

ESSEX AND HERTS GROUP OF THE LONG DISTANCE WALKERS ASSOCIATION
PRESENTS THE 4TH ESSEXWALKER CHALLENGES ON SUNDAY 11TH APRIL 2010

Distances 26.5 and 15 miles

- VENUE** Langford and Ulting Village Hall GR TL 836090
- OBJECT** To complete either route on foot following the route description.
- REGISTRATION** Opens at 07.30
- DEPARTURE TIMES** 26.5 Walkers at 08.30. Everyone else starts at 10.00
- FINISH** All by 18.30
- PARKING** At the start
- REFRESHMENTS** Tea and biscuits at the start. Drinks and snacks at checkpoints. Meal at finish.
- RETIREMENTS** Preferably at checkpoints. Otherwise contact emergency telephones for transport to finish.
- EQUIPMENT** Dress for the weather. Attractive all inland route. A proven route description will be issued at the start enabling everyone with care to complete the route.
- AWARDS** Certificates to all finishers.
- ENTRIES** Adults £6. Under 16 £2.50.
- INFORMATION** A list of entrants will be posted on www.essexwalker.org under Editorial. Extra entry forms can be downloaded from the same site Home page. Results will be posted on the same site with a link to any photographs we can muster.

Please retain the above notes

I wish to enter for the essexwalker challenges on Sunday 11th April 2010.

NAME.....(age under16.....)Event number

ADDRESS.....

PHONE.....LDWA NUMBER.....CLUB.....

Circle as appropriate. 15 miles walk* 15 miles run. 26.5 miles walk* 26.5 miles run.

***A WALKER will not run a single step. Joggers/Runners enter as runners.

If you are a first-time entrant please see useful notes on www.essexwalker.org (Editorial)

I agree to follow the country code and abide by the rules of the event. I understand that the organisers are not responsible for any injury sustained or for any loss or damage to property belonging to participants. **Sorry, no dogs allowed in the hall.**

SIGNED GUARDIAN if under 18

Enclose cheque **payable to Essex & Herts Idwa** and post to reach John Mountain 53 Lawling Avenue

Heybridge Essex CM9 4YT by 3rd April certain. **No entries on day. Limit 200**

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