

Long Distance Walkers Association—Beds, Bucks & Northants Group

FROM HERE TO THERE & BACK

Sunday 5th July 2015 27, 19 and 13 mile routes

Venue: Wellingborough Grammarians Memorial Sports Field, Sywell Road, Wellingborough. NN8 6BS. Grid Ref: SP 856 690

Parking: On Site, please follow marshals' directions.

Start: Hall opens 07.30 for registration. Walkers start from 08.00. Runners & fast walkers start from 09.00.

Finish: All to finish by 18.30. Hall closes at 19.00

Object: To complete your chosen route, using a route description & passing through a number of checkpoints. There will be 1 on 13 mile, 2 on 19 mile & 3 on 27 mile route.

Equipment: Essential- COMPASS & MUG there will be no mugs supplied at checkpoints. Please wear appropriate clothing for the weather. **Recommended-** first aid kit, waterproof trousers & jacket, mobile phone & torch. Waterproof covers are also recommended for both route description & maps.

Maps: OS Explorer 223 & 224. Landranger 152

Route Description: YOU MUST DOWNLOAD & PRINT YOUR OWN ROUTE DESCRIPTION. If you are unable to do this, please include a stamped, self addressed envelope size C4, with a large letter stamp with your entry marked 'route description'. **TO Mike Hyland, 55 Broadlands Avenue, Chesham, Bucks. HP5 1AL.** Route description will not be available on the day. **Route description will be on website from 25th June 2015.**

Food & drink: Entry fee includes hot & cold drinks throughout, biscuits at start, snacks at all checkpoints & a light meal at the finish.

Retirements: if you retire, you **MUST** inform a walk official. Transport to finish will be provide from checkpoints only

Awards: This is not a race & there are no prizes. However a certificate will be awarded to all who finish their chosen route. Badges will be on sale at £1.50.

Entry Fee: LDWA members £7.00, **Non Members** £10.00, under 18s **FREE**. There will be a limit of 150. All entries on the day if limit not reached £12.00, please check before coming in case we are full, **phone 07775 887 493**.

Closing Date: On the day if limit not reached before. Postal entries must reach us by Friday 26th June 2015.

Further information & to print your route description go to the website
www.ldwa.org.uk/bedsbucksandnorthants

Entry Form

Please enter me for the FROM HERE TO THERE & BACK on Sunday 5th July 2015
Personal details will be only used for the purposes of this event.

PLEASE PRINT CLEARLY IN BLOCK CAPITALS
ONE NAME PER ENTRY FORM

Name as to appear on certificate:

Address:

.....

Postcode: E-mail:

Phone Number: L.D.W.A number:

Mobile if carried on the day:

NO RUNNERS on short and middle routes RUNNERS on long route ONLY please
Delete as necessary Walker/Runner/Jogger: 27 mile/19 mile/13 mile: Vegetarian Yes/No
Please note any medical conditions or allergies that we should be aware of

I agree to abide by the country code & rules of the event. I understand that this is a challenge event & that the organisers cannot be held responsible for personal property or accidental injury. I understand that no dogs may be allowed to enter the halls & MUST be on a lead at all times.

Signed Date.....

If under 18 the parent/guardian must state name & sign below.

Name Parent/Guardian Signed.....

Under 18s MUST be accompanied by Parent/Guardian at all times.

Please return completed entry form/forms—**one per person.**
TO Mike Hyland, 55 Broadlands Avenue, Chesham, Bucks. HP5 1AL
With Cheque payable to **LDWA BBN Group.**

If acknowledgement is required give E-mail address or enclose stamped, self addressed envelope marked 'acknowledgment'. Please check you have used the correct postage.

Please contact Mike Hyland if acknowledgement of entry has not been received within 10 days or if you have a problem printing your route description

Phone: 01494 774154 E-mail mike.hyland@ntlworld.com