

The Six Dales Walk is a team walk, split into Junior and Senior sections. Both follow the same linear route, with the Junior Walk finishing at the 23 mile checkpoint, and the Senior Walk at the end of the 42 miles.

Changes are marked 

A General Rules and Information

- 1 For reasons of safety and fairness walkers have to abide by certain rules. If these are not followed, the organisers are able to retire walkers from the walk. The organisers also reserve the right to alter any arrangements on the day in the interests of safety.
- 2 Teams will consist of between 4 and 7 walkers. Age requirements are shown in the Junior and Senior Rules below. 13 and 14 year olds can enter either walk, but not both. All ages are as on the day of the walk. Times and distances for trophies are calculated to the furthest point where the team still meets the original team requirements.
- 3 All young walkers must be members of the Scout or Guide Associations. Adult walkers must be members or supported by a Scout or Guide Group.
- 4 The winning team in each category is the team of four or more that walks together the furthest in the shortest time. A team may only win one trophy.
- 5 Walkers have to stay in their teams at all times and stay within easy talking distance, except in case of emergency.
- 6 Walkers can only retire at checkpoints, except in case of emergency.
- 7 In case of emergency or injury, walkers must follow the procedure set out on the Emergency Safety Card. (See Section G below)
- 8 Teams will not normally be allowed to continue from a checkpoint after the cut off times shown (see Section E below). In the interest of safety, teams may be picked up and compulsorily retired between checkpoints.
- 9 The organisers will arrange for retired Junior Event walkers to be transported to Lofthouse checkpoint and retired Senior Event walkers to West Tanfield.
- 10 Each checkpoint must be visited. Each walker is given a Control Card, which must be handed in when arriving and then collected when leaving each Checkpoint.
- 11 In order to give all walkers a chance of walking as far as they are able, the organisers may ask teams or walkers to join together (up to the maximum of 7 walkers). Teams can choose to refuse this, except the last possible team leaving a checkpoint. No credit time is given to walkers who have to wait for a re-formed team
- 12 Any form of assistance to walkers from supporters is not allowed.
- 13 No dogs or other pets are allowed on the walk.
- 14 The equipment listed (see Section F below) is compulsory.
- 15 Spare kit (eg change of clothes and shoes) will be carried forward so that it is available to walkers after retirement at Kilnsey, and at Lofthouse, Grewelthorpe and West Tanfield checkpoints. Each walker should have their own bag, which must be a secure holdall or rucksack – not a plastic bag or binliner.

B Junior Walk

- 1 To be eligible for Junior Trophies, a team must include at least four walkers aged 15 or under. A team may include up to two walkers aged over 15, but only those under 15 will be eligible for trophies. A team must not exceed seven members.
- 2 The minimum age is 10. Any walkers aged 10 or 11 must be accompanied at all times by an adult walker aged 18 or over, who must be a registered helper or leader with the Scout or Guide Associations.
- 3 Trophies are awarded in the following order:
 - i. A team with all walkers aged 15 or under
 - ii. A team accompanied by walkers aged over 15
 - iii. Novice – teams whose members under 15 have not won a Six Dales trophy before
Junior Open Trophy
- 4 A trophy will also be awarded to the youngest individual walker to reach the end of the Junior Walk (Lofthouse). *Peter Page Trophy*
- 5 A Certificate will be awarded to all walkers who reach Kilnsey.

C Senior Walk

- 1 The minimum age of entry is 13
- 2 After West Tanfield checkpoint, walkers can proceed in pairs, but will only be eligible for trophies achieved before that point
- 3 Trophies are awarded in the following order:
 - i. Open All teams *Open Trophy*
 - ii. Males 13-19 years
 - iii. Females 13-19 years
 - iv. Mixed 13-19 years
 - v. North Leeds All walkers, irrespective of age, who are members in North Leeds District.
North Leeds Trophy
 - vi. Novice Teams with no one who has won a Senior Six Dales trophy before.
Novice Trophy
- 4 Spare kit will be available at Lofthouse, Grewelthorpe and West Tanfield Checkpoints
- 5 A Six Dales Certificate and Gold Badge will be awarded to all walkers who complete the full walk. A Certificate will be awarded to all walkers who reach Kilnsey.

