Please detach and keep this half for reference

RULES

1. Persons under 15 years of age must be accompanied by an adult at all times. Entrants under 18 years of age on the day of the event must have the Declaration signed by a parent or guardian.
2. Checkpoints must be visited in the correct sequence during their opening times and the route description must be followed.
3. Entrants changing from 30 miles down to 20 miles (or from 20 down to 15 miles) at the point indicated in the route description MUST advise the marshals, giving their name and walk number.
4. Marshals have the right to withdraw participants if their fitness is in doubt or if they are well behind schedule/outside Checkpoint closing time(s).
5. Checkcards must be endorsed by an official at each checkpoint and are to be handed in at the finish or when retiring at a checkpoint (see Rule 6.).
6. If you retire from the event please do so at a checkpoint, ensuring that you inform an official and hand in your checkcard. The organisers will get you back to the finish as soon as possible, though please understand that there may be a wait for transport to be available. UNDER NO CIRCUMSTANCES SHOULD ANYONE RETIRE WITHOUT ENSURING THE ORGANISERS ARE INFORMED.
7. Start times must be adhered to, otherwise a time penalty may be incurred.
8. The entry fee is not refundable. If an entrant is refused permission to take part in the event or if unforeseen circumstances lead to the cancellation of the event, the organisers reserve the right to return only that part of the entry fee remaining after administratve expenses have been met.
9. As this is still THE LAMBING SEASON, we must insist that NO DOGS are brought to this event. The future of the event may otherwise be at risk.
10. Please walk in single file on field paths where crops are growing and keep to the right of way at all times.
11. The Countryside Code must be observed.

THE COUNTRYSIDE CODE

- Be safe - plan ahead and follow any signs.
- Leave gates and property as you find them.
- Protect plants and animals, and take your litter home.
- Keep dogs under close control.
- Consider other people.

LONG DISTANCE WALKERS ASSOCIATION LIMITED

KENT GROUP

THE 41st SEVENOAKS CIRCULAR WALKS

SUNDAY 20th MARCH 2016

15, 20 AND 30 MILE CHALLENGE WALKS ON LANES AND FOOTPATHS

Website: www.ldwakent.org.uk

OFFICE USE ONLY

Nº

SEVENOAKS CIRCULAR WALKS 2016

DECLARATION AND ENTRY FORM

Please enter me for the Sevenoaks Circular Walk below. I have read and agree to abide by the Rules of the event, in particular I understand the requirements of Rule 9. I agree to observe The Countryside Code at all times. I am in good health and have no medical condition that may cause concern or inconvenience to others. I understand that participation is at my own risk and that no liability is accepted by the organisers for any injury, damage or loss sustained by me before, during or after the event.

SIGNED BY ENTRANT .....

Age of entrant ***if under 18*** on Sunday 20th March 2016 .....

Signed by parent/guardian if entrant under 18 .....

Please supply **email address** *(please print)*

.....

If you have no email but require an acknowledgement, please enclose a stamped postcard or small envelope

BLOCK LETTERS PLEASE — **ONLY ONE ENTRY PER FORM** or COPY

FORENAME ..... **SURNAME** .....

ADDRESS .....

.....

TEL. Nº ..... LDWA MEMBERSHIP Nº .....

GROUP/CLUB .....

PLEASE CIRCLE THE DISTANCE YOU ARE ENTERING

15 miles (start at 10am) 20 miles (start at 10am) 30 miles (start at 8am)

VEGETARIAN? YES/NO

ENTRY FEE *(see page 3)* **must accompany Entry Form £.....**

Cheques to be made payable to **"LDWA KENT GROUP" and sent with entry form** (this page or a copy of) to:

PHYL BUTLER
15 HILLSIDE AVENUE, FRINDSBURY, ROCHESTER, KENT, ME2 3DB

USEFUL INFORMATION — Keep this half for reference

DATE: **SUNDAY 20th MARCH 2016**

VENUE: WEST HEATH NEW SCHOOL, Ashgrove Road, Sevenoaks, TN13 1SR, GR TQ526529. 1 mile from town centre. Exit town centre on A225, TONBRIDGE ROAD, heading south. Take right into SOLEFIELDS ROAD. Fork right at T-junction after 800yds. RIGHT again at next T-junction after 200yds. The school entrance is then immediately on the LEFT.

OBJECT: To complete a 15, 20 or 30 mile circuit on foot, mainly on footpaths, visiting a series of checkpoints following the provided route description, with an 8 or 10 hour time limit. All aim to finish by 6p.m.

ROUTE DESCRIPTIONS will be available from our website one week prior to the walk. Please bring your own route description to the event.

START: All **30milersat8a.m**. All **15and20milersat10a.m**. Please register at least 15 minutes before the start time.

PARKING: In the school grounds as directed by the marshals. **PLEASE DO NOT PARK IN THE SURROUNDING LANES.**

REFRESHMENTS: **You must carry your own mug or cup.** Drinks and simple food at all checkpoints. Light meal available at finish (included in entry fee).

EQUIPMENT: You are advised to wear suitable footwear and clothing. Do carry maps, mapcase and a compass will be useful. OS Maps **Landrangers 187 and 188** *(1:50,000)*, or OS **Explorer 147** *(1:25,000)* cover the route.

AWARDS: Certificates will be awarded to all who complete their routes within the time limit. Event badges will be on sale at the finish.

ENTRY: Open to all - those under 15 years of age must be accompanied by an adult at all times. DOGS WILL NOT BE ALLOWED ON THE EVENT. Postal entries close on Saturday 12th March 2016. Entries limited to 200. No acknowledgement sent unless an SAE/postcard or email address is provided.

ENTRY FEE includes results - please address envelope at start ***or*** see our website:

15 and 20 mile routes £7.00. Non LDWA members £8.00
30 mile route £9.00 Non LDWA members £10.00
ALL ENTRIES ON THE DAY £10.00

ENTRIES ON THE DAY are subject to the entries limit of 200. Check website or enquire before arriving.

ENTRY FEES have increased this year by £1.00 in order to give the West Heath New School a donation. As a registered charity the school needs all the help it can get.

ORGANISER: Roger Dean: roger_m_dean@hotmail.com

ENTRIES SECRETARY: PHYL BUTLER,
15 HILLSIDE AVENUE, FRINDSBURY, ROCHESTER, KENT, ME2 3DB
Email enquiries: to spv193@yahoo.co.uk

Website: www.ldwakent.org.uk