

# 23rd Founders' Challenge

Saturday 5th October 2019

<https://www.ldwa.org.uk/London/W/6174/2019.html>

## 30 & 19 MILE CHALLENGE EVENT FOR WALKERS & RUNNERS ORGANISED BY LONG DISTANCE WALKERS ASSOCIATION LONDON GROUP NEW ROUTE AND BASE FOR 2019

Organised every year since 1997, this will be **the 23<sup>rd</sup> occasion** on which we remember the founders of the LDWA by visiting the beautiful locations associated with them: Blatchford Down, Steer's Field, Tanners Hatch Youth Hostel, Pitch Hill Toposcope and the old Peaslake Post Office. It's a great route and an enjoyable day out.

The event is mostly off-road, on good footpaths and tracks. It takes place in the Surrey Hills, designated an Area of Outstanding Natural Beauty in 1958. The routes offer a wonderful mixture of autumnal forest and downland; a significant proportion of participants' fees will be donated to local countryside charities.

Together with the welcome provided at checkpoints and fine food at the finish, **these elements combine to make the Founders Challenge a memorable event.**

**ROUTES** For 2019 there are **two new routes**.

- a. The 30 mile (48km) route for walkers and runners has approximately 3,018 feet (920m) of ascent.
- b. A shorter route for walkers only of approximately 19 miles (30km) with 1,454 feet (445m) of ascent.

Please note that there are some steep descents which can be slippery in wet weather.

Participants should download the **route descriptions** from <https://www.ldwa.org.uk/London/W/6174/2019.html> where they will be available by Friday 27<sup>th</sup> September entrants will be advised.

### MAPS

OS Landranger 187 & LR 186 (for approximately 3 miles of long route not on 187) or Explorer 145 & 146. You may obtain a single OS Select sheet at 1:25k centred on GR TQ093471 from [www.ordnancesurvey.co.uk/leisure](http://www.ordnancesurvey.co.uk/leisure) which covers the entire route.

### VENUE

#### **Guildford: St. Catherine's Village Hall**

Chestnut Avenue, Guildford GU2 4HF (GR SU991484),

- 1 mile from Guildford train station via Portsmouth Road or, quieter, along River Wey and up Ferry Lane.
- $\frac{3}{4}$  mile from the Artington Park and Ride car park, Old Portsmouth Rd, Guildford GU3 1LP either on foot or by bus #200; £2.20 return (£1 with bus or Freedom Pass). nb THERE IS NO PARKING AT THE START VENUE. Please use Artington Park and Ride.

## START & FINISH

7.15 a.m. Registration open  
8.00 – 8.30 a.m. Walkers start  
9.30 a.m. Runners (long route only)  
7.00 p.m. Deadline for certificated finish time (maximum time 11 hrs)

**ENTRY** In Advance: £12.00 (LDWA members) £20.00 (non-members)

Entries Open **Wednesday 1<sup>st</sup> May 2019**  
Entries Close: **10 p.m. Sunday 29<sup>th</sup> September 2019**

- ✓ The preferred method of entry is **online** at [https://www.sientries.co.uk/event.php?elid=Y&event\\_id=5176](https://www.sientries.co.uk/event.php?elid=Y&event_id=5176)
- ✓ Alternatively use the Entry Form at the end of this document and either **email** it to [founderschallenge@ldwa.org.uk](mailto:founderschallenge@ldwa.org.uk) ; instructions for paying the entry fee online will then be sent; or
- ✓ By **post** to Founders Challenge 2017, 36 Lyal Road, London E3 5QG with a cheque payable to *LDWA London Group*.  
(Please use the Entry Form at the end of this document and not the SEF.)

**On the day:** £17.00 (LDWA members) £25.00 (non-members)

**REFRESHMENTS** (all suitable for vegetarians; please advise if other dietary requirements)  
Tea, coffee and biscuits at the start.  
Light refreshments and drinks at 3 checkpoints on the 30 mile route and 2 checkpoints on the 16mile route.  
A light meal at the finish from 2 p.m.

**BRING YOUR OWN MUG** (*checkpoints will **not** provide them*) and a **BOWL/PLATE** (*which can be left at the Hall*) **for the meal at the end.**

**RESULTS** All in-time finishers will receive a certificate. Results will be published on the website. If you prefer your name to be withheld please tell us.

