARCH 2010

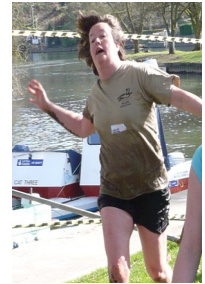


ENTRY INCLUDES:

- Car Parking
- Course administration
- Bag storage area
- Showers and changing facilities

CLASSES:

- Adult Men 16 to 24
- Adult Women 16 to 24
- Veteran Men 25+
- Veteran Women 25+
- Under 16's



AWARDS:

- Winner each category: £50 voucher
- Runner Up each category: £10 voucher
- Vouchers can be used against any Longridge course, activity or group



SPLASH CHALLENGE RULES 2009

These rules have been written for the safety and benefit of all our competitors and staff.

1. All competitors must complete and sign the Entry form and disclaimer, agreeing to abide by these rules.
2. You can enter online at www.longridge-uk.org/events or by sending us the form opposite.
3. Sponsorship may be collected privately and split 50/50 with another charity of choice if not Longridge.
4. Sponsorship collected privately should be received within 7 days of the race.
5. To collect sponsorship for Longridge only see www.justgiving.com/longridge. Set up a link page to send to friends and family and/or place the page on Facebook and on your email signature.
6. A minimum payment to Longridge of £10 sponsorship is required for entry to the race.
7. Closing date for Entry is Thursday 10th March 2010. No entrants will be accepted on Race Day.
8. Competitors must check in at the registration point on the day at least 30 minutes before the Race starts where they will be given a competitors wrist band.
9. Registration will be open from 9am.
10. Race numbers are not transferrable.
11. A bag area will be provided to leave spare clothes etc. Please ensure all belongings are inside one bag per competitor. Please note there are no lockers for private belongings.
12. The race will begin at 10am on a Klaxon start.
13. Two laps of the course and all obstacles must be completed to qualify for the prizes.

14. The course is entirely on private land with no roads and will be clearly marked.
15. Trained staff will be positioned at each water obstacle and marshals will be on hand along the route.
16. There will be a water station towards the end of the lap.
17. In the unlikely event that the race cannot continue on 14th March, for unavoidable reasons such as River flooding, the event will be postponed to another day and all sponsorship will be carried forward.
18. Under 16's must run with a guardian at all times and have parental consent.
19. Spectators are welcome anywhere along the side of the course.
20. Strictly no dogs on site please!
21. Limited shower facilities will be available together with toilets and changing facilities. Outside taps and sinks will also be available for cleaning kit.
22. Hot and cold drinks and snacks will be served from our café all morning.
23. Competitors and spectators must take all precautions for their own and other competitors safety as well as that of our staff.
24. Our Risk Assessment for the Event will be available to view at the Registration Point.
25. Funds will be used to improve the facilities for young people to enjoy the site both on and off the water.

THANK YOU FOR YOUR SUPPORT!

ENTRY FORM

CONTACT INFORMATION							
NB: Details to be used to inform you of activities at Longridge unless otherwise requested							
NAME							
ADDRESS							
TEL.				MOBILE			
EMAIL							
GENDER		Male/Female		AGE (If U18)			
How did you hear about Splash?							
TEE SHIRT - £10 EACH							
S		M		L		XL	
"LONGRIDGE SPLASH CHALLENGE 2010"							
DECLARATION							
I am physically fit to run and understand that I enter this race entirely at my own risk. I agree not to hold the organisers or their sponsors liable for any accidents, injury, loss or damage caused as a result of my participation. I agree to abide by the Splash Challenge Rules 2010.							
Under 16's Parental Signature Required							
SIGNATURE				DATE			

Alison Crook - Events Manager
 Longridge, Quarry Wood Road, Marlow, BUCKS SL7 1RE
 01628 483252 alison.crook@longridge-uk.org
 Registered Charity No. 1121239