

HERTS STROLLER 2010 – ENTRY FORM

Surname: Forename:

Address:

.....

.....

..... Tel:

Email Address:

Age (under 18) LDWA NO

Group/Club Mobile No
(if carried on the event)

Please tick appropriate box(es):

Walker

Runner/Jogger

Vegetarian

I agree to abide by the rules of the event. I understand that the organisers will accept no liability for any injury sustained by me or any property lost by me during the period of time over which the event is held.

Signature:

Entry Fee: £.....

Cheques payable to LDWA Essex-Herts Group.

Qualifying event (LDWA event or similar) of 25 miles or more completed since 12 August 2009.

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Please send this form, fee and details of qualifying event to: Peter Hogg,
46 Woodstock Road, Broxbourne, Herts EN10 7NT. Tel: 01992 446189

If confirmation of entry is required please enclose a small SAE or email address. The cost of postage for route description and results is included in the entry fee. Closing date for receiving entries: 10 August 2010. **NO ENTRIES ON THE DAY.** Route will be sent out 2 weeks before the event by post or email.

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Date: Saturday 14 to Sunday 15 August 2010.

Venue: Hitchin Rugby Club, Old Hale Way, Hitchin SG5 1XL
Map 166 GD TL184305.

Registration: From 0745 onwards. Refreshments available at start.

Start Times: All Walkers 0900 Runners/Joggers 1000
All participants to finish by 0800 on Sunday 15 August

Entry Fee: LDWA £17.00 Non-LDWA £19.00

Route: Barton Hills and the undulating Hertfordshire countryside

Checkpoints: There will be 8 checkpoints providing drinks and snacks. A hot meal will be provided at Wheathampstead and breakfast at the finish.

Equipment: The following equipment **must** be carried – route description, OS Landranger 166 (or Explorer 182 & 193), compass, control card, waterproofs, torch, spare bulb, batteries, emergency food and a **Mug**. Please ensure that you wear or carry adequate clothing and suitable footwear. Reflective or light-coloured clothing is advisable at night.

Retirement: If you have to retire **you must do so at a checkpoint and notify a marshal**. Anyone who retires will be taken to the finish as soon as possible, but there may be some delay before transport is available. Please be patient.

Triple Challenge: This is under discussion.

Award: Certificates will be awarded to all who complete the route within the time limit.

Accommodation: There is no accommodation at Hitchin Rugby Club on the Friday evening. An accommodation list is available from the Letchworth Garden City, TI 01462 487868

Facilities: Limited shower facilities available as well as parking.

PLEASE RETAIN THIS SECTION FOR INFORMATION

RULES OF THE HERTS STROLLER


1. Participants must be aged 16 or over on the day of the event. If under 18 they must be accompanied throughout by someone over 18 and their entry form signed by a parent or guardian.
2. Entries must be made on the official entry form (or copy of it) with only one entry per form. Entries will be limited to 200.
3. The closing date for the event will be 10 August 2010.
4. The entry fee will be £17 for LDWA members and £19 for non-members. An entry cancelled before 10 July 2010 will have the fee refunded less £3. No refund after this date. If unforeseen circumstances lead to the cancellation of the event, the organisers reserve the right to return that part of the entry fee remaining after acceptable expenses have been met.
5. Entrants may NOT transfer their entry to another person.
6. Runners and fast walkers must not start before 10am. Checkpoint opening and closing times will be adhered to.
7. There will be 8 manned checkpoints and one clipper point.
8. Participants must not deliberately deviate from the route and must pass through all the checkpoints. The organisers reserve the right to disqualify anyone who has, in their opinion, deliberately followed a different route to the one described.
9. The following items must be carried: route description, maps (OS Landranger 166 (or Explorer 182 & 193), compass, control card, waterproofs, torch, spare bulb, batteries, emergency food, simple first aid kit and a **Mug**. Please ensure that you wear or carry adequate clothing and suitable footwear. There will be no kit check at the start, however a form stating that the whole kit as required by these Rules is carried at all times will be provided with the final details (will be sent with the route description). Participants will be required to sign this form and hand it to the organisers before the start of the event.
10. Dogs accompanying participants and their supports must be kept under control at all times and are not allowed in any of the checkpoints. **NO SUPPORTERS ALLOWED AT CPs 1, 2 AND 7.**

DATA PROTECTION ACT: Names and addresses of entrants maybe stored in an electronic retrieval system and may be used for postal communications with the entrants. The information will not be sold, hired or lent to any other person. If you do not wish to have your name and address recorded in this way, inform the Entries Secretary in writing.

11.

Long Distance Walkers Association Essex Herts Group

Herts Stroller 2010



14/15 August 2010

New 53 Mile Walk