



MOFFAT MOUNTAIN
RESCUE TEAM

2024 Charity Challenge

Registration Form

Introduction

The 2024 Challenge offers a total of 4 walks leaving from Moffat and exploring the fabulous Moffat Hills, taking place on Sunday 9th June 2024, 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!

All participants will need to meet for registration at Moffatwater Hall on 9th June at 09:30hrs.

Walk 1: 4.2Km in distance, approx 1hr 10mins. 107m ascent, 107m descent.

This will be a guided walk into Carrifran Wildwood. Until 2000 the glen was almost devoid of trees. Since then 750,000 trees have been planted to create an eco-system that may look like it was 6000 years ago, leading to it now being a more attractive habitat for a range of mammals, birds and insects. You can visit the bothy shelter a few kilometres up the Glen.

Walk 2: 8km in distance, approx 2hr 35mins. 374m ascent, 374m descent.

The walk starts at Sailfoot and follows tracks SW to Selcoth. Then follow paths onto open ground up to the top of Broken Back. This is your high point at just over 500 metres where you should have fine views towards Hartfell and White Coomb on the other side of Moffat Dale. You now descend and towards the forestry and follow tracks down towards Selcoth Farm and then back to your starting point.

Walk 3: 15.5Km in distance, approx 5hrs 5mins. 688m in ascent, 675m descent.

A longer walk than Walk2 and taking in more high tops on the route. Start at Sailfoot and take easy tracks to Selcoth. Then start climbing open ground north of the Selcoth Burn over the summit of Broken Back before a climb onto the top of Capel Fell. At 678 metres this is your high point of the day and the summit is one of the listed "Donalds". Descend to Etrick Head and follow the Southern Upland way NE past Over Pawhope bothy to Potburn. Leave the SUW and turn left (NW) climbing up onto high ground before your final descent to the road at Bodesbeck. Use paths through the fields to return to the start at Sailfoot

Walk 4: 19.7Km, approx 6hrs 55mins, 1,117m ascent, 1,108m descent.

The longest walk of the day and you will ascend 4 Donalds over the route. Start at Sailfoot and follow the same route as Walk3 over Capel Fell. At Etrick Head cross the Southern Upland Way and climb to the top of Wind Fell. Your route now follows the ridge up and over Hopetoun Craig and onto Etrick Pen. This is your final summit of the day as you now descend to Over Pawhope bothy and follow the SUW to Potburn. Leave the SUW and turn left (NW) climbing up onto high ground before your final descent to the road at Bodesbeck. Use paths through the fields to return to the start at Sailfoot.

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:





**MOFFAT MOUNTAIN
RESCUE TEAM**

2024 Charity Challenge

Registration Form - 2024 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 one form for each person entering the event in **BLOCK CAPITAL LETTERS:**

| | |
|---|--|
| 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 |
| 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 understand that photographs may be taken by the team for publicity purposes. | <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



Sponsorship Form

| | | | |
|--------------------------|--|-------------------------------------|---|
| Participant Name: | | Total Collected: | £ |
| Address: | | To Moffat MRT: | £ |
| | | To other charities: | £ |
| | | Name of any other charities: | |

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 |
|------|--|----------|----------|-----------|-----------|
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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