## TRAVEL to the START

Check train times when 2019 summer timetables (which take effect on 19<sup>th</sup> May) are published.  
Currently (*March 2019*) the 0645 departure from London Waterloo [Clapham Junction dep. 0652] arrives Guildford 0723; the 0715 departure arrives at 0752 and subsequently a fast service runs every 15 minutes.

## ACCOMMODATION

Rooms are available at Travelodges in Guildford (a short walk from Guildford station) ([www.travelodge.co.uk](http://www.travelodge.co.uk))

## CONTACT

Gordon Parker  
[founderschallenge@ldwa.org.uk](mailto:founderschallenge@ldwa.org.uk)  
Phone: 0044 78911 96930 [*email preferred*]

## RULES

- Minimum age of entrants 11 years. Entrants under 14 years on the day of the event must be accompanied by a named adult at all times, who is accompanying not more than two such children.
- **Data Protection**  
The personal information submitted as part of this entry form will be held by the event organisers for a period of up to three years after the event is held for the purposes of managing this event only. Photographs are likely to be taken at the event, which may be featured in Strider magazine or on LDWA websites and LDWA social media. In addition, Summary Information\* may be published immediately and may be held in perpetuity for the purposes of providing a record of the event. Entrants will have the right to request that all their personal Summary Information is anonymised, should they so request.  
  
\* Summary information is limited to the participant's name, age, gender, postal town, email address, LDWA membership number, event name and date, distance covered, time recorded as well as any other linked walking achievement.
- The route description must be followed. Checkpoints must be visited in the correct sequence, during their opening times.
- Dogs are allowed but must be covered by the owner's liability insurance and should be kept on a lead when farm animals are present (please see LDWA guidelines at [www.ldwa.org.uk/library/policy/dogs\\_on\\_walks\\_rev2.pdf](http://www.ldwa.org.uk/library/policy/dogs_on_walks_rev2.pdf) )
- Marshals have the right to withdraw participants if their fitness is in doubt or if they are behind schedule.
- Anyone who RETIRES must inform the organisers. If possible retire at a checkpoint, by informing the officials and handing in your checkcard. Alternatively call the organisers on the number that will be provided..
- The following items must be carried:
  - Appropriate footwear and clothing
  - Route description, maps and compass
  - A mug
  - Torch and batteries
  - Personal first aid kit
  - Emergency food/drink

## FORCE MAJEURE

If the event is cancelled for reasons beyond the control of the organisers, the London Group reserves the right to keep such portion of the entry fees received as are needed to defray costs already incurred.

23<sup>rd</sup> Founders Challenge 2019      Entry Form

**CAPITAL LETTERS PLEASE**

Name (to appear on Certificate).....

Address.....

.....Postcode.....

Telephone No.....Mobile no. (If carried on the event) .....

Telephone Contact Number in case of Emergency .....

Email (*for Results*).....

Age: (If under 18 on 13/10/2018) .....

LDWA Membership No:..... Group.....

Cheque enclosed (payable to *LDWA London Group*)      £

Acknowledgement of entry: please provide an email address (*preferred*) or enclose 9" x 4" s.a.e.

Route:    30ml          Walker        Runner      
            19ml          Walkers only

Please provide on a separate sheet (*in strict confidence*) any information about a medical condition which may be relevant in case of accident.

I have read and agree to abide by the rules of the event. I confirm I am in good health and have no medical condition that may cause undue concern or inconvenience to others. I understand that I participate at my own risk and that no liability is accepted by the organisers for any injury, damage or loss sustained by me during the event.

Signed: ..... (by parent or guardian for U18s)

Date.....

U14s – provide name of accompanying adult: .....

**Send entries to: Founders Challenge 2019 at [founderschallenge@ldwa.org.uk](mailto:founderschallenge@ldwa.org.uk)  
or 36 Lyal Road, London E3 5QG**

**Lift share**

Please tick the box(es) that apply, and we'll do our best to make the necessary arrangements. If you are unable to get to the event without a lift, and we are unable to provide one directly or indirectly, we will refund your entry fee.

I do not have a car and would like a lift from my home town     

I have a car and would be interested in car-pooling from my home town     

I agree to my contact details being shared to enable car-pooling/lift-sharing.