

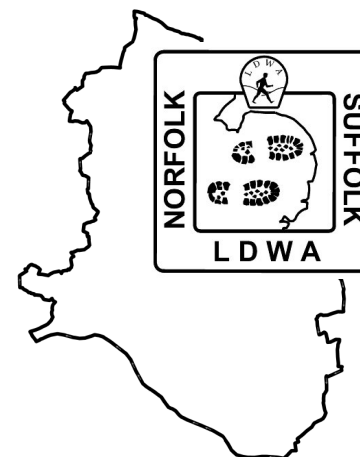
The Winter Poppyline – Getting There

VENUE Cromer High School, Norwich Road, Cromer, Norfolk NR27 0EX. TG222413.

Cromer is 23 miles north of Norwich, on the A140 and A149. The High School is on the right off the A149 after entering Cromer.

Please follow marshals' directions for parking.

The start is a short walk from Cromer railway station (mainline station is Norwich).



The Winter Poppyline Saturday/Sunday 25th/26th February 2012

VENUE Cromer High School, Norwich Road, Cromer, Norfolk NR27 0EX. TG222413
(MAP OS LR 133 or Explorer 252 and 040)

**A 51 mile Challenge Walk open to walkers and runners
Start from 8 am Saturday, finish by 6 am Sunday**

A Challenge based on the 2011 event, through the undulating countryside of North Norfolk. The event format is simple, checkpoint facilities are minimal, but plenty of food and drink will be provided. There will be five checkpoints, most with hot drinks and hot food at 25 miles. Approximately half the walk will be in darkness, the more scenic parts will be in daylight!

**Part of new Eastern Triple Challenge with
Herts Stroller and
Shotley Peninsula 55.**

The Winter Poppyline Saturday/Sunday 25th/26th February 2012

ENTRY FORM - please detach and send to:

Michelle Armour, 11 Station Terrace, Framlingham, Woodbridge, Suffolk IP13 9EF
☎07811 053187, email: poppyline@ldwa-ns.org.uk

Please enter me for the Winter Poppyline, I agree to abide by the rules of the event and understand that the organisers cannot be held responsible for any injury or loss of effects sustained by me before, during or after the event. I agree to adhere to the Country Code. I am 18 or older. No Entries on the Day.

NO SEFs - PLEASE USE BLOCK CAPITALS - Name as you wish on certificate

NAME(MR/MRS/MISS/MS).....

ADDRESS.....

.....POSTCODE.....

email:..... tick for email acknowledgement

TEL NO.....

NATIONAL LDWA NUMBER (must be given if a member)

Entry fee (£9 LDWA, £10 non-LDWA) Posted Route Description Required Y / N

Friday night sleeping (from 19.00) & breakfast £3.50 cash on day – Limited numbers, please confirm with organisers before the day if you intend to take advantage of this.

QUALIFYING WALK.....

(Challenge with route description of 25 miles or more in the 12 months preceding the event)

Please **delete** whichever of the following is inapplicable. **Walker / Runner**

Runner means that you intend to complete the event in less than 12 hours (jogging/fast walking), and that you will adjust your start time in order to pass through the checkpoints while they are open.

SIGNED.....

Cheques/Postal Orders to be made payable to NORFOLK & SUFFOLK LDWA
Enclose SAE (DL size) for acknowledgement and/or results. **Please mark envelopes Acknowledgement or Results as appropriate.** Check that you have signed and chosen correct options. Route Description will be **available for download** (Word/PDF) approx two weeks before the event. Route description will be posted **if required (see above)**, approximately two weeks before the event. Do not send any envelopes for this.

This section will be used for postal acknowledgement of entry **if required**.
Please enclose sae (marked 'ack') or give email address (above) clearly written.
Thank you for your entry for the The Winter Poppyline 25th/26th February 2012.

NAME

NATIONAL LDWA NUMBER WALK RUN

PAID £.....

