

Long Distance Walkers Association - Beds, Bucks and Northants Group
SHILLINGTON SHUFFLE

This event is part of our Triple Challenge.
Sunday 16th November 2014 26, 18 and 12 mile routes

- VENUE** Barton-le-Clay Village Hall, MK45 4JY O/S Landranger 166 or Exp. 193 GR TL 083 307
Park at the village hall or Arnold Academy, Hexton Road. MK45 4JZ GR TL 086 305.
Please follow marshals' directions & DO NOT PARK IN VILLAGE STREETS.
- START** Hall will open from 07.30 for registration.
Walkers start from 08.00. Runners, joggers & fast walkers start from 09.00.
CHECKPOINT OPENING & CLOSING TIMES WILL BE STRICTLY ADHERED TO.
- DOGS** **NO DOGS INSIDE ANY HALLS, MUST be on leads at all times & MUST have appropriate Liability Insurance.**
- FINISH TIME** All must finish by 18.30 Hall closes at 19.00
- OBJECT** To complete your chosen distance using a route description & passing through a number of checkpoints. There will be 1 on the 12 mile, 3 on the 18 mile & 4 on the 26 mile route.
- EQUIPMENT** Essential – COMPASS & MUG as there will be no mugs supplied at the checkpoints.
Recommended – torch, mobile phone, first aid kit, waterproof trousers & jacket.
Waterproof covers are also recommended for both route description & maps.
- MAPS** O/S 1:50000 Landranger 153 & 166 (only 166 for 12 mile route),
or O/S 1:25000 Explorer 193. Marked up maps will be displayed at the start.
- 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 form marked 'route description'. Route descriptions will not otherwise be available on the day. If you have a problem printing your route description, please contact Mike, details below. The route description, including checkpoint opening & closing times, also GPX files will be published on the BB&N website by 4th November 2014.
- FOOD/DRINK** Entry fee includes hot & cold drinks throughout, biscuits at the start, snacks at all checkpoints & a light meal at the finish.
- RETIREMENTS** You **MUST** inform a walk official. Transport to the finish will only be provided from checkpoints.
- AWARDS** This is part of the S-S-S triple challenge. It is not a race & there are no prizes. However, a certificate will be awarded to all who finish. Event badges will be available.
- ENTRY FEES** LDWA members £5.00 Non members £6.00 Under 18 are FREE
Cheques (signed and dated) payable to LDWA-BBN Group
THERE WILL BE NO ENTRIES ON THE DAY
- CLOSING DATE** Entries up to a limit of 300 must arrive before Monday 10th November 2014.
- POST TO** **MIKE HYLAND, 55 BROADLANDS AVENUE, CHESHAM, BUCKS. HP5 1AL**
If acknowledgement is required give email address or enclose stamped, self addressed envelope marked 'acknowledgment'. Please check you have used the correct postage.
Please contact Mike if acknowledgement of entry has not been received within 10 days.
- CONTACT** PHONE 01494 774154 E-MAIL mike.hyland@ntlworld.com
- WEBSITE** www.ldwa.org.uk/bedsbucksandnorthants

KEEP THIS SECTION FOR REFERENCE

ENTRY FORM

for the Shillington Shuffle Sunday 16th November 2014.

Personal details will only be 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.....

.....

Post Code

E-mail.....

Phone No. L.D.W.A. No.

Delete as necessary :- 26 mile 18 mile 12 mile Walker /Jogger /Runner

Mobile phone number if carried on the day.....

Emergency contact on the day

Please note any medical conditions or allergies that we should be aware of

I agree to abide by the country code & the 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 will download & print the route description.

Signed Cheque payable to LDWA – BBN Group

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

Name Signed

Under 18s **must** be accompanied by the above signed at all times.