



DARK & WHITE CHALLENGE EVENTS



Dark & White Events

DW4Challenge 2009

Three x 4 hour mountain bike/trail running challenge events in the Peak District

Superb prizes on each event by Up & Running, Skins & Buff

Sunday 26th April; Sunday 12th July; Sunday 20th September

Introduction/Overview

For the third year in a row Dark & White Events are organising a series of adventure challenge events in the Peak District; this year the events are 4 hours long based solely around mountain biking and trail running. The events are aimed at mountain biker's/trailquaster's, trail/fell runner's, orienteer's and adventure racer's of all abilities; so long as you can ride a mountain bike, run/jog/shuffle, have a basic grasp of navigation and fancy a challenge then these events will definitely test both your legs and your brains!

On all events you will have a maximum 4 hour time limit and the basic format is to navigate yourself on bike and on foot between a number of control points on the map; there are normally 20/25 control points to choose from and in the 4 hour period you visit as many of these control points as you feel able to. To qualify as a finisher you will only need to visit a minimum of one running control and one biking control so if biking is your strength then so long as you can run/jog/shuffle for 30/40 minutes you can still finish well up the table by concentrating on all the biking checkpoints. The same applies if you are a good runner but perhaps a bit wobbly on a bike! If you get back to the finish after 4 hours penalty points are deducted (on a rising/sliding scale).

Events will be open to solos and pairs in various classes; **SPORTident** electronic timing will be used.

We offer a “buy one, get one free” incentive for Generation Teams (i.e. parent & offspring). In addition there is a discount if all three events are entered at the outset.

Prizes will be awarded in each class on each event (the series of events is not a league this year).

Entry forms are published on our website on the Events page. Details of the event area plus start/finish venue directions and basic event format will be detailed on our website one month before the event. Any relevant final race information will be handed out to entrants upon arrival at registration on the day of each event.

Please Note: The July event will be based from the Cliffhanger Outdoor weekend in Sheffield. With special funding/assistance we may be able to reduce the cost of the event, allowing us to reduce the fee. Any refunds created by this will be made on the day.

Event Format

The principal challenge of the events will be to use your skill and initiative to complete the course within the time allowed - event strategy and route planning will be as important as fitness.

The events will be based around the following disciplines:

1. **Mountain biking** - the biking section or sections will be trailquest type being orienteering/navigation based using a combination of roads, lanes and permissible rights of way i.e. bridleways, BOATS and RUPPS (**but NOT footpaths**).
2. **Running** - the running will be orienteering or navigation based (using either a specific orienteering map or an OS map) using a combination of forest, woodland, moorland or open land using footpaths and other permissible rights of way.

On each section of the event navigation, route finding and timing will be the key to a successful overall race. A combination of OS (and possibly orienteering maps) of various scales will be used - maps will be issued at the start and will usually be over-printed with all relevant information including the location of all control points. The challenge will be to amass as many points as practicable in the time allowed by visiting as many of the control points as possible, the control points having varying points values.

You will only be able to visit mountain biking controls on the bike and running ones on foot having properly “transitioned” between disciplines - if you are found to break this rule you will be effectively disqualified from the event unless it is proved to be a genuine mistake. There will be a transition point on each event and the location of this will be advised upon arrival at registration.

How you tackle the event and which discipline you do in which order is up to you.

Registration

On arrival at the event and upon registering, each solo or pair will be given any final details and race information. Each competitor should ensure that they are at registration on the day **at least 30 minutes** before their proposed start time in order to pick up and digest any final event information. Access will also be given before the start to event Master Maps which give a full overview of the areas being used plus provide details of all rights of way, out of bounds areas etc; the event Master Maps will not be over-printed with the control points. Competition maps with control points marked on plus control description

sheets will be handed out on the start line (or in some cases en-route) and the event timing starts at that point.

Event start times will usually be anytime between 9.00am & 10.00am – if there is any change to this, details will be advised in advance.

Timing

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All event control points on the ground will be identified by bright coloured tape on an obvious feature to which a **SPORTident** electronic scoring box will be attached. You must "dib" in the relevant **SPORTident** box at each control you visit as well as the ones at the start, finish and any intermediate compulsory/transition ones. To qualify as a finisher you must also dib in the Download Box once you have finished. A **SPORTident** dibber must be used in these events - you may use your own dibber if you have one (fill in its number on the entry form), alternatively they are available to rent. Pairs please note that all members must carry and use a dibber. You will need to present your dibber to any marshal on demand.

