

L.D.W.A. - Beds, Bucks and Northants Group

## SUNDON SAUNTER

This event is part of a new Triple Challenge.

Sunday 18<sup>th</sup> November 2012 27, 18 and 12 mile routes

VENUE	Barton-le-Clay Village Hall, MK45 4JY O/S Landranger 166 or Exp. 193 GR 083 307
START TIMES	08.00 Walkers – 09.00 to 09.30 Runners, joggers & fast walkers CHECK OPENING & CLOSING TIMES OF CHECKPOINTS before starting, they will be adhered to. See website address below.
FINISH TIME	All must finish by 18.30 Hall closes at 19.00
OBJECT	To complete your chosen route, using a route description provided, & passing through a number of checkpoints. There will be 1 on the 12 mile, 3 on the 18 mile & 4 on the 27 mile route.
DETAILS	The walk follows mainly field paths, tracks, woods & streams, through undulating country side with good views from the hills traversed
EQUIPMENT	Each entrant MUST BRING OWN MUG (there will be no mugs at checkpoints) & compass. We advise you to carry either O/S Landranger 165 & 166, or Explorer 192 & 193, a torch & waterproofs.
ROUTE DESCRIPTION	PLEASE DOWN LOAD, PRINT & BRING WITH YOU YOUR OWN ROUTE DESCRIPTION . Route Description will be on website by 7 <sup>th</sup> November 2012, see address below.
PARKING	At the village hall and Arnold Academy, Hexton Road MK45 4JZ TL086305. Please follow marshals directions. DO NOT PARK IN VILLAGE STREETS.
REFRESHMENTS	Entry fee includes hot drinks & biscuits at the start, snacks & drinks at checkpoints & a light meal at the finish.
RETIREMENTS	If you retire, you MUST inform an official. Transport to the finish will be provided from checkpoints only.
AWARDS	This event 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 each.
ENTRY FEES	LDWA members £5.00 Non members £6.00 Under 18 FREE There will be a limit of 300 All entries on the day if limit not reached £8.00 please check on website before coming in case we are full
CLOSING DATE	On the day if limit not reached before, postal entries must reach us by Tuesday 13 <sup>th</sup> November 2012.
SEND TO	MIKE HYLAND, 55 BROADLANDS AVENUE, CHESHAM, BUCKS. HP5 1AL . Tel 01494 774154 e-mail mike.hyland@ntlworld.com

### FURTHER INFORMATION & TO PRINT YOUR ROUTE DESCRIPTION

Go to the website [www.ldwa.org.uk/bedsbucksandnorthants](http://www.ldwa.org.uk/bedsbucksandnorthants)

## ENTRY FORM

Please enter me for the Sundon Saunter on Sunday 18<sup>th</sup> November 2012

Personal details will only be used for the purposes of this event only one entry per form or copy please.

**PLEASE PRINT CLEARLY**

Full name .....

Address .....

..... Post Code ..... e-mail .....

Phone No. .... L.D.W.A. No. .... Delete as necessary :- 27 mile 18 mile 12 mile

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 understand that no dogs may be allowed to enter the halls & MUST be on leads at all times.

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

Name parent/guardian ..... Signed ..... Under 18s **must** be accompanied by parent/guardian at all times.

**Please send :-** Completed entry form/forms – **one per person** Cheque payable to **LDWA – BB&N Group**  
SAE if acknowledgement is required or supply e-mail address

**To** Mike Hyland, 55 Broadlands Avenue, Chesham, Bucks. HP5 1AL