D Entries

- 1 A team entry can be reserved by completing the registration on the website www.sixdales.co.uk
- 2 A team entry form, together with an individual entry form for each walker, and non-refundable entry fees, must be submitted by the closing date.
- 3 Substitutes will normally be allowed after the closing date up to 24 hours before the start of the event. Substitutes will be allowed on the day at the start, on the basis, for the purposes of the walk, that the new walker assumes the identity of the original entrant. Information about the substitution must be given in writing to the organisers before the start.

E The Route

No	Location	Checkpoint Reference	Approx miles	Checkpoint cut off time
1	Settle Community College Start	SD 815641	0	Allocated start times between 6.30 and 7.30am
2	Street Gate	SD 905657	7	11.30
3	Kilnsey Village Hall	SD 976675	12	12.00
4	Mossdale Shooting Lodge	SE 021701	16	14.00
5	Howstean Catchwater Intakes	SE 054729	19	15.30
6	Lofthouse Village Hall Junior finish	SE 102735	23	15.30
7	Grewelthorpe Village Hall / Café	SE 231761	32	18.30
8	West Tanfield Village Hall	SE 269788	35	18.30
9	Kirklington	SE 318 813	40	18.45
10	Pickhill Senior finish	SE 344 836	42	



For safety reasons, there is a recommended route between checkpoints 8 and 9, details of which will be given to walkers

F Equipment

Individual - Each walker must have the following with them at all times whilst on the walk. (Kit checks are carried out)			
1	Walking boots	Must provide ankle support and have deep sole tread	
2	Warm trousers	Must protect all of legs. Jeans and thin tracksuit type not suitable	
3 *	3 long sleeve tops	Must be sufficient to retain warmth in extreme conditions.	
4	Gloves and hat	Must be sufficient to protect in extreme conditions.	
5 *	Cagoule/waterproof top		
6	Waterproof overtrousers		
7 *	Whistle		
8 *	Emergency provisions	Eg Bar of chocolate	
9 *	£1.20 in coins- 6 x 20p coin	For emergency telephone use where no mobile signal.	
10 *	Torch	Capable of prolonged use	
11 *	Food for day		
12 *	Mug	For drinks at checkpoints	
13	Water bottle	Min 33cl, full at start	
14 *	Pen or pencil	For use in emergency	
15	Plastic survival bag		
16 *	Yellow Day-glo tabard	Available from the organisers at the start. Must be worn or clearly displayed at all times	
Team -In addition, each team must have the following between them (including if re-formed later in the walk)			
17	Two sets of OS maps	To cover whole route, at least 1:50,000 scale (eg OS Map no. 98 & 99)	
18	Two compasses	Check for correct operation	
19	Two first aid kits	With selection of plasters, bandages, dressings	
20	Two mobile phones	Charged and switched on (to allow tracing by emergency services). Numbers to be collected at the start of the walk	

***Note:** At West Tanfield checkpoint (at the discretion of the organisers), Walkers may change into lighter footwear and clothing. Team kit and items marked * above must still be worn or carried.

G Incident / Emergency Safety Card

The procedure set out on the Incident / Emergency Safety card is as follows:

Are you lost? Is a member of your team injured or unwell? If so, please read on...

1. If you have a mobile phone, try and ring the number below
2. Try and find a public phone or any other phone to ring the number below
3. Attempt to find a road or distinguishing landmark to identify where you are from your map - you may be able to get back on route
4. If you are picked up, go to the nearest checkpoint, or to a phone to contact the number below
5. If a team member is injured, remember your training - one fit member to stay and two to go for help
6. Do **NOT** go home unless the organisers know you are safe and well
7. If you cannot find the route and are unable to carry on, try and keep dry and warm - ***we will find you***

Telephone no: xxxxxxxxxxxxxxxxxxxx