Team Notes

Pairs must stay together throughout the event - see event rules below.

Start Venues

All venues/locations will be released one month before the event - full details will be on our website www.darkandwhite.co.uk on the Diary of Events page. On the day look out for Dark & White yellow/black directional signs when approaching the venue. If in doubt as to the location please contact us BEFORE the day of the event - see contact details below. Please note that some of the car parks used may be Pay & Display so bring some change. Event venues will have toilet facilities and wherever possible we will ensure that some form of changing facilities are available.

Equipment each person taking part will need to bring/carry

1. A roadworthy and properly maintained mountain bike

2. Cycle helmet (ANSI or BSI only) or an approved multi-sport one
3. Watch
4. Bike tools/spares
5. Mobile phone or money for payphone
6. First Aid kit
7. Compass & whistle
8. Substantial clothing, including quality waterproofs are compulsory for these events. A decent pair of gloves and a hat are also deemed essential.
9. SPORTident dibber (these can be hired if you do not have one - see entry form)
10. Food & fluids sufficient to sustain you for the duration of the event
11. Any other equipment as advised by the organisers (in the weeks before the event)

NOTE - spot checks on clothing and equipment will be carried out by marshals during the event to ensure you comply with these requirements.

Equipment we will supply

1. Event maps - full colour/bagged OS and/or orienteering map sections over-printed with control points and all relevant event instructions and information. Two sets of maps per team are included in the entry fee - extra maps will be available upon booking (£4 per set)
2. SPORTident electronic scoring dibbers for use during the event can be rented from us
3. Tea, coffee, juice and biscuits will be available at the finish; juice, water & biscuits will at times be provided at points en-route. There will usually be cafes or pubs near the event start/finish for post event re-fuelling and de-briefing sessions.....

Classes

The event will be open to solos and pairs - the classes in each event will be as follows:

Solos

- A Solo Men (age 18 - 39)
- B Solo Women (age 18 - 39)
- C Vet Men (over 40)
- D Vet Women (over 40)

Pairs

- J Male Team (total age limit for team = 78)
- K Female Team (total age limit for team = 78)
- L Male Vet Team (total age over 78)
- M Female Vet Team (total age over 78)

Mixed Classes

- R Mixed Team (total age limit for team = 78)
- S Vet Mixed Team (total age over 78)

Class V - Generation

The minimum age level for entry is 15 but any entrant under the age of 18 MUST be part of a team and accompanied by an adult over the age of 21.

[Note: Generation pairs are able to enter on a buy one, get one free basis- enter one event on-line and the next is free \(just send us a postal entry to claim the free event\).](#)

Entry Fees

Solos: £18 (excludes cost of dibber hire = £2 per event); whole series £48 (excludes dibber hire)

Pairs: £36 (excludes cost of dibber hire = £2 per event per person); whole series £96 (excludes dibber hire)

There is a discount for entering all three events (£6/person). See the form below

Prizes

Principal prizes on each event (first, second & third in each class) will be provided by Up & Running, SKINS and Buff. Please note that in the event of low numbers classes may have to be amalgamated for the purposes of providing prizes.

Prizes will be posted out after each event once the results are declared final.

How to enter

1. By using the on-line entry system at www.darkandwhite.co.uk - see the Events Page and follow the prompts. You will receive an automatic confirmation of entry.
2. As an alternative, a paper copy of the entry form can be downloaded from the website (found on the Events Page) and sent in the post with a cheque payable to Dark & White Events.

If you wish to have initial acknowledgement of your postal entry please send an sae in the post.

NO FINAL EVENT DETAILS WILL BE SENT OUT.

VERY IMPORTANT - event numbers will be strictly limited - maps are being produced for each event only. Pre-entry is strongly advised. If considering entering late it is vital that you contact us to check there is map availability as we will only print maps based on pre-booked entries. There will also be an additional £3.50 charge per head for late entry i.e. early entry saves money!!

Closing date for entries – 5 days before each event or when events are full.

Results

Provisional results will be available on the day of the event. Full event results will be on www.darkandwhite.co.uk within 24 hours of the completion of the event.

Insurance

Each event will have full public liability insurance cover. This does NOT cover you as the entrant and you therefore enter each event at your own risk; if you have any concerns you are very strongly recommended to take out (or ensure that you have) specific Personal Accident Insurance. You will be asked to sign an event disclaimer before the start of each race.

Event Rules

Our aim is to keep the rules to a minimum to achieve good public relations, safety and fairness.

