

L.D.W.A. - Beds, Bucks and Northants Group

PICK and MIX

Sunday 30th March 2014

- VENUE** Great Missenden C of E Combined School, Link Road entrance, near HP16 9AE. GR SP 896014
- START TIMES** From 08.00 onwards.
- FINISH TIME** All must finish by 18.00
- OBJECT** To complete your chosen total distance in any combination of loops, on foot following route descriptions. These will be provided on the day & will not be available in advance. There are 12, 8, 6 & 5 mile routes.
- DETAILS** The walk follows mainly field paths, tracks, woods & streams, through undulating country side with good views from the hills traversed of the Chilterns.
- EQUIPMENT** We advise you to wear suitable footwear & clothing, also to have maps Landranger 165 or Explorer 181 & 172, waterproofs, your own DRINKING MUG & a compass. If it is possible you will finish after dark, then a torch is essential. SORRY NO DOGS AS H.Q. IS ON SCHOOL PREMISES.
- PARKING** Please follow marshals' directions. There will be some parking on the school grounds. There are also public car parks very close by which are free at the time of going to press.
- REFRESHMENTS** Entry fee includes drinks & some food at HQ between loops. There will be a cold drink station on the 12 mile loop open from 09.30 till 13.00 only. All other loops have NO support. There will be a light meal when you have completed your chosen distance.
- TRANSPORT** Great Missenden Rail Station is only 2 minutes walk away from the start.
- AWARDS** This event is not a race & there are no prizes. However, a certificate will be awarded to everyone who completes their chosen distance. Badges will be on sale at £1.00 each.
- ENTRY FEES** LDWA £5 NON LDWA £6 UNDER 18s FREE
ENTRY LIMIT OF 250. NO ENTRIES ON THE DAY.
Entries will be acknowledged by email (if no email send SAE if acknowledgement is required).
If acknowledgement has not been received by e-mail within one week, please email Mike.
- CLOSING DATE** Entries close on Wednesday 27th March 2014.
- SEND TO** MIKE HYLAND, 55 BROADLANDS AVENUE, CHESHAM, BUCKS. HP5 1AL . Tel 01494 774154
Email mike.hyland@ntlworld.com
- FURTHER INFORMATION** will be on the website www.ldwa.org.uk/bedsbucksandnorthants

ENTRY FORM

(ONLY ONE ENTRY PER FORM OR COPY PLEASE)

Please enter me for the Pick and Mix on Sunday 30th March 2014

(Personal details will only be used for the purposes of this event)

PLEASE PRINT CLEARLY

Full name

Address

..... Post Code Phone No

Email L.D.W.A. No.

I agree to abide by the country code & the rules of the event. I understand that this is a challenge event & that the organisers cannot be held responsible for personal property or accidental injury. I understand that NO dogs will be allowed on this event due to HQ being on school premises..

Signed If under 18, the parent/guardian must state name and sign below.

Name parent/guardian Signed

Under 18s **must** be accompanied by parent/guardian at all times.

Please send :- Completed entry form/forms – **one per person**
Cheque payable to **LDWA – BBN Group**
SAE if acknowledgement is required or supply Email address
To **Mike Hyland, 55 Broadlands Avenue, Chesham, Bucks. HP5 1AL**