



EVENT DETAILS

Date: Sunday 28th March 2010

Location: Tavistock Woodlands Estate (near Gunnislake)

Entry Categories and Prices:

Participants can enter each event as a **Solo** (Individual), as a **Pair** or as a **Family** Group. If you are entering as a Solo or Pair, you then have the option of entering the **Short Score** or **Long Score**. The only difference between Short and Long is the time you have available to visit as many checkpoints as possible, with Short Score having 2 hours, and Long Score having 3.5 hours. Please note - Pairs and Family Groups must stay together during the event and may not split up!

	PRE-ENTRY (Postal or Online)	<i>ENTRY ON THE DAY</i>
Family – 1.5 Hours	£15	<i>£17</i>
Solo Short Score – 2 Hours	£18	<i>£20</i>
Solo Long Score – 3.5 Hours	£26	<i>£28</i>
Pairs Short Score – 2 Hours	£30 (Per Pair)	<i>£34</i>
Pairs Long Score – 3.5 Hours	£36 (Per Pair)	<i>£40</i>
Extra Map	£2.50	<i>£2.50</i>
Map Board	£7	<i>£7</i>

Those competing as a Pair or as a Family may purchase an extra map if they wish, at an additional cost of £2.50.

For the Short and Long Score categories, all participants must be over the age of 16. 16 and 17 year olds will be permitted to enter, so long as they compete as a Pair with an accompanying adult over the age of 18.

Under 16's may enter the Family category, so long as they compete with an accompanying adult over the age of 18. Family groups will be charged £15 total, no matter how many people are in their family group. Each family group will only be allocated 1 map and 1 'Dibber' – more maps can be purchased or dibbers hired if required.

There will be prizes for the winners of each of the five categories, along with some spot prizes for the muddiest and sweatiest participants!

Please note, we will be unable to provide refunds on entry payments in the event of dropping out of the event.

Timings of the Event:

Registration is opens from 10am until 1.45pm – please allow at least 15 minutes to register and receive your 'Dibber' and final instructions before making your way to the start.

Start Times are between 10.30am and 12pm for Long Score, 10.30am and 1pm for Short Score and 10.30am and 2pm for Families. **Solo's, Pairs and Families may start at any time between their allocated times.**

Courses close at 3.45pm. Prize Giving and Results will be at 4.15pm – or sooner if everyone has finished! Winners who are not present at the prize giving will be forwarded their prizes.

How to enter:

Please download and print the entry form. This will need to be completed and sent to Way Ahead with a cheque for the correct amount by the 24th March. Entry on the day is possible, but it will cost an extra £2 per person (or family) – see Entry On Day Prices.

It is also possible to enter online, by emailing the entry form to us at events@mudandsweat.com and then paying by using PayPal - we will send you an emailed invoice (at an additional cost of £1.50 per entry to cover additional costs) or by BACS Transfer (Bank – no additional cost).

After we have received your entry form, you will be sent an email confirmation, which will also include any last minute details about the event.

What your entry includes:

VAT
Waterproof Map with Pre-Marked Checkpoints
Use of Electronic Scoring Dibber
Permissions and Access for the Area
Event Public Liability Insurance
First Aid Cover
Prizes

What you need to bring:

A well-maintained mountain bike
A bike helmet (the wearing of a helmet is compulsory)
A compass (note the use of GPS is discouraged)
A small first aid kit (including any personal medication and a whistle)
A mobile phone
Bike repair kit (including pump, puncture repair and spare inner tube as a minimum)

We also recommend the following:

A platypus or similar hydration system
A bike map holder
A permanent marker pen
Watch
Waterproof or windproof layers
Bike computer (to help measure distance covered)

Other Information:

Directions to Tavistock Woodlands – At present we plan on utilising the Council Car Park in Gulworthy, at the entrance to the Woods. This is a Pay and Display Car Park, where there is a £2 Parking Fee for the Day.

This is also the location of Tree Surfers, who have toilets and a Cafe on site. www.treesurfers.co.uk

Travelling by car, **Via Tavistock** – take the A386 into Tavistock. From the Drakes statue roundabout follow signs towards Gunnislake. Approximately 3 miles from Tavistock, cross straight over a small roundabout at Gulworthy. Approximately 1 mile further, take the entrance to Tree Surfers on the Right.

Travelling by car, **Via Callington** – from Callington, take the A390 to Gunnislake. Continue through the village and cross the River Tamar. Continue up the hill for approximately ½ mile, and take the entrance to Tree Surfers on the Left.