1. Competitors must report to the finish even if they retire. Failure to do so may render entrants liable to search and rescue costs.
2. Competitors must wear and carry the appropriate equipment as detailed in the event information.
3. Competitors may use tarred public roads, RUPP's, BOAT's, bridleways, footpaths and any forest, estate tracks or white roads as specified by the organisers. Use of footpaths whilst on a bike, or any other road or trail in an "out of bounds" areas will result in disqualification from the event.
4. Team members must keep in voice contact at all times, including control sites and at the finish.
Penalty = 25% loss of total score.
5. Individual solo or teams must navigate and take part independently of other competitors/ teams.
Penalty = 25% loss of total score.
6. Competitors must close all gates, pass or overtake walkers and equestrians slowly and courteously. Treat the rural community with due consideration and aim to cause no damage to the environment.
7. Competitors must offer assistance to any competitors who are injured or in danger. Compensation for time lost can be awarded at the discretion of the event organiser.
8. Any disputes will be handled by the event referee appointed by the organiser. An appeal fee may be charged.
9. Pre-receiving an event area is not considered to be within the spirit of these events.
10. Competitors should use their dibbers in the appropriate numbered control box. Genuine mistakes must be reported on the finish line as mis-punching. Failure to do so may mean that you will not be credited with the points for the control.
11. Event organisers may add their own local rules but may not ignore these rules.
12. No swapping of teams or team members will be allowed once you have started.
13. Any team found to be fielding a member who has not officially entered will be disqualified.

Event tie breaks:

In the event of two competitors or teams in the same class gaining the same score the following tie break rules will decide the winner:

1. The competitor(s) visiting the greatest number of high scoring controls (the greatest and second greatest value controls)
2. The competitor(s) who has/have visited the most checkpoints (and back within the time limit)
3. Earliest starter(s)

[Contact details for more information/enquiries etc](#)

www.darkandwhite.co.uk
info@darkandwhite.co.uk

Dark & White Events 2009 DW4Challenge Series

		Entrant 1	Entrant 2
Title		Mr/Ms/Mrs/Miss/Dr	Mr/Ms/Mrs/Miss/Dr
Forename			
Surname			
Club (if applicable)			
Address (Must give address)			
Post Code		___ / ___	___ / ___
Phone		H M	H M
Email	Solo		please print clearly
	Entrant 2		please print clearly
Date of Birth		<u>DD / MM / YY</u>	<u>DD / MM / YY</u>
Male/Female		M / F	M / F
<p>Leave boxes below blank if hiring a dibber, use 999999 if buying a dibber or insert your own dibber number if you already have one</p>			
SPORTident dibber		<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> (if you have one)	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> (if you have one)
Class Entered (please circle).		A B C D J K L M R S V (see info sheet for class details)	

Entry Fee inc map	Solos	Dibber Hire	2 Entrants	Dibber Hire
Sunday 26/4/09	<input type="checkbox"/> £18.00	<input type="checkbox"/> £2.00	<input type="checkbox"/> £36.00	<input type="checkbox"/> £4.00
Sunday 12/7/09	<input type="checkbox"/> £18.00	<input type="checkbox"/> £2.00	<input type="checkbox"/> £36.00	<input type="checkbox"/> £4.00
Sunday 20/9/09	<input type="checkbox"/> £18.00	<input type="checkbox"/> £2.00	<input type="checkbox"/> £36.00	<input type="checkbox"/> £4.00
All Three	<input type="checkbox"/> £48.00	<input type="checkbox"/> £6.00	<input type="checkbox"/> £96.00	<input type="checkbox"/> £12.00
Late Entry within 5days of event	<input type="checkbox"/> £2.00 (ring first)		<input type="checkbox"/> £2.00 (ring first)	
Total Fee	£		£	

I/WE have read all the event information and agree to abide by the event rules, and that I/WE enter this event/these events at MY/OUR own risk. When I/WE set off on the Dark & White Events 2009 DW4Challenge I/WE will be accepting full responsibility for MY/OUR safety and any injury I/WE sustain during the event. These are not the responsibility of the event organiser.

I/WE acknowledge the fact that the event crosses rough and steep ground, plus the weather is unpredictable and may be poor. I/WE accept the hazards of the race and those involved in adventure racing and that I/WE enter at MY/OUR own risk.

I/WE understand that the organiser accepts no liability for any loss or damage of any nature to me, MY/OUR personal representatives, or MY/OUR property arising out of my participation in the event. Please sign below. (Parent/Guardian if under 18).

(Solo).....

(Entrant 2).....