

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. Marshals have the right to withdraw participants if their fitness is in doubt or if they are behind schedule.
4. If you retire from the event please do so at a checkpoint, ensuring that you inform an official. The organisers will transport you back to the finish. **UNDER NO CIRCUMSTANCES SHOULD ANYONE RETIRE WITHOUT ENSURING THE ORGANISERS ARE INFORMED.**
5. The entry fee for 30 miles is £8 (non-LDWA £10). The entry fee for 15 miles is £6 (non-LDWA £8). An entry cancelled before 10th August 2013 will have the fee refunded less £1. Cancellation after this date will forfeit the full fee.
6. Dogs accompanying participants and their supporters are to be kept under close control at all times. Dogs are the responsibility of their owners and not the organisers.
7. Take great care when walking along the clifftop sections as these are often close to the cliff edges. Please walk in single file on field paths where crops are growing and keep to the right of way at all times.

Kent website: www.ldwakent.org.uk

National website: www.ldwa.org.uk

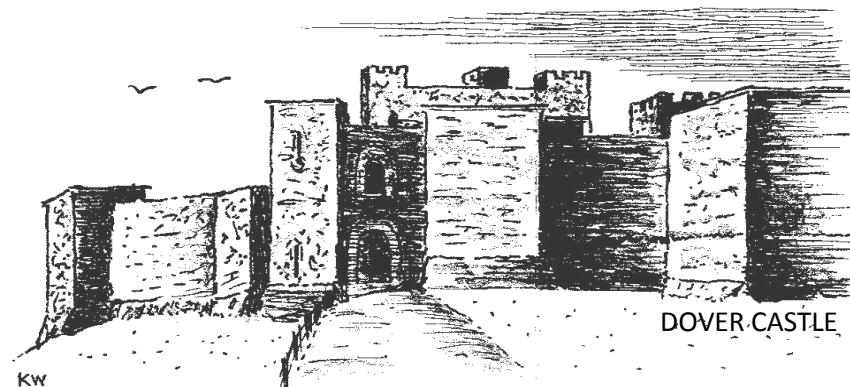
THE COUNTRYSIDE CODE

- 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.

THE WHITE CLIFFS CHALLENGES

SUNDAY 8th SEPTEMBER 2013

30 AND 15 MILE CHALLENGES



KENT GROUP



THE LONG DISTANCE WALKERS ASSOCIATION LIMITED

OFFICE USE ONLY

Nº

WHITE CLIFFS CHALLENGE 2013 DECLARATION AND ENTRY FORM

Please enter me for the White Cliffs Challenge. I have read and agree to abide by the rules of the event. I agree to observe the Country 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 8th September 2013

Signed by parent or guardian if entrant is under 18 years of age
.....

If an acknowledgement is required please enclose a 9" x 4" (or DL) SAE

OR email address

BLOCK LETTERS PLEASE —

ONLY ONE ENTRY PER FORM

FORENAME..... SURNAME.....

WALKER (8:30a.m. start) RUNNER (10:30a.m. start)

DISTANCE 30 15 PLEASE TICK APPROPRIATE BOXES

ADDRESS.....

..... TEL N°

LDWA MEMBERSHIP N°..... CLUB/GROUP.....

HAVE YOU COMPLETED ALL DETAILS?

ENTRY FEES: 15 miles - £6.00 (non-LDWA £8.00); all £8.00 on the day
30 miles - £8.00 (non-LDWA £10.00); all £10.00 on the day

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

PAULINE BARNETT, 325 BEDONWELL ROAD, BELVEDERE, KENT, DA17 5PQ

Telephone:020 8310 3785 Email: p4ulin3.barn3tt@cmbarnett.co.uk

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Badges are available, price £1.50

The White Cliffs Challenge starts from St Margaret's-at-Cliffe on the Kent coast. The 30-mile and 15-mile routes both follow the famous and historic White Cliffs, offering superb views across the Channel. After the clifftop sections both routes go inland and return to St Margaret's-at-Cliffe via some delightful East Kent countryside.

DETAILS

DATE — SUNDAY 8th SEPTEMBER 2013.

VENUE — St Margaret's Hall, Reach Road, St Margaret's-at-Cliffe, just outside Dover. GR TR358446. Postcode CT15 6AP.

PARKING — As directed by signs and/or marshals.

OBJECT — To complete a 15 or 30 mile circuit on foot, mainly on footpaths, visiting a series of checkpoints following the provided route description, within a 7 or 11 hour time limit, all to finish by 7:30p.m.

START — All walkers (for both distances) at 8:30a.m. All runners (for both distances) at 10:30a.m. The 10:30a.m. start for runners must be adhered to due to checkpoint opening times. Please register at least 15 minutes before the start time.

REFRESHMENTS — **You must carry your own mug or drinking vessel.** Drinks at all checkpoints. Food at some checkpoints. Food available at the finish (cost included in entry fee).

EQUIPMENT — You are advised to wear suitable footwear and clothing and carry a map, mapcase and compass. OS Explorer map 138, and Landranger map 179 cover the route.

CERTIFICATES — All who complete within the time limit will receive a certificate.

ENTRY — Open to all, but those under 15 years must be accompanied by an adult at all times. Postal entries will close on Saturday 31st August 2013. **ALL ENTRIES MUST BE ON THE OFFICIAL FORM, OR A COPY OF IT.** Entries will be limited to 200. No acknowledgement will be sent unless an SAE or email address is provided for that purpose. Route descriptions will be available before the day of the event from the Kent Group website.

ENTRY FEE INCLUDES RESULTS – PLEASE ADDRESS ENVELOPE AT START.

**WALKERS START AT 8:30am, RUNNERS START AT 10:30am
All to finish by 7:30pm**