

Open to Offas

Saturday 22 September 2018

30/21/14 mile challenge
walks
in the Clwydian Hills



DETAILS

VENUE: The start/finish is at the village hall in Cilcain, GR 176652, which is just into NE Wales only a few miles from the dual carriageway A55 coast road. There is ample free off-road car parking.

STARTS: **30/21 miles: 8.30am** (Registration between 7.30am and 8.15am) **14 miles: 9.30am** (Registration between 8.45am and 9.15am). Tea and toast are provided at no extra cost.

ROUTES: Please declare on this form which route you intend doing. **No runners on the 14 mile start please.**

EQUIPMENT: You will be expected to carry a map (Explorer 265 or Landranger 116), whistle, compass, waterproofs, food & drink. You **MUST** carry a mug.

REFRESHMENTS: There will be food and drink available at all four roadside checkpoints and a meal at the finish.

COMPLETION: All participants completing the walk by 8.30pm will receive a certificate and will be able to buy a badge.

ENTRIES: The entry fee is £5.00 for LDWA members and £7.00 for non-members (all entrants on the day £10).

Online entry at <https://www.sientries.co.uk> (£1.20 extra)

Keep these details for reference and send the form to:
*Diane Hall, 157 Hoole Lane,
Chester, CH2 3EQ*

ldwa.merseystride@gmail.com

Enclose your entry fee (cheques payable to Merseystride LDWA). The walk descriptions will be available on the Merseystride website 2 weeks before the event, however if you require a route description enclose a 9" x 6" SAE which will be sent out approximately two weeks before the event.

ENTRY FORM

(Only one entrant per form please – photocopies accepted)

Please enter me for OPEN TO OFFAS on 22 September 2018. I agree to comply with the Country Code and with the rules of the event. I confirm that I am in good health and that I have no medical condition that may cause undue concern or inconvenience to others. I understand that I take part entirely at my own risk and that the organisers cannot be held liable for any injury sustained by me or for any loss or damage to personal property.

I understand that 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. I further understand that 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, I understand that Summary Information* may be published immediately and may be held in perpetuity for the purposes of providing a record of the event. I will have the right to request that all my personal Summary Information is anonymised.

I enclose a cheque for

Tick here if entering the 14 mile route

Tick here if entering the 21 mile route

Tick here if entering the 30 mile route

Vegetarian Y/N

SIGNED

NAME
(as you wish it to appear on your certificate)

LDWA NUMBER

ADDRESS.....
.....
.....

e-mail.....

PHONE NUMBER

