



**MOFFAT MOUNTAIN  
RESCUE TEAM**

## CHARITY CHALLENGE 2023

# Registration Form

### Introduction

The 2023 Challenge offers a total of 4 walks leaving from Moffat and exploring the fabulous Moffat Hills, taking place on Sunday 11th June 2023, we would be delighted for you to join us.

Each walk has been chosen by team members to provide something for everyone, and we encourage you to study the map of each walk to understand the requirements for each route.

Your ticket cost includes a limited edition Moffat MRT t-shirt and refreshments! The entry fee is £10 per person or a family ticket can be purchased for £20 (Up to two adults + up to 4 children under the age of 16). There is a further minimum sponsorship amount of £10 per entry.

The routes will cross farmland and so we are unable to accommodate dogs on any of this year's routes.

### The Challenge!

#### Walk 1

Starting from the Mountain Rescue Team's base in Moffat, walk past the Fire station and then turn right following the quiet streets northwards towards Gallow Hill. The walk makes a circuit of the hill through the Community Woodland on rough but easy tracks before returning back to Moffat and the Team's base. 5km 120m ascent; estimated time 2-2.5 hours

#### Walk 2

From the Mountain Rescue Team's base follow the A708 eastwards until just beyond the last of the houses. The route then heads towards Frenchlands farm and onto open ground and farmland towards Archbank. Near Blaebeck farm, the route heads onto open hillside and climbs Hind Hill to the summit. A rougher descent on grass takes you back to the tracks around Gallow Hill and a descent to Moffat 8km 260m ascent; estimated time 2.5 to 3.5 hours

#### Walk 3

A walk that takes you onto the higher tops around Moffat. Initially through farmland by Frenchlands and then a longer climb beside forestry plantation over Auldton Fell before a steeper climb to the high point of the day Swatte Fell (a Donald). From there it is largely downhill over Blue Cairn, a short re-ascent over Hind Hill and back to Moffat Base via the woodlands of Gallow Hill. 18km 660m ascent; estimated time 5.5 to 6.5 hours

#### Walk 4

The longest of the walks with the most metres of ascent, takes you onto the highest hills around Moffat. Transport will be provided to take walkers to the start at Carrifran Woodland. A steep climb up through the reforested slopes of Carrifran Gans then onto White Coomb (a Corbett and the highest hill in the area). Staying on high ground you traverse around the head of the Carrifran Glen to Hartfell (another Corbett). The final section takes you over Swatte Fell, Hind Hill and around Gallow Hill to finish back at the Moffat Base. A more challenging high-level walk that should appeal to those wishing to explore the higher tops around Moffat knowing the route will be flagged. 22km 1100m ascent; estimated time 6.5 to 7.5 hours

Detailed information on the routes above are available on our website, which you can access at <https://moffatmrt.org.uk>, or by scanning the QR code with your smartphone:





# CHARITY CHALLENGE 2023

## Entry Form - 2023 Moffat Mountain Rescue Team Charity Challenge

Forms may be handed in on the day of the event, **however, an advance return of the form ensures that a T-Shirt will be available on the day.** Please complete in BLOCK CAPITAL LETTERS. Please complete one form for each person entering the event:

Prefix (Mr, Mrs, etc.)	
Full Name:	
Gender:	
Age:	
Home Phone Number:	
Mobile Phone Number:	
Home Address:	
Name and telephone number of Emergency Contact:	

I/We wish to enter the Moffat Mountain Rescue Team (MMRT) Charity Challenge and understand that MMRT will not be held responsible for any personal injury or loss arising as a result of participation in this event.	<input type="checkbox"/> Yes <input type="checkbox"/> No
I/We understand that photographs may be taken by the team for publicity purposes. Please let us know if you do not want to be in any photos.	<input type="checkbox"/> Yes <input type="checkbox"/> No
We would like to keep you informed about team events and the work the team does by e-mail and/or mail is this ok?	<input type="checkbox"/> Yes <input type="checkbox"/> No

Specify your t-shirt size:	
Please detail any known and relevant medical conditions:	
Which walk are you registering for:	<input type="checkbox"/> Walk 1 <input type="checkbox"/> Walk 2 <input type="checkbox"/> Walk 3 <input type="checkbox"/> Walk 4

### Terms of Entry

I/We agree to raise the minimum sponsorship of £10.00 per ticket for MMRT. (See our website for JustGiving details, donate at our Base or on the day).	<input type="checkbox"/>
I/We understand that no dogs are allowed to be brought to the event, the land used is farming country.	<input type="checkbox"/>
I/We agree that all children under 16 years of age will be accompanied by an appropriate adult.	<input type="checkbox"/>

Signed ..... Name (Please Print).....

Should you wish to contact someone please call Garry Tait 01683 221154 or e-mail challenge@moffatmrt.org.uk



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## CHARITY CHALLENGE 2023

# Sponsorship Form

<b>Participant Name:</b>		<b>Total Collected:</b>	£
<b>Address:</b>		<b>To Moffat MRT:</b>	£
		<b>To other charities:</b>	£
		<b>Name of any other charities:</b>	

If I have ticked the box headed 'Gift Aid?', I confirm that I am a UK Income or Capital Gains taxpayer. I have read this statement and want Moffat Mountain Rescue Team (MMRT), or charities named above to reclaim tax on the donation detailed below, given on the date shown.

I understand that if I pay less Income Tax / or Capital Gains tax in the current tax year than the amount of Gift Aid claimed on all of my donations it is my responsibility to pay any difference. I understand the charity will reclaim 25p of tax on every £1 that I have given.

**Remember: You must provide your full name, home address, postcode & '✓' Gift Aid for MMRT to claim tax back on your donation!**

Name	Sponsor's Home Address (Only needed if ticking 'Gift Aid')	Postcode	Amount £	Gift Aid?	Date Paid

Additional table on the next page.

Please send completed forms to Garry Tait, Moffat Mountain Rescue Team, Holm Road, Moffat, DG10 9JU. Cheques should be made payable to **Moffat Mountain Rescue**.

Further Information on the Charity Challenge walks and routes can be found along with downloadable entry forms from our team website [www.moffatmrt.org.uk](http://www.moffatmrt.org.uk)

