



THE SAM HOUGHTON MOUNTAIN BIKE CHALLENGE

Saturday 13th June 2020



All proceeds from this event will be donated to Cancer Research UK

Starting & finishing at Wilf's Cafe / Wheelbase, Mill Yard, Staveley. LA8 9LR

The marshalled rides cover bridleways in the Kentmere & Longsleddale valleys and the long course also includes Garburn pass & Troutbeck. Course options 46km or 25km.

Entry fee includes free meal at the finish courtesy of Wilf's Cafe AND free admission to Hawkshead Brewery for our post ride bash, presentations, raffle and live music.

Course Selection – Please tick ✓ one option only

Long Course 46km (1400m ascent)	<input type="checkbox"/>	Short Course 25km (700m ascent)	<input type="checkbox"/>
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Team Category – Please tick ✓ one category and note the entry fee

SOLO (£30 per entry)

Male	<input type="checkbox"/>	Female	<input type="checkbox"/>	Male – electric bike	<input type="checkbox"/>	Female – electric bike	<input type="checkbox"/>
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PAIR (£60 per entry)

Mixed Pair	<input type="checkbox"/>	Male Pair	<input type="checkbox"/>	Female Pair	<input type="checkbox"/>
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TEAM

Team of 3 or 4 (adult) £30 per rider	<input type="checkbox"/>	'Youth & Experience' £30 per rider (over 16), £10 per rider (under 16)	<input type="checkbox"/>
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Preferred start time (please tick (optional))	<input type="checkbox"/>	11:30 – 12:00	<input type="checkbox"/>	12:00 – 12:30	<input type="checkbox"/>	12:30 – 13:00	<input type="checkbox"/>	13:00 – 13:30	<input type="checkbox"/>
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Pairs and Teams **MUST** start and finish together

Under 16s must be accompanied by an adult and can only enter the Short Course ('Youth and Experience')

Name of Rider or Team Leader:	
Address of Rider or Team Leader:	
Declaration Signature (see below)	
Email:	Tel:
Emergency Contact Number for use on the day:	

Names of each additional team rider	Declaration Signature
1.	
2.	
3.	

Declaration: This event is organised by volunteers from the Kendal Local Committee on behalf of Cancer Research UK. I / We accept that Cancer Research UK and the Kendal Local Committee shall not be liable for any injury, damage or loss suffered by anyone as a result of their attendance at or participation in the event other than in respect of death or personal injury arising as a result of the negligence of the Kendal Local Committee or Cancer Research UK.

Registration information will be recorded on computer and event results will be published on the internet.

Please return completed entry form & correct entry fee of £..... to:

Sam Houghton Challenge, c/o Emma Mitchinson, 12 Tannery Lane, Embsay, Skipton, North Yorkshire, BD23 6NF. Please make Cheques payable to Sam Houghton Challenge.

Confirmation of start times, sponsor forms, car parking details and further information about the event will be sent to you by email. Entry packs containing race numbers and SI timing devices will be handed out on the day.

Entries to be received by 1st June 2020

Entries limited to 500 riders

Together we will beat cancer

info@samhoughtonchallenge.co.uk