ENTRIES MAY BE SUBMITTED ON A PHOTOCOPY OF THIS FORM

ENTRY FEE

CANCELLATION

QUALIFYING
DISTANCE

TIMES

REGISTRATION

FINISH

BEFORE
DRIVING

OBJECT &
ROUTE

CLOTHING &
EQUIPMENT

REFRESHMENTS

RETIREMENTS

RESULTS

DOGS

ENTRY LIMIT

Send to: Michelle Armour, 11 Station Terrace, Framlingham, Woodbridge, Suffolk IP13 9EF ☎07811 053187, email: poppyline@ldwa-ns.org.uk

Cheques/Postal Orders to be made payable to:

NORFOLK & SUFFOLK LDWA

Closing date for entries – 10th February 2012 – No Entries on the Day
LDWA Members/affiliated clubs: £9.00

Non-Members: £10.00

This includes food and drink en-route and at the finish.

Should an event be cancelled for any reason entry fees will be refunded in the form of a credit note, which may be used in part payment for another Norfolk & Suffolk LDWA Challenge Walk, less a proportion of any expenditure which cannot be recovered. (ie deposits paid on hire of halls or equipment)

Please state on the entry form any challenge event of 25 miles or more which you've completed using a route description in the 12 months preceding the event

For **Walkers** (not joggers or runners) **start time 08.00** Saturday 25th February
For **Runners** (fast or slow) **start time 09.00** Saturday 25th February

Some flexibility in the start times is possible.

Finish time by 06.00 Sunday 26th February

Please note that you will be asked to wait at a checkpoint if you arrive before it opens, so choose the later start if you intend to finish in less than 12 hours.

Will be open from 07.00. Please check in before starting.

Certificates will be awarded to all entrants who complete the walk by 06.00 Sunday. The finish will not open until 17.00 on the Saturday.

Please ensure that you have had sufficient rest and are fit to drive home. There is space available for sleeping at the finish. Showers available.

To cover a distance of 51 miles on foot within 22 hours.

A detailed route description will available for download (Word/PDF) and will be sent by post if required (state on entry form) approximately two weeks before the event (or when entry received if later) as the route is not marked.

No special clothing is required; however you are advised to carry a waterproof jacket and to wear suitable footwear.

PLEASE BRING A MUG, A COMPASS, A TORCH, SPARE BATTERIES AND BULB (if not an LED torch), WARM AND WATERPROOF CLOTHES, OS LANDRANGER 133 OR EXPLORER MAP 252 (Norfolk Coast East). EXPLORER 040 IS OPTIONAL (approx 7 miles of route), AND THE ROUTE DESCRIPTION.

There will be cold drinks and food available at all checkpoints and hot drinks on all except the first. Hot food at 32 mile checkpoint. Coffee/Tea will be available at the start. Food will also be available when you finish.

Those participants who retire from the event must do so at a checkpoint if possible and hand their tally card to a marshal. Transport will be arranged to return entrants to the finish. PLEASE DO NOT START IF YOU DO NOT INTEND TO FINISH. THE TALLY CARD MUST BE RETURNED TO US OR WE WILL ASSUME YOU ARE STILL ON THE ROUTE. DON'T GO HOME WITHOUT TELLING US!

A results sheet will be published. Send SAE, DL size.

Are allowed but may have to be on a lead in certain sections and must be under control at all times

A limit may have to be put in place due to availability of parking, approx 150

Sleeping is available at the start on Friday night from 20.00 hours for £3.50, cash on day. A breakfast of toast/cereal/coffee/tea is included for those sleeping at the start on Friday. There is limited space available, please confirm with organisers before the day if you intend to take advantage of this.

Please note that, though the organisers will take reasonable care, you are responsible for your own safety on this event.

PLEASE DETACH AND RETAIN THIS HALF OF THE FORM FOR YOUR REFERENCE

THIS ENTRY FORM AND RESULTS AVAILABLE AT:

HTTP://WWW.LDWA.ORG.UK/NORFOLKANDSUFFOLK