

RADNOR RAMBLE EVENT DETAILS 28th March 2015

Start and Finish: Church Hall, Church Street, Knighton. GR 286724

Parking: IMPORTANT Large Pay and Display Car Part at Community Centre. Grid ref: 288721 Explorer 201. Walk to start, approx 300 M.

Route: Circular walks using public rights of way with distances of 25 or 15 miles. **All to finish by 6.00pm.**

Navigation: Six-figure map references will denote checkpoints and self clips. Route description will be sent with confirmation of entry. Experience of using map/compass is advisable.

Checkpoints: Cakes and drinks will be available at manned checkpoints and a snack at the finish. You will need to augment this with your own packed lunch, nibbles and drink.

Start Times: Mass start for all routes including runners at 8.30am. No late starts.

Recommended Equipment to be carried: O.S. Explorer 201 or 1:50000 148 (Limited for navigation purposes), compass, whistle, basic first aid kit, torch (working!), bivvy/survival bag, emergency food rations, waterproofs, hat, gloves and suitable footwear with good ankle support. **MUG.** Walkers/runners staying together in a group need not carry all of the above equipment individually.

Certificates: Certificates will be awarded to all entrants who have successfully completed their stated route.

Entry Fees: The entry fee for all distances **£8.00.** Please make cheques payable to:- **Mid Wales LDWA.**

Telephone:-01547 528723 E-mail:- mike.gammon@btconnect.com

Please read the 'conditions of entry' overleaf.

NO DOGS Allowed Event

Radnor Ramble

SATURDAY 28th March 2015

A CHALLENGE WALK EVENT ORGANISED BY THE

MID WALES L.D.W.A

ENTRY FORM. No entries on the day. This is a 'No Dogs Allowed' Event

NAME & ADDRESS (Block Capitals) **DISTANCE**

25 15

.....
.....
.....

TELEPHONE:-

E-MAIL:-

EMERGENCY TELEPHONE NO (for use on the day).

Medical information you feel the organisers should be aware of:

WALKER: RUNNER:

AGE IF UNDER 18 ON DAY OF EVENT:-**

I understand that the Organisers can accept no responsibility for any injury, loss or damage incurred by taking part in this event. I agree to abide by the rules of the event as stipulated by the Mid Wales LDWA. I will **NOT** bring a Dog.

SIGNED:..... **DATE:**.....

Please complete the above, detach this section and return enclosing entry fee and **a stamped 9x4 SAE to:- or clear email address**

**Mike Gammon
Jacob's Cottage
Rhos y Meirch
Knighton
Powys LD7 1PE.**

CONDITIONS OF ENTRY

1. The walk will be controlled from the event start/finish.
2. All walkers/runners must visit checkpoints in the correct order.
3. Walkers/runners wishing to retire from the event **must** do so at a manned checkpoint handing in their tally card to a Marshal.
4. The organisers reserve the right to-
 - ◆ *Refuse any entry and require entrants to retire for any reason, but especially on the grounds of safety;*
 - ◆ *Postpone the event if weather conditions justify such action;*
 - ◆ *Disqualify any entrant infringing the Country Code or taking short cuts over fences, hedges, walls and/or farmland with no public right of way;*
5. Any profits will be used to promote future events held by the Mid Wales LDWA.
6. ****This event conforms with the Adventure Activities Licensing Regulations 1996 which provides Public Liability insurance cover. The event is open to persons aged 18 or over on the day of the event. Person's aged 16 to 18 on the day may also enter but they must be accompanied by a parent or guardian (whose signature is required on the entry form) at all times.**
7. Persons taking part in this event do so entirely at their own risk. The organisers cannot accept responsibility for any loss, injury or damage suffered by any person participating in this event, nor for any injury or financial loss if the event is cancelled.
8. **Absolutely No Dogs – This is an LDWA ‘No Dogs Allowed’ Event**
9. Closing Date for Entries: 21st March 2015.