

# MALVERN MIDSUMMER MARATHON ENTRY FORM 2010

**BLOCK CAPITALS** Please! (Only one entry per sheet. Please photocopy if necessary).

SURNAME ..... FORENAME .....  
(For use on certificate).

ADDRESS .....  
.....  
..... Post Code .....

Telephone No. (Inc STD code) .....

E-mail address:- .....

Tick box if you wish to receive the route description by e-mail (no SAE will be needed)

Mobile No. (If carried on event) .....

Car Registration (If parked at event HQ) .....

START TIME (tick): Walker - 8.00am  Runner - 9.00am

Group / Club ..... LDWA No .....

Please tick if you **DO NOT** wish to receive details of future B&W events

I agree to abide by the rules of the event and to observe the Country Code at all times. I have sufficient knowledge, experience, equipment and navigational skills to take part in a long distance walk in all conditions. I confirm that I am in good health and have no medical condition that may cause undue concern or inconvenience to others. I confirm that I participate at my own risk and that no liability is accepted by the organisers for injury, damage or loss sustained by me before, during or after the event.

I enclose a cheque/PO (payable to 'LDWA Bristol & West') for £5 for LDWA members or £7 if a non member. (See Rule 3)

Confirmation of entry will be sent by e-mail if supplied, otherwise if confirmation is required you must supply a stamped, addressed envelope.

Final Details & Route Description will be sent by e-mail. Otherwise a stamped, addressed envelope (9" X 4" minimum size) **must be supplied** for this purpose.

Signed ..... Date .....

**IF UNDER 18:** (See rule 1) Age .....

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

Signature of Parent/Guardian .....

This parent or Guardian **must** accompany the entrant if the entrant is not an LDWA member. Details will temporarily be held on a computer for the sole purpose of administering the event. The LDWA is registered under the data protection act.

WEB

## RETURN COMPLETED ENTRY FORM, TOGETHER WITH CHEQUE TO:

**MMM, Apt 3 Springfield Lodge, 52 Graham Road, Malvern, WR14 2HU**

Make cheque payable to 'LDWA BRISTOL & WEST'

Include an SAE for final details and Route description if you have not given an e-mail address.

### RULES:

- 1) The Malvern Midsummer Marathon (hereafter known as the 'Event') is open to all persons aged 18 or over on the day of the Event.  
Under 18 entrants are allowed but must be either:
  - a) A member of the LDWA (those under 16 must be accompanied at all times by an adult), or
  - b) If 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.
- 2) Entries must be made on the official entry form (or photocopy) with only one entry per form. The closing date for entry is 12<sup>th</sup> June or when the entry limit of 200 is reached. **There are NO entries on the day.**
- 3) The entry fee is £5 for LDWA members or £7 for non-members.
- 4) The organisers reserve the right to refuse any entry and return the full fee. Any entrant cancelling their entry prior to 1<sup>st</sup> June will have their entry fee refunded less £1 (to cover costs).
- 5) Walkers must register at the start between 6.45am & 7.45am and runners between 8.15 & 8.45. to receive their tally and details of any route changes. The route description will show checkpoint opening and closing times. Entrants **must** leave each checkpoint before the closing time. Anyone arriving after the closing time **must** retire
- 6) Mass start for walkers at 8.00am from the Wyche Primary School (GR S0773441). Runners start at 9.00am The walk must be completed by 8:00pm and participants must pass through each checkpoint in the correct order. They must ensure that they are recorded and have their tally punched at each checkpoints. **Anyone missing two checkpoints will be deemed to have retired and MUST IMMEDIATELY CONTACT THE ORGANISERS or navigate straight to the nearest open check point or to the finish.**
- 7) Retiring entrants should hand in their tally at a checkpoint and transportation back 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. **Under no circumstances retire without telling the organisers!**
- 8) The checkpoint marshal may retire anyone showing signs of undue stress or who has broken the rules.
- 9) Dogs accompanying walkers must be kept under control. They are not covered by the LDWA insurers & owners must take full responsibility for the animal. **Dogs are not allowed in the Wyche School.**
- 10) In all matters the decision of the organisers is final.

**PLEASE DETACH THIS HALF & KEEP FOR YOUR FUTURE REFERENCE.**



## NOTES:

- 1) It is recommended that all participants carry OS maps Landranger 149 & 150 or Explorer 190, compass, food/drink, first aid and money. Participants **must** carry a mug as there will be no cups at the check points.
- 2) The Malvern Hills rise to over 400 metres and can be very unpleasant in bad weather even in June. Underfoot conditions can vary considerably along the route. Participants are advised to listen to the weather forecast, wear sensible footwear and carry waterproof/windproof clothing.
- 3) There will be several checkpoints on the route, most will supply cold drinks and simple food, some will also supply hot drinks. All entrants should carry food/drink of their own to supplement these provisions.
- 4) There will be hot drinks and a simple meal at the finish.
- 5) All successful finishers will be given a certificate. Results will be posted on our website. Badges will be on sale.
- 6) Baggage may be left, at the owners risk, at the School.
- 7) There is no sleeping at the school. Accommodation overnight is the responsibility of the entrant. Malvern Tourist Information 01684 892289.
- 8) Final details & route description will be sent out by 14th June. If you do not receive yours by 16th June contact the Event Secretary.

For information consult our WEB SITE:

[www.ldwa-bristolandwest.org.uk](http://www.ldwa-bristolandwest.org.uk)

This has a link to **Sportident** where you can **enter and pay online**

Or contact the Event Secretary, Brian Pitts at:

MMM, Apt 3 Springfield Lodge, 52 Graham Road, Malvern, WR14 2HU

email: [mmm@ldwa-bristolandwest.org.uk](mailto:mmm@ldwa-bristolandwest.org.uk)

telephone: 01684 576161

**The Country Code:** Enjoy the countryside and respect its life and work; Guard against all risk of fire; Fasten all gates; Keep your dogs under close control; Keep to public paths across farmland; Use gates and stiles to cross fences, hedges and walls; Leave livestock, crops and machinery alone; Take your litter home; Help to keep all water clean; Protect wildlife, plants and trees; Take special care on country roads; Make no unnecessary noise.

# MALVERN MIDSUMMER MARATHON



**Saturday  
19<sup>th</sup> June 2010**

**26 MILES**

*on and around the beautiful  
Malvern Hills  
from*

**The Wyche Primary School, Malvern  
Grid Reference SO773441, Post Code WR14 4ET**

**LONG DISTANCE WALKERS ASSOCIATION  
BRISTOL & WEST GROUP**