

3rd Wistanstow Walk – 12th September 2009

(Organised by the Marches Group of the Long Distance Walkers Association)

Event Rules

1. All entrants must be over the age of 14 and if under 18 be accompanied by a parent/guardian or an adult to whom parental responsibility has been given for the duration of the walk
2. The event is open to runners
3. Entries are accepted on either the official entry form or the standard entry form (SEF) from the Strider magazine – the official journal of the Long Distance Walkers Association
4. All entrants must register at the event centre (Wistanstow Village Hall, Explorer 217, Map Reference 431857) prior to 08.15. Registration will open at 07.15
5. The Event will start at 08.30 on Saturday 12 September 2009 (**note earlier start time**)
6. The route is covered by Landranger Map 137 - Church Stretton & Ludlow and by Explorer Maps 201 - Knighton & Presteigne, 216 - Welshpool & Montgomery, and 217 - The Long Mynd & Wenlock Edge. A 1:50 000 colour map of the recommended route will be issued at the start, together with a detailed route description. These two documents will allow entrants to navigate the route
7. To be classified as a finisher all entrants must visit all of the checkpoints (including self-clip) in the order given by the organisers by 19.30 on Saturday 12 September 2009
8. Entrants may if they wish take an alternative route to that recommended by the organisers, provided that they only use public rights of way and that they adhere to rule 7
9. Retirees will be transported to the finish venue
10. All finishers and retirees **must** report to the finish venue
11. Whilst it is recommended that entrants carry the following equipment, there will not be a kit check.
 - Ordnance Survey Explorer Maps; 201 - Knighton & Presteigne, 216 - Welshpool & Montgomery, 217 - The Long Mynd & Wenlock Edge
 - Whistle
 - Suitable clothing depending on the weather forecast. This would include; waterproofs if wet, hat and gloves if cold
 - Mug
 - Food to consume between checkpoints
 - Mobile phone for emergency use and reporting retirements. An emergency/retirees contact number will be included on the event tally
12. Entrants must observe the Countryside Code
13. Sorry, but no dogs
14. Entrants must carry an event tally and present it, if and when requested to do so by an event marshal. Failure to do so **may** result in disqualification
15. The organisers reserve the right to withdraw entries if they feel that they are unfit to continue
16. The organisers reserve the right to stop or shorten the event should the safety of participants be compromised
17. All entries must be sent to: Phil Clarke, Brook House, Felhampton, Church Stretton, Shropshire SY6 6RJ. A SAE should be included if you require confirmation of entry
18. Entry Fee:
In advance: LDWA Member = £8.00, other entrants = £9.00
On the day: All entrants = £10.00
19. Cheques should be made payable to: The Marches Group LDWA
20. Any profits will be divided between the beneficiaries
21. Results will be available from: www.wistanstowwalk.blogspot.com

Please note the event centre for 2009 is:

Wistanstow Village Hall
(Landranger Map 137 - Church Stretton & Ludlow, GR 431857)

- Event starts at 08.30 -

