

21st COTSWOLD CHALLENGE 2010

ENTRY FORM (please note: no entries on the day)

Saturday 25 September 2010. Birdlip, Gloucs.

Details will temporarily be held on a computer for the sole purpose of administering the event. LDWA is registered under the data protection act.

BLOCK CAPITALS (One entry per sheet; please photocopy if necessary).

SURNAME: **FORENAME:**

(for certificate)

ADDRESS:

..... **Post Code:**

TELEPHONE: **MOBILE:**

EMAIL ADDRESS:

If so please tick box if you wish to receive details of future **Bristol & West LDWA events**

Group/Club: **LDWA No:**

25 mile route (walkers), start 08:30 **26.5 mile route (runners), start 09:30**
Please tick box **Please tick box**

Please enter me for the **COTSWOLD CHALLENGE 2010**

- I confirm that I am in good health and have no medical condition that may cause concern / inconvenience to others.
- I agree to abide by the Rules of the Event and agree to carry the required kit (see notes 3 & 4).
- I understand that no liability is accepted by the organisers for any injury, damage or loss sustained by me in connection with it.
- I agree to observe The Countryside Code and to show consideration to those living along the route.

I enclose a cheque / PO (payable 'LDWA Bristol & West') for £4.00 or £4.50 (Rule 3) + SAE.

Signed: **Date:**

IF UNDER 18

Signature of Parent / Guardian:

if under 18 (as required by Rule 1).

Name of Parent / Guardian / Adult (Block Capitals):

This Parent or Guardian must accompany the entrant if the entrant is not an LDWA member.

PLEASE DETACH THIS FORM & SEND (with SAE) TO:
Entry Secretary, 5 Laxton Road, Abbeymead,
Gloucester, GL4 5YP.

Web

RULES

- The **COTSWOLD CHALLENGE** (the 'Event') is open to all persons aged 18 or over on the day of the Event. Persons aged 16 or over are allowed but must be either:
 - A member of the LDWA with parental permission, or
 - A non-member must be accompanied at all times by a parent or legal guardian.In either case the relevant adult / parent / guardian must sign the Entry Form.
- NO ENTRIES WILL BE ACCEPTED ON THE DAY.** Entries close 18 September 2010 or when a combined limit of 200 is reached. Entries must be made on the official entry form (or photocopy) with one entry per form. **A stamped addressed envelope must be enclosed with the entry.**
- The entry fee is **£4.00 LDWA members** or **£4.50 non-members** (cheques payable to 'LDWA Bristol & West').
- The organisers reserve the right to refuse any entry and return the full fee. If the event has to be cancelled by the organisers the full entry fee will be refunded.
- The event starts and finishes at Birdlip Village Hall, (GR SO 929143 Landranger 163 or Explorer 179). The 25-mile route will start at 08:30 and the 26.5-mile route at 09:30. The event must be completed by 18:30 and participants must pass through checkpoints in the correct order (checkpoints will be open only during the times given in the Route Description). The organisers may by exception allow individual 26.5-mile entrants to start at 08:30.
- 08:30 starters must register between 07:00 & 08:15 and 09:30 starters may register up to 09:15. All entrants will be given their Tally and Route Description at registration.
- The route description will show checkpoint opening and closing times. **Checkpoint opening times are geared to a 5 mph pace from the main start at 08:30. Those expecting to go faster should start at 09:30.** Entrants **must** leave each checkpoint before the closing time. Anyone arriving after the closing time **must** retire.
- Retiring entrants must hand in their tally at a checkpoint and transport to the finish will be arranged as soon as possible. In an emergency, if retiring entrants cannot reach a checkpoint they should pass their tally to another entrant to hand in at the next checkpoint. A mobile telephone number, for emergency use only, is shown on the route description. **Under no circumstances retire without telling the organisers!**
- Checkpoint marshals may retire anyone showing signs of undue stress or breaking the rules.
- Dogs must be kept under strict control to prevent impeding other walkers and must be on a lead when likely to be near farm animals.
- In all matters the organisers' decision is final.

Follow the Countryside Code

- Be safe plan ahead and follow any signs
- Leave gates and property as you find them
- Protect plants and animals, and take your litter home
- Keep dogs under close control
- Consider other people

NOTES

1. The route is a 25-mile walk or 26.5-mile (runners only) circular walk to the south of Birdlip, passing through the picturesque villages of Miserden, Bisley, Painswick Valley, Haresfield & Painswick Beacons and a stretch of the Cotswold Way returning to Birdlip.
2. It is recommended that all participants carry OS Explorer Series Maps 179 and 168 or 162 and 163 (Landranger Series); compass, food/drink, simple first aid and money.
3. The Cotswolds rise to 1000ft (300m) and can be very unpleasant in bad weather. Underfoot conditions can vary considerably along the route. Entrants are advised to check weather conditions, wear sensible footwear and carry waterproof/windproof clothing.
4. There will be several checkpoints on the route. Most will supply cold drinks and some will supply simple food and hot drinks. All entrants should carry food/drink of their own to supplement these provisions. **Please note it is essential to bring a mug, as no cups will be provided at checkpoints.**
5. There will be hot drinks and a simple meal at the finish.
6. All finishers will receive a certificate. Badges will be on sale at the finish.
7. Baggage may be left, at the owner's risk, at the start venue.
8. Accommodation is the responsibility of the entrant. Enquiries about accommodation should be made to Tourist Information. The nearest Centres are at Gloucester (Tel. 01452 396572) and Cheltenham (01242 522878) Full details of all Tourist Information Centres can be obtained at: www.britainexpress.com/TIC/england.htm
9. **Don't forget to turn up at Birdlip Village Hall on Saturday 25 September 2010 (with mug).**

For queries or information write to the Entry Secretary at address below or e-mail: cc@ldwa-bristolandwest.org.uk or see our website: www.ldwa-bristolandwest.org.uk

CHECK LIST:

- Form** *Name, address etc printed clearly & signed*
- Cheque** *Payable to 'LDWA BRISTOL & WEST' made out to correct fee in words, dated & signed*
- S.A.E.** *Essential to receive number & final details.*

When completed please send all above to:

Entry Secretary, 5 Laxton Road, Abbeymead, Gloucester, GL4 5YP.

21st COTSWOLD CHALLENGE 2010 (25 or 26.5 miles)



SATURDAY 25 SEPTEMBER 2010

LONG DISTANCE WALKERS ASSOCIATION

BRISTOL & WEST GROUP